

# UTAH MINUTEMAN

2019 Volume 3

**Summer Fitness  
with the Family**

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



**"Finding George" Part 2**

**Five Sisters, Four Branches**

**NEW CONTENT  
& DESIGN**





## Major General Jeff Burton The Adjutant General

**S**oldiers, Airmen and families of the Utah National Guard. This June, we celebrate the 75th anniversary of D-Day, arguably the most important military campaign in the 20th Century.

Perhaps no battle has been more widely studied, but the tactics, the operations, and the strategy pale when compared to the individual human beings associated with that immortal struggle of good versus evil. The lines were pretty clear: freedom and liberty or oppression and tyranny.

At times like this, it is important to remind ourselves that personal character matters. Personal character, and a strong will to survive is what drove the paratroopers of the 82nd and 101st Airborne Divisions to persevere behind enemy lines against incredible odds. Despite darkness, destruction and total chaos, American Soldiers banded together two-by-two and began carrying out pre-planned combat operations. They executed mission command with limited radio contact. There are amazing stories of personal heroism, but what is most evident is the initiative taken by small teams to neutralize the enemy and accomplish their mission. While hiding in the Village of Ste.-Mere-Eglise, a French civilian wrote this in his diary:

*“It is real hell all over with the firing of machine guns and artillery. Around 3:00 a.m. we risked a peek to see what is going on. The Americans are the only ones in the streets of the town, there are no more Germans. It is an indescribable joy. I was never as happy in all my life.”*

This heroism came at a heavy cost. While storming Omaha beach, the 200 Soldiers of A Company, 116th Infantry

Regiment, were decimated. Within 90 seconds, the unit was combat ineffective. Only 20 men survived the landings and fought past the beach.

Today we face different challenges. We face committed enemies focused on diminishing our nation. They seek to remove us from our position of world leadership. Their weapons are more subtle, using widely repeated narratives of America’s failings to advance their own agendas. They will avoid direct conflict through the use of proxies and nefarious activities done under the smoky cover of plausible deniability. But these enemies are just as insidious as the fascists of the past, and possibly even more dangerous. They represent totalitarianism, lost liberty and oppression. As we face a future filled with great power competition, let us remember that the United States, in the words of John Winthrop, is still that “shining city on a hill.” People still die to come here every day because they recognize that, even if some of our own citizens do not. Be standard-bearers in your community to defend this great republic. Continue to prepare yourselves to stand up and do whatever it takes to defend this nation and our way of life. And remember we “stand on the shoulders of giants.” Those who went before us saw their duty and performed it against tremendous odds. We must do no less. Ages ago, at a time of great danger, these words were spoken by a soldier of the Roman Republic, and I think they are suitable for our time:

*“Then out spoke brave Horatius the Captain of the Gate.  
To every man upon this earth, Death cometh soon or late,  
And how can a man die better, than facing fearful odds.  
For the ashes of his Fathers, and the temples of his Gods.”*

I have the very deepest admiration for the Soldiers and Airmen of the Utah National Guard. May God bless each one of you and your great families. 🇺🇸



## Command Sergeant Major Eric Anderson Senior Enlisted Leader

**T**oday continues to be a great time to serve our country. It is a time where we are inundated with social media, constant data feeds, and endless streams of information flow. In everything we do. The need to serve in the military has never been so strong. The

military is viewed at as the most trusted organization in our nation. Our country needs willing volunteers to step up and do hard things.

I am constantly impressed by the high level of work our Airmen and Soldiers do each and every day. Recently, I was asked what it takes to be successful as a senior noncommissioned officer. Really, it is very simple. There are five things that we must do to master our craft.

1. “Stick to the basics and you will never have to go back to them.” Advanced means doing the basics better, become a subject-matter expert in your Air Force Specialty Code/Military Occupational Specialty.

2. Do physical training. PT is the foundation of everything we do in the military and what sets us apart from our civilian counterparts.

3. Don’t rush to failure. We are all in a hurry to get promoted and move on to the next big thing, but at what cost? There is no substitute for wisdom gained by time on task. Do disciplined tactical, organizational, and even strategic movement.

4. Violence of action wins fights. If you are committed to an action, make it happen. Understanding the basics and not rushing to failure becomes more obvious (#1 and #3 above).

5. Take care of your Airmen/Soldiers, take care of your equipment/gear, and then take care of yourself... in that order. Self-disciplined NCOs and leaders communicate with and care for their troops, equipment, systems, and gear. They are mission critical and must be maintained. Taking care of yourself means ensuring your personal skills, equipment, and knowledge are not the weak link in the process. Thanks for all you do! 🇺🇸

## DON'T BE A BYSTANDER

While I was serving in Baghdad during Operation Iraqi Freedom in 2003, one of our native Arabic-speaking interpreters began choking while eating at a dining facility on Camp Slayer. Although numerous military personnel and civilians were present and witnessed the event, unfortunately, not a single person immediately jumped into action and came to the choking victim’s aid.

Now, let’s relate the above scenario with someone you know showing signs of drug or alcohol addiction, thoughts of suicide, or suffering from sexual abuse. Would you help them?

The process of helping someone in need is known as bystander intervention. It encourages us to do things to benefit others, without reward to ourselves. However, research shows that helping others can improve our own potential for survival because we “tune” ourselves to respond to the needs of others, and when we do this, we recognize others may be able to benefit us in return.

So, why do we hesitate to act in order to help others, when they’re choking, or suffering from another potentially life-threatening situation?

We might not act if it’s unclear who is responsible. When we see ourselves as responsible it’s natural to act when we know we have sole responsibility. It’s natural to take action. Be the first to take action. The difference between acting and not acting is a choice! Taking action is contagious and will cause others to do the same.

As Col. David Osborne, Utah National Guard J1 Director/Human Resources Officer, recently pointed out, “If someone needs help, you don’t have to be a subject-matter expert, just be a friend.”

If someone we know is struggling with a serious or potentially life-threatening situation, such as drug or alcohol addiction, thoughts of suicide, sexual abuse, or even financial issues, and they are not able to help themselves, we can choose to take action, overcome barriers and make a difference in that person’s life.

In the case of the choking interpreter in Baghdad, those present assumed the situation wasn’t life-threatening since nobody immediately jumped into action and engaged. Fortunately, someone eventually recognized the need for bystander intervention and came to the interpreter’s aid, performing life-saving maneuvers to dislodge the food that was obstructing his airway. If a bystander had not intervened, this individual could have died, due to the fact he was unable to save himself.

The military is based on a bedrock of trust—trust that its members will be there for each other. Members of the military community, to include active-duty service members, reservists, family members, retirees, and veterans, all have a duty to act to protect the rights, well-being, and safety of others, regardless of the circumstances or conditions.

If you or someone you know is in need of assistance, don’t hesitate to act. There are numerous resources available, and an army of men and women dedicated to assist you. 🇺🇸

—Duane Sheeley

Family Assistance Centers (FACs) .....	801-432-4522
Utah Military & Family Life Consultants .....	801-432-4622
Substance Abuse Prevention .....	801-432-4666
Suicide Prevention Line .....	800-273-8255
Sexual Assault Response Coordinator .....	801-716-9254
Personal Finance Counselor .....	801-718-6397



## Major D.J. Gibb Public Affairs Officer

**T**he Greek philosopher, Heraclitus, is well known for his doctrine of change being central to the universe. Sometimes, change is stressful, other times, a welcome change is just what the doctor ordered. Thanks to your overwhelming response and feedback, the recent changes to the *Utah Minuteman* have led to a

positive reaction from our audience!

In addition to magazine changes, we recently updated our official Utah National Guard website, **ut.ng.mil**. It has been a while since our website has

been accessible both internally, and to the public by phone, tablet or computer. We hope [www.ut.ng.mil](http://www.ut.ng.mil) is the first place people turn to get any information about the Utah National Guard: recent news, local units, social media links, benefits, family programs, community support and many other resources to name a few.

Change might be the only constant, but thanks to you, we're ready.

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

## ANNOUNCING THE LAUNCH OF THE NEW UTAH NATIONAL GUARD WEBSITE: **ut.ng.mil**

### INSIDE

- 2 From the Top
- 3 Benefits
- 5 Life Encouraged
- 6 Photos from the Field
- 11 Mark the Calendar
- 12 Duffel Bag
- 14 Feature
- 20 Family Focus
- 22 Health and Fitness
- 25 In the News
- 30 Promotions

### FEATURES

#### 14 Finding George Part 2

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

#### 16 Five Sisters

Five different paths to military service.

### COVER PHOTO

Staff Sgt. Lucas Call performs push ups with his five-year-old son on his back.

PHOTO BY Ileen Kennedy

### Editorial Board

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

**Utah Minuteman** is produced quarterly by the Utah National Guard Public Affairs Office free of charge for all current UTNG Soldiers and Airmen. Views and opinions expressed in this publication are not necessarily the official views of, nor are they endorsed by, the Departments of the Army and Air Force, State of Utah, Department of Defense, or UTNG. All photographs and graphics are public domain unless otherwise indicated.

**Submissions/Feedback:** Utah Minuteman welcomes contributions but reserves the right to edit or decline use.

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

**Coverage:** For significant statewide events contact:

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

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

**Digital Publication:** <https://issuu.com/utngpao>

**Additional Photos:** [www.flickr.com/photos/utahnationalguard/albums](http://www.flickr.com/photos/utahnationalguard/albums)

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

Twitter: @UTNationalGuard

**Webpage:** <https://ut.ng.mil>

# Time and Tide Wait For No Man ~ Chaucer

**S**pontaneity is a sophisticated and more acceptable word for impulsiveness.

Being young and spontaneous = good.

Being young and impulsive = bad.

I would argue that neither are wise or good attributes.

Typical scenario: It's summer, it's 9:00 pm, and dad decides to make an Arctic Circle run with the kids while mom is at the neighbor's playing Bunco. Dad thinks he can make it back before mom gets home. He doesn't. The kids are covered in sticky, sugary, twist-cone ice cream, and they are bouncing off the walls and beds. Dad yells at the kids because his wife yelled at him, but within a short period of time he goes to bed because 5:00 a.m. comes early. Am I right?

Being impulsive is not good. Ice cream, however, is good—but maybe at 7 p.m., not 9, and maybe after the kids have picked up their mess for the day.

Honestly, don't we have enough spontaneity in our daily lives? A trip to the ER; a drill weekend that "Alexa" forgot to remind everyone about; a surprise visit from in-laws; or the unexpected call from the school counselor that a child is struggling. Last but not least, the number one spontaneous activity, is getting lost down the infamous social media rabbit hole—watching people eat sandwiches, pop pimples, or build a deck.

On a daily basis, allowing Time to manage you instead of you managing your time, creates chaos. That chaos can overflow into our homes, work, relationships, and even fun activities. If these activities aren't planned for, they can be a source of significant emotional and financial stress.

If we spend two minutes right now, thinking about that concept, we could come up with five examples of how something that, in theory, should have been awesome, but turned out as an expensive flop—or worse, a fight and lots of stress.

Why does this matter? Because when a person is out of control due to letting impulsive behavior rule the day, instead of being in charge or ruling the day, chaos ensues. Then there is a trickle-down effect... work suffers because we're tired from making impulsive decisions the night before; significant relationships are strained; and children begin to respond to this chaos either passively or aggressively. This becomes a dangerous situation and increases the risk of depression, anxiety, academic failure, substance abuse and risk of suicide.

When we don't plan, prepare and predict how we use the hours we are given every day, we will feel out of control as a service member, spouse, parent, employee, and in all the other areas of our lives. It's time to build a life that places us in the driver's seat. Not other people, circumstances, or childish whims.

How does one actually do that? What does that look like? It will sound simple, but in practice it takes a commitment to

wanting a better life for ourselves and those around us.

Here are three steps to organize our time to decrease chaos and increase peace:

## 1. Write down what you want your daily life to look like.

Prioritize main elements. Ask yourself "What do I need to get in place to be successful?" (*Ex: I want to be on time to work. Prepare my lunch, clothes, keys the night before. Go to bed on time so I can get up on time. Leave work on time so I can do the important things in the evening before I have to prepare for the next day. Be more focused at work so I can leave on time.*) Do you see the chain reaction?

## 2. Write down a routine/schedule and keep it somewhere visible.

Include a general daily schedule so you don't forget that spending four hours on social media is not a part of your plan. (*BUT, if you want that in your life, by all means schedule it in. You will enjoy it much more when it is part of your plan!*) The night before (*recommended*) or the first thing in the morning at work, write a detailed schedule with times indicated. (*Ex: 7-7:30 return*

*emails. 7:30-8:00 meet with my team etc...*) Do this with your kids. When kids are in control of their schedules, they are much more compliant, happy, and focused. And while you are at it; make sure to schedule daily one-on-one time with your children (*5-10 minutes*). They will love it. They will feel seen, heard, and understood. It will make for a great summer and a smooth transition back into the school year.

**3. Stick to the schedule.** Remember, in the last issue we talked about making a promise and keeping it? Now we get to put that into practice. How excited are you? Super-duper is the answer!

Making Time work for you will increase stability and predictability into your life and those around you. This leads to trust, feelings of safety, lower stress, less chaos, more love, and peace. This is Life Encouraged. 📖

—Andrea Phillips, LCSW Program Manager

*Making time  
work for you will  
increase stability  
and predictability  
into your life and  
those around you.*

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  
Colbey Strong: 801-715-3748 North Salt Lake, So. Ogden, West Jordan, Logan



## PHOTOS FROM THE FIELD

**Exercise Balikatan** U.S. Army Sgt. Kevin Sanchez, a crew chief with Charlie Company, 3rd General Support Aviation Battalion, 25th Combat Aviation Brigade, studies terrain aboard a UH-60 Black Hawk as part of a flight survey during Exercise Balikatan 2019 near Mount Pinatubo, Fort Magsaysay, Philippines, April 1, 2019. Exercise Balikatan, in its 35th iteration, is an annual U.S.-Philippine military training focused on a variety of missions, including humanitarian assistance, disaster relief, counter-terrorism, and other combined military operations. Utah Guard's 128th Mobile Public Affairs Detachment conducted its annual training in support of Exercise Balikatan.

PHOTO BY Spc. Jon Welch, 128th Mobile Public Affairs Detachment











PHOTOS FROM THE FIELD

## **151st Security Forces Squadron Training**

A 151st Security Forces Squadron member conducts M4 rifle training at Camp Williams, Utah, April 24, 2019. Security Forces members spent the week conducting proficiency training to ensure they are fully trained on the most current skills and tactics.

PHOTO BY Tech. Sgt. John Winn



## Serve your State... AND your country!

Secure our homeland by being ready to respond when disaster strikes.  
Defend our country when the nation calls.  
Work part-time, one weekend a month and a few weeks a year.

UTAH  
**AIR NATIONAL GUARD**



### Educational Benefits

- State Tuition Assistance up to \$6,000+ per year.
- Montgomery GI Bill: \$380+ per month (tax free).
- GI Bill Kicker for eligible careers: \$350 per month.
- Enrollment in the Community College of the Air Force!

### Multiple Career Opportunities

- Careers ranging from Information Technology to Law Enforcement; Vehicle Maintenance to Medical Technicians; Civil Engineers to Finance & Personnel; Linguists and Intel to Aircraft Maintenance and MORE!
- Up to \$20,000 Enlistment bonus for eligible careers!

**1-800-TO-GO-ANG**  
**1-801-245-2246**

**www.GoANG.com/UT**

  **@utahairguard**



# \$20,000.00

## ENLISTMENT BONUS

For qualifying MOS's

**Contact your unit RRNCO  
with any referrals.**



NATIONALGUARD.COM

**Refferals made easy using our app!**





Search for our app  
Utah National Guard



Download on the  
App Store



GET IT ON  
Google Play

  **@utahcitizensoldier**





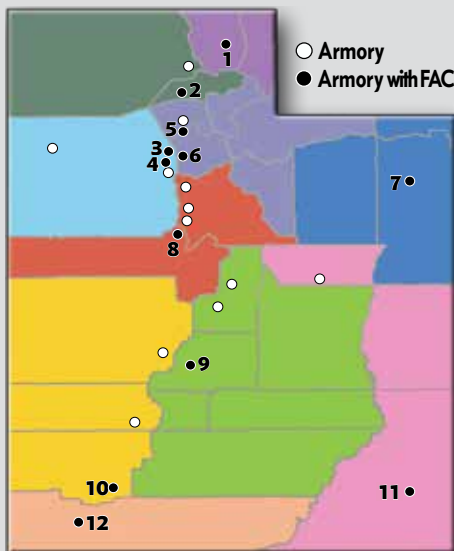
## FAMILY ASSISTANCE CENTERS

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.

Regardless of location, FAC 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!



### Regional FAC and Armory Locations

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

Veterans/Retirees 866-456-4507

Contact your local FAC for any questions you have.

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

**07/13-14**

**SUICIDE PREVENTION ASSIST COURSES:** For Utah Army National Guard service members and spouse **July 13-14, 2019**. Courses taught at Sunrise Hall, Camp Williams. To reserve your spot in the course email [robert.g.spencer20.ctr@mail.mil](mailto:robert.g.spencer20.ctr@mail.mil) or call 801-432-4533.

**08/10**

### UTAH STATE PARKS MILITARY APPRECIATION DAY:

Utah State Parks offer free day-use entrance **Saturday, August 10, 2019**, for active military, veterans and their family. Many parks will host events to celebrate like pancake breakfasts, 5K races, flag ceremonies, canoe rental, disc golf tournaments and more. For a list of all activities visit [stateparks.utah.gov](http://stateparks.utah.gov).

**09/14**

**GOVERNOR'S DAY:** Families are invited to Camp Williams to see their Soldiers and Airmen march in the pass in review before Gov. Gary Herber, commander-in-chief, and Maj. Gen. Jeff Burton, the adjutant general. **Begins at 9:00 a.m.**, parking opens at 7:00 a.m.

**10/05**

**SUB FOR SANTA:** The Utah National Guard Sub for Santa Program assists children of our Utah Military who might go without during the holiday season. Beginning Oct. 10, current Utah service members in the National Guard, Reserves, or Active Duty can submit applications through the Utah Guard Charitable Trust at: [www.utahguard.org](http://www.utahguard.org).

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

### UPCOMING YELLOW RIBBON EVENTS

DATES	TYPE	UNIT(S)
July 13	Post Deployment	2-211th AV
Sept 28	Post Deployment	115th EFD & 19th SFG
Oct 19	Post Deployment	4th ID MCP-OD

### PARENTING COURSES

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

Register by email: [jacob.k.vickrey.nfg@mail.mil](mailto:jacob.k.vickrey.nfg@mail.mil)

# JPADS -- GPS Guided Parachute Load

**R**eliable and timely “next-day-air delivery” of a package to one’s doorstep is something we expect after purchasing something important. When it comes to military operations in austere environments, next day might be too late.

The Joint Precision Airdrop System, or JPADS, is an invaluable tool Utah’s 19th Special Forces Group uses when supplies are needed at the right place and time to accomplish a mission anywhere in the world. Capable of carrying up to 2,200 lbs. of ammunition, food, water, medical, or other supplies, this GPS guided parachute load can be dropped from 25,000 feet above sea level and up to 20 miles from its final destination.

“The JPADS is able to pull wind data, enabling the plane to fly at high altitudes and offset from the target,” said Chief Warrant Officer 2 Jeff Holt, Senior Airdrop Warrant for the 19th Special Forces Group. “This virtually eliminates any enemy threat from the ground to aircraft and crew, while still delivering supplies at the precise location and time it is needed.”

Depending on the elevation and weight of the load, JPADS can take up to 30 minutes to reach its destination. Before JPADS existed, “dumb parachutes” would drop from a plane at low levels within an estimated drop zone depending on weather conditions.

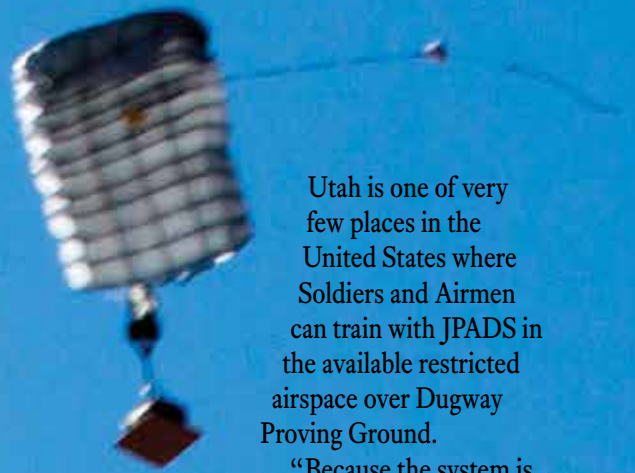
“You could compensate pretty well for wind variables on a good training day,” said Holt, “but in a combat environment, with mountain terrain, and potential threats equipped with rocket launchers, it could hinder low-level flight and accuracy on the drop zone.”

JPADS is a simple system to look at, but works miracles for those waiting for supplies in dangerous areas of the world. The package consists of a crate packed with supplies over cardboard matrix, designed to collapse on impact, protecting its contents. On top of the package is a small box housing the GPS system and software with a couple of motors with automatic left and right pulley’s helping to guide the load within a few feet of its targeted destination. Finally, above the GPS box, sits the parachute, packed and ready for deployment.

Prior to deployment of the JPADS load, the air crew can drop what is called a Drop Sonde, an instrument the size of a coffee cup with a small parachute, to measure the weather conditions and provide accurate readings to ensure the JPADS is dropped at just the right moment. The accuracy can be dead on, with the first package landing directly on the target, and the second package landing on top of the first if needed.

“Any certified rigger can build the JPADS load from the ground,” said Holt. “It’s a skill level I task for all rigger qualified Soldiers, who can even supervise non-rigger qualified Soldiers to complete the task.” However, special skills are required to pack and place the parachute properly holding the heavy load.

The possibilities are endless for this system. For example, High Altitude Low Oxygen certified jumpers can pack the system with their equipment and gear (even an ATV with fuel), jump and follow the JPADS to the ground, and move to their mission or target undetected by the enemy.



Utah is one of very few places in the United States where Soldiers and Airmen can train with JPADS in the available restricted airspace over Dugway Proving Ground.

“Because the system is mechanical, there is a possibility it could fail, putting an unsuspecting public below at risk of being hit by a silent and very heavy load,” said Holt. “Restricted airspace is the only safe way to train on JPADS. Other locations like Fort Bragg can be used to train, but training has to take place at much lower altitude with most of their ranges shut down for safety reasons.”

In the weeks and months ahead, the 19th SFG will continue training with JPADS adding weight to the packages and even HALO jumpers following the loads to the ground. This adds viability to the unit, and makes them a force to be reckoned with all over the world. 🇺🇸

—Maj. D.J. Gibb



ABOVE: An Air Force C-130 Hercules Aircraft is prepared and loaded with the Joint Precision Airdrop System to be dropped at approximately 13,000 feet over Dugway Proving Ground, Utah. The JPADS is a high-altitude GPS-guided delivery system that is almost entirely automated, providing the deploying aircraft and troops on the ground with increased survivability.

U.S. ARMY GUARD PHOTO BY Maj. D.J. Gibb  
RIGHT: The JPADS is checked one final time before being dropped over Dugway Proving Ground, May 15, 2019.

U.S. ARMY GUARD PHOTO BY Sgt. Nathaniel Free  
BACK: A cargo bundle descends during a JPADS joint exercise with Spanish Advanced Airborne Reconnaissance Company and Spanish Parachute Brigade, in Zaragoza, Spain, Aug. 22, 2018.

U.S. MARINE CORPS PHOTOS BY Cpl. Holly Pernell







# Finding George Part II

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



Lt. George Wilson

In Part I of the 2019 Utah Minuteman Vol 2: Erik Bornemeier, a member of the Utah Air National Guard discovered his Great-Uncle, Lieutenant George Wilson, crashed his airplane in or near Monchy-Cayeux on July 8, 1944. Visiting France on the anniversary of the event, he has taken the lead in the search for traces of the crash, and burial site of his uncle. He hopes to find new leads from people in the area.

One witness who contacted Bornemeier about the crash was a young man named Charlie. Charlie was a World War II enthusiast that offered to help Bornemeier in his search with the use of his metal detector. Not one to pass-up an opportunity, Bornemeier accepted Charlie's offer.

After making several connections with people that had knowledge of a plane crash somewhere in a field outside the small town of Monchy-Cayeux, France, Bornemeier ventured to the French countryside to investigate. Armed with an interpreter, potential eye witnesses and a metal detector, Bornemeier arrived in Monchy-Cayeux, France on July 8, 2018.

Bornemeier began what would be the first of many trips to Northern France where he meet with Pierre Vion, known locally by his publishing pseudonym, "Le Goblein du Ternois (The Goblin of Ternois)". "I told him 'I don't have a hotel room, and I don't speak French. Can you guide me to the best hotel or a bed and breakfast?'" said Bornemeier "and he said 'Hey, I run a bed

and breakfast.'"

So Bornemeier headed out with The Goblin and stayed at his bed and breakfast in a cozy town in Northern France.

On July 8, 2018, a partly cloudy morning 74 years to-the-day of the crash, Erik Bornemeier and a small group headed out to the field where they believed George and his B-17 had crashed. "I'm in France, 74 years later," said Bornemeier "It's kind of a special day. I woke up and said to myself this is going to be a good day."

Bornemeier and his team, who would later dub themselves the "Fellowship of the Baguette", ventured to the first location they suspected the crash site to be at. Upon their arrival at around seven in the morning, they were greeted by the fields owner, Sebastian. Bornemeier described the feeling of being there as surreal.

When he stepped out onto the field, he had a sense that time had stopped. Waist high, golden colored wheat grew in



Members of the "Fellowship of the Baguette" recover remains of an aircraft crash in a wheat field near Monchy-Cayeux, France, July 8, 2019. The team, led by Tech. Sgt. Erik Bornemeier of the Utah Air National Guard, is searching for any signs of a B-17 crash that Lt. George Wilson was flying when he was shot down during World War II.

PHOTO COURTESY OF Eric and Bonni Bornemeier



the picturesque field. Impact craters from bombs exploding during the war more than seven decades prior could still be seen along the roadsides. At that moment, Bornemeier knew he was somewhere special, "I'm going to remember this for the rest of my life," he recalled.

Minutes after walking through the field, Charlie's metal detector began chirping. Just below the surface in loosely turned soil was a piece of riveted aluminum painted in a green paint, reminiscent of a World War 2 military vehicle or aircraft. As they move around, they found a hinge, a .50 caliber bullet, pieces of plexiglass, a small piece of a propeller, and more. The amount of parts just on the surface of the field was astonishing to the group.

"Within an hour, I had a piece of what would be very much a B-17, based on the various pieces we found," said Bornemeier "we've got a plane here."

They didn't know if it was George's plane, but the evidence they collected pointed to that of a B-17.

Realizing the importance of their sudden discovery and the realization that they could possibly fill a wheelbarrow with miscellaneous metal parts, Bornemeier said they decided to go speak with two brothers who Charlie had found when knocking on doors. The brothers were seven and nine at the time of the crash and they claimed to have been living near the crash site when it happened.

The brothers lived only one-eighth of a mile from the crash site and volunteered to go back out to the field and tell the group what they remember of that fateful morning. The brothers explained that they had heard what they believed to be a plane crash. "They drove up and saw the fire. There were Germans all around and they told them to go away," recalled Bornemeier "so they went away but came back later."

The brothers later explained that the remains of the plane sat in the field for three years, occasionally being picked apart for materials and parts due to the shortage from the war, which included things like plexiglas, which some people used to

make into wedding rings and some of the ordinance that survived the crash which the children would remove explosive content from and detonate just for fun.

One of the more vivid memories the brothers recalled was that of them removing the .50 caliber guns and disposing of them in the local river to keep the German troops from using them. "This was particularly important to me," said Bornemeier. "On every .50 cal, there's a serial number...that helps me to identify the plane as George's." He noted the story and placed a GPS marker in his journal as a place to follow-up with on another visit.

They toured a few other sites and even knocked on a few doors of neighboring homes. After speaking to a few more folks in the area, the Fellowship felt they had acquired a good amount of testimony and evidence of an unknown crash that quite possibly could be Lt. George Wilson's B-17 crash site.

With an aircraft crash site, eye-witness accounts and airplane parts in hand, Bornemeier was more confident than ever that they were on the right track, and that they were one step closer to getting a more complete picture of George's final moments.

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

—Tech. Sgt. John Winn



Members of the "Fellowship of the Baguette" search for remains of an aircraft crash in a wheat field near Monchy-Cayeux, France, July 8, 2019. The team, led by Tech. Sgt. Erik Bornemeier of the Utah Air National Guard, is searching for any signs of a B-17 crash that Lt. George Wilson was flying when he was shot down during World War II.

PHOTOS COURTESY OF Eric and Bonni Bornemeier

# Five Sisters

Five different paths to military service.

Tiara Puro was 17 years old when her father handed her a recruiting brochure for the Utah Army National Guard. She remembered a feeling of excitement as she flipped through the pamphlet, especially when she read about the education benefits. She had been trying to figure out a way to pay for college and the Utah National Guard was offering the equivalent of a full-ride scholarship for six years of service.

“When I enlisted, it was peacetime,” Tiara said. “There was nothing going on, and it was actually why I felt so comfortable agreeing to enlist. What’s six years of an enlistment during peacetime, especially if I get a college degree out of it?”

Tiara enlisted in 1999 as a paralegal specialist. Once a month, she drove to the armory in Vernal to train with the 1457th Engineer Battalion as part of the Delayed Entry Program, until she finished high school. A week after graduating from high school she shipped to Basic Combat Training, Fort Jackson, South Carolina.

Tiara is the oldest of five sisters. Her four younger sisters are Tambra, Tayva, and the twins, Taryn and Ty’lene. They all grew up in Roosevelt, and graduated from Union High School. Their parents met on the University of Utah ballroom dance team. All five sisters grew up singing and dancing. Four of the five sisters have placed in the Miss Duchesne County and Miss Uintah Basin pageants.



Top down clockwise:

Ty'lene, Army Guard; Tayva, Air Guard; Tiara, Air Force; Taryn, Navy; Tambra, Army Guard.

While large, musically-inclined families are not uncommon in Utah, the Puro sisters are unique in that they are all currently serving in the military, with decorated careers spanning the Army, Air Force, and Navy.

“I don’t think any one of us thought that we would serve in the military,” Tiara said.

Tambra was 14 years old and a freshman in high school when Tiara left for basic.

“It was a little scary, a little nerve-racking to think about her going off and doing all those things,” Tambra recalled. “But I just thought, wow, that’s pretty awesome.”

A few months later, Tiara returned from Basic Combat Training. The experience had changed her.

“I came home super excited about being in the military and what that meant,” Tiara said.

As she described the experience to her family, Tambra thought, “That will never happen in my life. It’s not something I’m interested in. Who wants to be yelled at by Drill Sergeants and do push-ups? I



Left to right: Tambra participated in the Miss Duchesne County and Miss Uintah Basin pageants, with four of the five sister placing in the pageants. Tambra, left, and Tiara in 2002, the first two sisters to join the military.



can't even do a push-up, let alone pass a PT test. So, no thank you. I'll do something else."

Even at 12 years old, Tambra knew she wanted to do something important with her life.

"At the time, I was really interested in being a nurse, so I went and asked the hospital if I could volunteer."

She was the youngest volunteer the hospital had ever seen. She formed a group of young hospital volunteers called the Junior Pink Ladies. As a sophomore in high school, she started working on her Associate of Science Degree in Pre-Health Sciences.

"Caring for others is a common thread in my life," Tambra said.

"That's really what I'm passionate about."

On the morning of September 11th, 2001, Tiara was at the University of Utah, enjoying her education benefits. She didn't have class until later in the day, and decided to sleep in. She woke up to the phone ringing. Her dad was on the other end of the line. He said, "You need to turn on your TV."

Tiara was confused. "What are you talking about?"

He said, "Don't ask any questions. Just turn on the TV."

Something in his tone had unsettled her. She went into the living room of her college apartment and switched on the TV. She watched the second plane collide with the south tower of the World Trade Center.

"I knew in that moment my life would never be the same," she said.

Tiara told her dad she loved him, but she needed to go. She hung up and immediately called her unit to know what she could do to help.

The 2002 Winter Olympics came only a few short months after 9/11. Approximately 2,400 athletes from more than 80 different countries, and even more spectators, were headed to Utah. Under the looming shadow of terrorism, the burden of law enforcement augmentation fell to the Utah National Guard. Some 4,500 Guard members were called up to provide security for the Games, and Tiara was among them.

Tambra was a high school senior on the one-year anniversary of 9/11.

"I woke up that morning, turned on the TV and President Bush was giving a speech," Tambra said.

The Statue of Liberty stood over President George W. Bush's right shoulder as he addressed the crowd and the cameras in the New York harbor: "*September the 11th, 2001 will always be a fixed point in the life of America,*" he said. "*The loss of so many lives left us to examine our*



Tambra enlists into the Utah Army National Guard in 2002, with the Oath of Enlistment given by Lt. Col. Jeff Burton, right.



Tayva, right, commissions in 2016 with the Oath of Office given by her sister, Tiara.

*own. Each of us was reminded that we are here only for a time. And these counted days should be filled with things that last and matter: love for our families, love for our neighbors and for our country, gratitude for life and to the giver of life."*

His words caused Tambra to reflect. She listened to the speech as she was getting ready for school and thought to herself, "Where am I going in life? How will I pay for things? What's my next step, my next move?"

"*For members of our military,*" Bush continued, "*it's been a year of sacrifice and service far from home.*"

Tambra immediately reflected on her own sister's sacrifice and service.

"*Our generation has now heard history's call, and we will answer it,*" Bush declared. "*In the ruins of two towers, under a flag unfurled at the Pentagon, at the funerals of the lost, we have made a sacred promise to ourselves and to the world: We will not relent until justice is done and our nation is secure.*"

In that moment, Tambra was inspired to say to herself, "That's what I want to do. Tiara did it, I think I can do it. I'm not very aggressive, I don't do those physical things, but I can try."

The same recruiter who worked with Tiara three years earlier happened to see Tambra at school that day and asked, "Have you given it any thought?"

"Well, actually, yes I have," she replied.

Two weeks later, on October 1, Tambra enlisted to be an Army administrative specialist, assigned to the same unit as her sister. She was sworn in by Lt. Col. Jeff Burton, who was then the commander of the 1457th Engineer Battalion.

"I really wanted to be a combat medic," Tambra explained. "But I also really wanted to start college as soon as possible. I didn't want to postpone college, so I chose the shorter occupational school."

At the time, the Utah National Guard offered an orientation course called Non-Prior Service Support which helped prepare future Soldiers for Basic Combat Training. The course was conducted by a retired Marine drill instructor and designed to be physically grueling. Today, this same program has been expanded into the Recruit Sustainment Program.

"It just about killed me," Tambra recalled. "I couldn't sit up on my own for two full weeks."

Realizing she had a lot of work to do, she started doing push-ups and sit-ups and went running every single day until she graduated high school. She was headed to Fort Jackson in March 2003.

"Basic Training is still one of the highlights of my career," Tambra said.

Around that same time, Tiara was sitting in her Readiness NCO's office when a mobilization order came in for their unit, the 1457th Engineer Battalion.

"In the Guard we're always ready," Tiara said. "We're always exercising and training, so we were ready when the call came."

In April of 2003, Tiara and the rest of the 1457th were headed to Iraq while Tambra was in the middle of basic training.

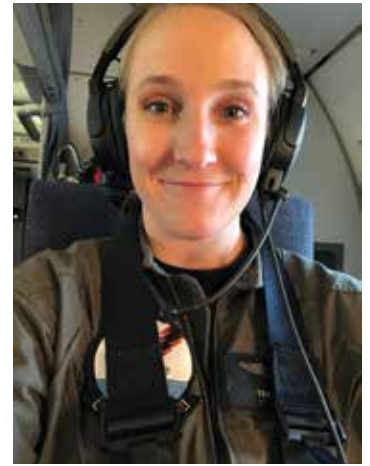
"The training felt very real to me," Tambra said. "Because my sister was already in Iraq."

Tambra would see newspapers in display cases outside the dining facility where she ate each day, headlining the toppled Saddam Hussein statue. As she donned her gas mask and entered the gas chambers, she imagined Hussein's chemical attacks on innocent civilians and thought "Wow. This is why we do what we do."

When Tambra returned home from basic training, she immediately enrolled in Utah Valley State College using her new military education benefits, and joined the Reserve Officer Training Corps. Even before enlistment, she had considered becoming an officer, but wanted the added experience of basic training.

"You already have a degree," as Tiara had pointed out. "Go Army and go officer."

Tambra contracted in the Fall of 2003, and graduated in the Spring of 2005, with an Integrated Studies degree in Community Health and Military Science. She was assigned to the



Left to right: Tambra's Iraqi deployment 2005. Taryn, Navy Flight Officer 2018.

144th Area Support Medical Company as a medical services officer. As soon as she finished Officer Basic Course, today known as the Basic Officer Leader Course, she was headed to Fort Bliss, Texas, where her new unit was preparing to deploy to Iraq.

Tiara had returned from her own deployment during this time and decided to reenlist, but now in the Utah Air National Guard as a personnel specialist.

"I loved working with the Guard. Loved what I was doing. But I felt like I needed something different. I needed a change of scenery—a new path."

She got an Active Guard Reserves job in the in the Air Force Reserves and had a permanent change of station to Offutt Air Force Base, Nebraska.

By the time Tayva was a senior in high school, she had one sister in the Army and another in the Air Force.

"I grew up with one sister or another deployed," Tayva reflected. "I knew what deployment looked like. I remember waiting for phone calls and running out of church to answer a phone call."

Unlike Tiara and Tambra, military service had become part of Tayva's life, but she wasn't initially interested in serving, unless she could be an engineer. Fortunately, a new engineering unit had opened up in the Utah Air National Guard. She enlisted September 2006 as an engineer in the Air Guard, which tied in perfectly with her civilian career path. Brig. Gen. Christine Burckle, who was a colonel at the time, issued the Oath of Enlistment.

Tayva used her education benefits to attend Utah State University where she earned a Bachelor of Science degree in Mechanical Engineering.

In 2010, the twins, Taryn and Ty'lene, graduated high school.

"I wanted to be a veterinarian," Ty'lene said. "I kind of had it in my mind that I wanted to be an Army veterinarian, but I wanted to wait about a year after graduation to make sure the military was actually something that I wanted to do for myself, not just following in my sisters' footsteps."

She went to Weber State University with a music scholarship. One year after graduation, she met with the recruiter on campus and decided to enlist.

The officer who administered the Oath of Enlistment that day was none other than Ty'lene's older sister, Tambra, who had recently returned from her Iraq deployment.

Ty'lene joined under the Simultaneous Membership program, planning to return to Weber State's ROTC program after completing basic training



at Fort Jackson, but plans changed when she had her first taste of the military.

“I fell in love with the Army mindset,” she said.

While still at Advanced Individual Training, she applied for several full-time positions in the Utah National Guard. On the plane coming back home, she set up job interviews. The Monday after she came home, she interviewed for two jobs, and started the following week as an admin assistant in the G3. Not long after that, she joined the Utah Guard Biathlon team and brought home two second-place medals from her first regional competition. She would go on to take first place in the 2015 Utah Best Warrior Competition, to be the Soldier of the Year.

After graduation, Taryn was on a different path. She reached out to Tiara and asked if she could come stay with her in Nebraska for the summer between college semesters. She had been attending Southern Utah University, where she was pursuing a music major.

“She was a great roommate,” Tiara said. “She helped me foster doggies and we had a great time.”

After moving to Nebraska, Taryn decided it was time to do something different.

“I wanted to push myself, to set higher goals for myself.”

She had been considering the Navy since high school. “I remember getting a Navy recruiter postcard in the mail and I liked the colors—the blue and white—and when the recruiter came, dressed in his ‘whites,’ it was super motivating.”

She was accepted into the Navy ROTC program at the University of Nebraska—Lincoln. As the last of the five sisters to join the military, she wanted to set herself apart, to blaze a new path. Tiara was serving in the Air Force Reserves, Tambra and Ty’lene were in the Utah Army National Guard, and Tayva was in the Utah Air National Guard. She would go Navy.

While in Nebraska, Tiara worked on her undergraduate degree at the University of Nebraska—Omaha and graduated in the winter of 2011. She was simultaneously accepted into the Deserving Airman Commissioning Program and became an officer in May 2012. She moved to Washington D.C. for a civilian job in Human Resources with the Department of



Ty’lene waits to continue a mystery event as part of the Region VII Best Warrior Competition, May 5, 2015, at the Keaukaha Military Reservations, Hawaii.

Transportation, then did an extended tour to support the International Airmen Division at the Pentagon. As an officer, she was able to administer the Oath of Office to commission Tayva as an officer, while Tayva’s first salute came from her younger sister, Ty’lene.

“My parents raised us to know our strengths and to always try our hardest, to tell the truth and be brave,” Tiara said. “To do things that scare us. To eat the food that’s put in front of us, whether we like it or not. If you look at the way my mom and dad raised us, those skills are what helped us to adapt to serve in the military.”

“One of the rights of passage for each of my girls,” their father, Steve, explained, “is at age 8, I take them out rappelling. I teach them proper skills, with good anchors and good knots, and then I back them off of a cliff.”

By the time each of the five sisters arrived at basic training, they could get down a rappel tower in a single bound.

When asked about what it’s like to have five daughters serving in the military, he said, “It’s the scariest thing you’ll ever be proud of.”

He invites all parents to have an open mind about military service.

“My girls have grown in the military. As a dad, I know they are going to be OK, because they have learned to stand on their own two feet and take charge of their lives.”

He fondly refers to his daughters as “Papa’s Patrol.”



Puro family at Tayva's commissioning in 2017.

Left to right: Ty’lene, Taryn, Lena (mom), Tayva, Steve (dad), Tiara, Tambra.



Left to right:  
Tiara, Air Force; Tambra, Army Guard, Tayva, Air Guard; Ty'lene, Army Guard; Taryn, Navy.

Today, Capt. Tiara Puro is the operations officer for the 301st Force Support Squadron, at Naval Air Station Fort Worth Joint Reserve Base.

"The gifts and blessings that have enriched my life because of my military service are countless," she said.

Maj. Tambra West is the G3 resource integration manager in the Utah National Guard.

1st Lt. Tayva Lamb is a Cyberspace Operations Officers in the Utah Air National Guard, assigned to the 130th Engineering Installation Squadron, currently preparing to deploy with her unit. On the civilian side, she is a systems structural engineer for Sumaria Systems, Inc., working on the General Dynamics F-16 Fighting Falcon at Hill Air Force Base. She's married with two boys, ages 4 and 8.

Staff Sgt. Ty'lene Puro is an admin assistant in the Utah Army National Guard, assigned to the 65th Field Artillery Brigade, currently on her way home from a deployment in the Middle East. She is the only NCO in the family.

Lt. j.g. Taryn Puro is a Naval Flight Officer, stationed at Naval Air Station Jacksonville, Florida, assigned to the Fleet Readiness Squadron. She flies in the Boeing P-8 Poseidon.

"We're intertwined," Ty'lene said. "Even though we all have such different military careers, we're all still connected."

—Sgt. Nathaniel Free

## FAMILY FOCUS

# Your Guard, Your Family, Your Benefits

How important is an education to you? Did it affect your choice to join the Guard?

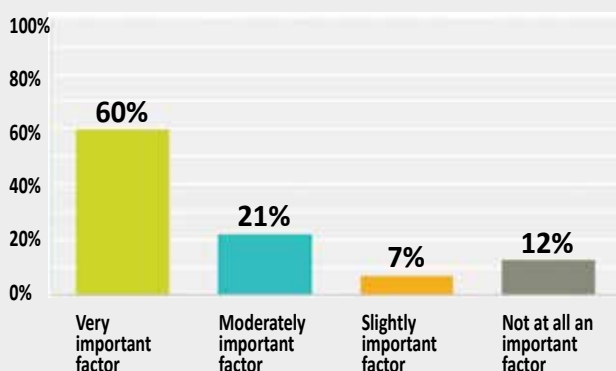


## State Tuition Assistance

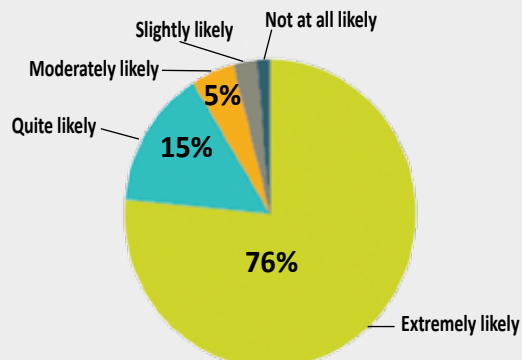


### UTNG Survey:

**Q7** State Tuition Assistance was an important factor in my enlistment or reenlistment.



**Q9** How likely do you believe your educational endeavors will affect your ability to get a raise, be promoted or find a new job?



- 81% list STA as an important factor in enlistment or reenlistment.
- 96% believe education will improve their employment.



# Your Guard, Your Family, Your Benefits

## FOCUS ON: Education Benefits

Are you where you want to be in your career? Do you have dreams and goals that you're not sure how to achieve? Education benefits are one of the top reasons people say they join the military, but less than half our Utah Army Guard members are showing any amount of post-high school education. That number is even lower if you look only at our enlisted force. One reason may be that too many of our Soldiers don't know what's available to them, how to apply, or how to combine all the different education programs to work for them. But we have an answer to that confusion, because one of the most important education benefits available to our Soldiers and their families is an education counselor.

Rachel Forbes works in the Utah National Guard's Education office in the Draper Armory. She has a Master's degree in education counseling and gets regular updates on all education benefit programs the Utah Guard offers to our Soldiers, Airmen and their families. Not every Guard member or family member is going to be eligible for every benefit, but Rachel can help tailor the available information to your goals and dreams. That's what everyone in the Education Office is here for. We work directly with Guard members and their families to help them become police officers, plumbers, nail technicians, teachers, doctors, pilots, and more. The Guard is family, and family works together to move us all forward.

If you or your spouse are ready for information on education benefits, please contact the Education Office at the group email, [ng.ut.utarng.list.education-office@mail.mil](mailto:ng.ut.utarng.list.education-office@mail.mil). You can also call Rachel at 801-432-4040 for education counseling and advice on Federal Tuition Assistance and the GoArmyEd.com program or Sgt. 1st Class Nichole Bonham at 801-432-4504 for information on state programs, STA/State Tuition Assistance and STW/State Tuition Waiver. We hope to hear from you soon.



Rachel Forbes, M.S. Educational Counseling  
for the Utah National Guard.

## Recent or Pending Changes in Education Benefits

- Effective 12 July 2019, anyone with 16 or more years of service will no longer be able to initiate the Transfer of Education Benefits option for the Post 9/11 GI Bill.
- Army Credentialing Assistance Program, currently in limited test-use in select states, should go Army-wide in fiscal year 2020 (after 01 October 2019). This program will provide a new funding option for course, material, and testing for academic and vocation-related credentials.

## Important Tips & Best Practices

If you go into the Inactive Guard (ING), the way many of our Guard members do when they go on a mission, make sure to sign a DA 4836 Extension when you return. You must extend your enlistment contract for at least the number of months you are in the ING or you risk losing your eligibility for the Chapter 1606 Montgomery GI Bill – Selected Reserve (MGIB-SR), as well as any bonus you signed for. 📄

—Sgt. 1st Class Nichole Bonham

## Overview of Available Education Benefits

- Education and Career/ Guidance Counseling (ESS network, VIA, Army e-Learning)
- Tuition Payment programs (Federal-FTA, and State-STA and STW)
- Tuition Reimbursement incentive (SLRP)
- GI Bill (benefits vary based on service status)
- College Credit (JST, CLEP)
- Test Prep/Reimbursement or Administration (DANTES, APT)
- Credentialing Assistance or Apprenticeship (CA, RA)
- Family/Spouse Education benefits (TEB, MyCAA, ACE Outreach with the Dept. of Work Force Svc)
- Scholarships (ROTC, EANGUT/NGUT)

Find more at: [ut.ng.mil/resources/education](http://ut.ng.mil/resources/education)



Above and below: Staff Sgt. Lucas Call, the Army Combat Fitness Test Project Coordinator and certified Master Fitness Trainer, and his family spend time together working out. PHOTOS BY Ileen Kennedy

## Fitness and Family

As a Soldier and/or parent, our free time is short. We get pulled in different directions: work, social life, little league games, dance, gymnastics, lacrosse, football, soccer, birthday parties, sleepovers, family trips—don't forget to feed the animals—and the list goes on and on. Add multiple children or responsibilities, and it compounds the planning. Our responsibilities don't stop there. We set goals to eat healthy, exercise, catch up on emails and social media and have quality family time. How do we eat healthy, stay active, maintain physical fitness while keeping up on our tasks and getting the most out of every minute? Here are some ideas that can improve your daily routines. It is impossible to be perfect, but not impossible to strive to be healthier.

Let's talk about food first. If you know you're going to spend multiple hours at an event or a location away from home, pack a cooler with a meal or healthy snacks. Pack assorted fresh fruit, carrots and celery sticks, homemade dips, squeeze yogurts, or pre-made sandwiches. Bring plenty of water along for the family, and add different mix flavor packets to avoid soda pop. Allow children to share ideas so they are involved.



Carrots and celery sticks, as well as berries and melons make a healthy grab-and-go snack for summer outings. Be sure to pack plenty of water to stay hydrated during the hot summer days.







Lettuce-wrapped chicken sandwich is a healthier choice when ordering fast food.

Moving to dinner. The internet is loaded with ways to plan and meal prep for the week—look for pressure cooker, crockpot and premade meal ideas. Meals can be made ahead of time, frozen in zip lock bags and used for quick meal preparation when you get home late. Try to minimize time spent at fast food restaurants, but if you must stop, choose healthier options. Guide the kids to choose fruit options instead of fries, and milk or water instead of cola. Try a lettuce wrap instead of a bun. Hold the sauces or ask for them on the side to control the amount you apply. If you are worried about being hungry, order two sandwiches without the bun, sauces or fries. It is plenty of food. Always drink water instead of cola or sugary drinks. Again, strive to be healthier, not perfect.

Moving on to exercise. We make appointments and set aside time for meetings or work assignments. Schedule time in your busy day to be active so it doesn't get missed. It can be fun and rewarding to be active with the kids. Working out as a family means you don't have to think in "reps" or "sets"—it can be fun and play instead. As kids get older the family workout will evolve. Wear workout clothes when you take the kids to the park and play a game of tag on the playground. Take advantage of the pull-up bars (monkey bars) at the playground by doing pull-up reps or leg tucks. At the park, see how many jumping lunges you can do in the time it takes for the kids to make it down the slide, or hold a plank for the time it takes them to make it back to the top. Kickball is a great way to get involved with

a group of people and include the entire family. Go on a bike ride or set up a bike obstacle course with the kids and ride bikes together. Change up ordinary games like tag, and instead of running, make it different by bear crawling or crab walking. Take advantage of the endless trails of along the Wasatch Front and take a walk, go on a hike or run together. Follow a workout blog for new ideas or challenge your spouse and kids to a push-up contest. Learn new activities that keep you active and teach them to your kids. This will help them develop an active life and expose them to many activities that peak their interest.

These are just some ideas that can help you think outside the box. Organizing your time helps reduce the stress you feel when you're lying in bed realizing you didn't accomplish your "to do" list items during the day. Taking care of two things at once; getting exercise and spending time with the kids or eating healthy and saving on the budget are efficient ways to accomplish your healthy goals. Remember, we are trying to be healthier not be perfect. 🇺🇸

—Staff Sgt. Lucas Call



Master Sgt. Tina Semanoff, a certified Master Fitness Trainer, takes advantage of the monkey bars on an outing to the park with her family.

PHOTOS BY Ileen Kennedy







Master Sgt. Tina Semanoff and her husband like to exercise as a family, pushing a jogging stroller as their boys ride bikes.

PHOTOS BY Ileen Kennedy



### Blueberry Smoothie

1/2 cup Greek non-fat yogurt  
 1 scoop of protein  
 (I use Bowmar Nutrition Blueberry Cheesecake)  
 1/4 cup almond or low fat milk  
 1/2 cup blueberries, strawberries or raspberries  
 Handful of ice  
 Blend



### High Calorie Smoothie

1.5 cups almond milk  
 2 scoops protein  
 1 cup steel cut oats  
 1 tbsp honey  
 1/2 cup strawberries  
 1 banana  
 2 tbsp peanut butter  
 Handful of ice  
 Blend



### Coffee Smoothie

1 cup cold or hot brew coffee  
 Splash of almond or low fat milk  
 1 scoop chocolate protein powder  
 1 tbsp sugar free chocolate syrup  
 Handful of ice  
 Handful of chocolate chips (optional)  
 Blend  
 Top with sugar-free whip chocolate syrup  
*200 calories, 7g fat, 8g carbs, 23g protein*

RECIPES COURTESY OF STAFF SGT. LUCAS CALL



## 4th ID MCP-OD in Afghanistan

**B** AGRAM AIR FIELD, Afghanistan — Utah National Guard's 4th Infantry Division Main Command Post-Operational Detachment, deployed to Afghanistan and areas in the Middle East in support of Operation Freedom's Sentinel and Resolute Support in December of 2018.

Utah Soldiers with the 4th ID MCP-OD are filling a variety of roles, from intelligence analysis and mission planning at the theater level to advising leadership within the Afghan National Army.

Military Intelligence Soldiers work alongside their NATO counterparts to provide critical information to mission planners in support of operations throughout Afghanistan. A number of Utah National Guard Soldiers are conducting Train, Advise and Assist missions with the ANA in regions near the border with Pakistan to provide Afghan Corps and brigade staff officers with critical training and advising in operations and logistics.

Lt. Col. Lee Crosby is an operations officer working with NATO partners and Afghan security forces in the northern portion of Afghanistan, and explained, "These Soldiers and their many counterparts have worked directly with the ANA as advisors to train and assist them in their fight."

Planners and logisticians from Utah are playing critical roles in operational planning and orders production for all NATO forces in Afghanistan.



Sgt. 1st Class Shana Hutchins, Public Affairs Officer and Advisor for Task Force Southeast, works with the 203rd Corps Afghan National Army, members of the Afghan National Police and representatives from the offices of seven of the Provincial Governors during a Train, Advise and Assist mission in Afghanistan.

PHOTO BY U.S. ARMY Chaplain Andrew Lee

"This deployment has provided MCP-OD Soldiers with a very rare and valuable chance to develop at the highest level," said Maj. Rylee Munns, a planner for U.S. Forces, Afghanistan.

The 4th ID MCP-OD is currently scheduled to return to Utah late this summer. 🇺🇸

— Lt. Col. Shaun Nelson, Sgt. 1st Class Shana Hutchins and Sgt. James Dansie

## Utah Air Guardsmen awarded the Utah Cross

**S** ALT LAKE CITY—Tech. Sgt. Sean Price, a boom operator assigned to the 151st Air Refueling Wing, was awarded the Utah Cross by Utah Governor Gary Herbert and the Adjutant General, Major General Jefferson Burton, on April 22, 2019 at Roland R. Wright Air National Guard Base.

Price was awarded the medal for his heroism and quick thinking when he helped save the life of a Utah man who had fallen into the Weber River after his vehicle had been seen hanging off the side of a bridge. With the help of his wife, Price administered life-saving measures and stayed with the individual until medical personnel arrived.

Price began his Air Force career in September 2005 as an Aerospace Maintenance Journeyman with the 151st Mission Support Group before cross training to become a Boom Operator. Price has been recognized by his peers for his dedication to his work and the United States Air Force.

"Tech. Sgt. Price has been a consistent asset to the 151st ARW, his efforts in his day-to-day scheduling duties for the wing's flying operations are matched only by his exceptional airmanship as a boom operator," said Lt. Col. Doug Foster, former 151st Operations Support Squadron commander, "Sean is always willing to lean in on any task that needs to be



Tech Sgt. Sean Price, a boom operator with the 151st Air Refueling Wing, is presented with the Utah Cross by Utah Gov. Gary Herbert and the Adjutant

General, Maj. Gen. Jefferson Burton, April 22, 2019 at Roland R. Wright Air National Guard Base. Price was presented the Utah Cross for providing lifesaving first aid to an injured driver.

PHOTO BY AIR GUARD John Winn

accomplished. Without fail, Sean was one of my go to operators to just get the work done."

Foster added that Price's Air Force training requirements including Self-Aid Buddy Care, which he says helped contribute to him knowing how to initially treat the suspected injuries of the occupant and then coordinate follow-on care. 🇺🇸

— Tech. Sgt John Winn

## Task Force Warhorse in the Middle East

**M**IDDLE EAST — In June 2018, 2nd Battalion, 211th General Support Aviation Battalion (GSAB) embarked on a vigorous and straining mission. This particular deployment would hold many challenges the unit had never faced before. Not only would it double in size from what it was used to in Utah—about 230 Soldiers total—but the formation would be enhanced by Guard Soldiers from nearly a dozen other states to include Active Duty Soldiers.

The area of operations would be spread across several locations in five Middle Eastern countries, and the unit would be required to account for operationally attached Soldiers.

The logistical challenges all units face were multiplied by hours of flight time to multiple locations. Delivery of parts and equipment alone were enough to test aircrews and aircraft to their limits, and transporting personnel pushed those limits even further requiring more from everyone. Maintainers and flight crews performed round-the-clock equipment maintenance and repairs to ensure the fleet was fully mission capable while still maintaining the required work/rest cycles. Fuelers raced to ensure each aircraft was topped off regardless of the time the flight arrived to be certain it was ready for the next air mission. Despite the restrictions, complications, and difficulties of the mission the 2-211th GSAB not only succeeded, it thrived!



The 2nd Battalion, 211th General Support Aviation UH-60 Black Hawk helicopters stand ready in Iraq during the units deployment to the Middle East.

Now that the 2-211th is home, it is clear how teamwork played a key role in its success. Of the 550 plus Soldiers who fell under Task Force Warhorse, it took every one of them to accomplish this extremely difficult mission. This deployment demonstrated once again, the caliber of units and Soldiers the National Guard produces time and time again. 🇺🇸

— STORY AND PHOTO BY Sgt. 1st Class Marya Johnson

## Utah Guard Soldiers return from Middle Eastern deployment in time for Mother's Day

**S**ALT LAKE CITY—Nearly 50 Utah Army National Guard Soldiers assigned to 2nd Battalion, 211th General Support Aviation Regiment returned home from an 11-month Iraq deployment, arriving on multiple flights over a number of days at the Salt Lake International Airport.

The 2-211th deployed on June 15, 2018, the weekend of Father's Day, and returned just in time for Mother's Day.

The 2-211th specializes in flying UH-60 Black Hawk helicopters. Since June 2018, more than 200 Soldiers from the 2-211th Aviation Battalion have served as the sole General Support Aviation Battalion in Iraq, Syria, Jordan, Kuwait, and Afghanistan. 🇺🇸

— STORY AND PHOTO BY U.S. ARMY Sgt. Nathaniel Free

A Soldier with 2nd Battalion, 211th General Support Aviation Regiment is greeted by his children at the Salt Lake International Airport upon his return from an 11-month Middle Eastern deployment May 7, 2019.





## Air Pirates attend Top Gun

**N** AVAL AIR STATION FALLON, Nevada—The Utah National Guard recently participated in the Naval Aviation Warfighting Development Center.

Two to three times a year, NAWDC hosts the Navy's Fighter Weapon School, better known as "Top Gun." This school takes the best of the best pilots, and puts them to the test. For nearly eight weeks, the aviators are challenged across the Full Spectrum of Aviation Operations. There is little margin for error. If an aviator in training doesn't meet the standard for only three missions, they're removed from the program.

At Top Gun there are jets—lots of them. But there is also a Rotary Wing Fighter Weapon School that runs concurrent with the fast-moving aircraft overhead. For the Navy Aviators and Crew Chiefs of Class of 19-01, there was a first for the Guard—the first rotation in its history to include the AH-64D Apache Longbow.

The 1-211th Attack Reconnaissance Battalion, "Air Pirates" out of West Jordan, Utah, spent two weeks at the course, not as students, but enablers to NAWDC's training curriculum. The unit sent three Apaches to compliment the training acting as Armed Escort for numerous scenarios—one week tailored to Decisive Action, the other week tailored to Counter Insurgency.

To give this training a taste of realism, ammunition blanks and pyrotechnics were utilized extensively, including what the Navy calls a PADVAN, a tactical van fitted with equipment to stimulate the Aircraft Survivability Equipment, such as Common Missile Warning System. This is just a fancy way of saying the fight was as real as it could get without anyone actually pulling the trigger.

"It was an honor to train with the Sea Wolves in the latest round of Top Gun," said Chief Warrant Officer 3 Jonny Lee, and Instructor Pilot/Tactical Operations Officer for the 1-211th ARB. "You have to appreciate the humor of having the Air Pirates at a Navy function." 🇺🇸

— STORY AND PHOTO BY Chief Warrant Officer 4 Jared Jones



This year, Utah's 1-211th Attack Reconnaissance Battalion's AH-64D Apache Longbows participated at the Rotary Wing Fighter Weapon School at Fallon, Nevada.



Members of the 2nd Battalion, 222nd Field Artillery host a live-fire artillery shoot family day at Camp Williams April 6, 2019.

U.S. ARMY GUARD PHOTO BY Pvt. Jacob Jespersen

## 2-222nd Field Artillery host their families at live-fire exercise

**C** AMP WILLIAMS, Utah— Saturday, April 6, 2019, was overcast and threatened rain, but that didn't stop the nearly 400 family, friends, and employers from attending 2nd Battalion, 222nd Field Artillery, "Triple Deuce," artillery live-fire at Camp Williams.

The 222nd put on a gun show by sending six rounds of live ammunition down range for all in attendance. Family, friends, and employers of the 222nd enjoyed a thrilling learning experience, engaging them to understand what "their" soldier does on a drill weekend.

Eight employers were in attendance from a multitude of companies invited. One boss, Rich McArther, with Rich Electric from St. George, and his wife Meg, spent their 34th wedding anniversary night at Camp Williams and enjoyed the events of the live fire to kick off their 35th year.

"We had no idea how amazing the Utah National Guard is. This has been a really fun learning experience for us and we appreciate all you do to serve this country," said McArther after observing the power of the live fire.

Cody, a 15-year old in attendance, was watching his step-mother perform duties during the live fire.

"It was pretty cool getting to touch the Paladin, but the best part was the shooting," said Cody. "It's a lot better seeing it in person than on the screen when you're gaming." After the days' events he said he was considering joining, with a grin full of braces.

"This was one of the greatest highlights of my career and none of this is possible without the love and support from family members," said Lt. Col. Cody Workman commander of 2-222nd FA. 🇺🇸

—Lt. Col. Kimberly Lawson



U.S. Air Force Lt. Col. David Farnsworth, a medical provider assigned to the Utah Air National Guard, examines a young boy during the humanitarian civic assistance component of exercise African Lion 2019 in Tata, Morocco, March 28, 2019.

PHOTO BY AIR GUARD Staff Sgt. Danny Whitlock

## Utah National Guard participates in African Lion 2019

**T**ATA, Morocco — Approximately 80 members of the Utah National Guard participated in the humanitarian civic assistance portion of exercise African Lion 2019, March 25-April 3rd, 2019 in Tata, Morocco.

The U.S. Armed Forces in this portion of the exercise brought medical capabilities such as surgery, dentistry, optometry, gynecology, cardiology, internal medicine, pharmacy, radiology, and general public health.

Military personnel included members from the Utah National Guard, Hill Air Force Base in Utah, and Guardsmen from Colorado, California, Montana, and Arizona. This multistate team ensured the best medical care was available for the local population seeking it.

“We are expecting patients seeking treatment for various medical concerns,” said Col. Matt Bird, commander 151st Medical Group, Utah National Guard. “We are supporting the southern region, seeing many Moroccan families. We are expecting to see more than 6,000 patients over the next nine days in the field.”

Multinational exercises like African Lion allows the U.S. National Guard to build and enhance professional relationships while supporting interoperability of forces. In this year’s iteration of African Lion, contributing countries included Canada, France, Morocco, Senegal, Spain, Tunisia, U.K., and the U.S. 🇺🇸

—Staff Sgt. Danny Whitlock

## UTARNG Soldier speaks the language

**T**ATA, Morocco - Learning a different language is not an easy undertaking; sustaining it is even harder. One way to retain this perishable skill is to continuously use it with native speakers.

For Cpl. Jasmine McCarthy, a signals intelligence analyst and an Arabic linguist with the Utah National Guard, using her multilingual skill repertoire came as a critical asset to mission success in the humanitarian civic assistance portion of exercise African Lion 2019, March 25-April 3, 2019 in Tata, Morocco.

McCarthy grew up in Korea, with a Korean mother and American father, she left her family shortly after celebrating her 18th birthday and graduating high school. Seeking opportunity, she joined the Utah Army National Guard to pursue language opportunities and a career with the intelligence community. McCarthy grew up with Korean and English simultaneously but chose Arabic through the Defense Language Institute, because she felt passionate about Middle East and North African affairs.

“I wanted to pursue a route with foreign affairs or diplomatic relations,” said McCarthy. “But after I saw what [opportunities] Utah has with Morocco, it encouraged me to broaden my opportunities.”

African Lion 2019 was the first time she was able to use her language abroad and in a medical environment. Her enthusiasm for the mission and linguist capabilities ensured the success of African Lion 2019.

“This short deployment has opened my eyes to all the different opportunities to use my language,” said McCarthy. “I believe that me being an Arabic-speaking service member, helps facilitate many things here, and I think Morocco is a perfect place to show my abilities on how I could connect with the culture.” 🇲🇴

— Maj. Janine Smith



Cpl. Jasmine McCarthy, a signals intelligence analyst and Arabic linguist with the Utah National Guard participated in the humanitarian civic assistance portion of exercise African Lion 2019, March 25 to April 3, 2019 in Tata, Morocco.

PHOTO BY AIR GUARD Martha Castleton



## Utah Air Guardsmen recognized as Air Guard Production Recruiter and Retainer of the Year

**S**ALT LAKE CITY — Utah Air National Guard Tech. Sgt. Johnson Xaysana was recognized by the Air National Guard as one of the nation's top recruiters during the Annual Certification and Training Course, March 29, held in Gulfport, Mississippi.

The Air National Guard annually recognizes its best performers nationally for recruiting and retention efforts. Xaysana's performance, on behalf the Utah Air National Guard during Fiscal Year 2018, earned him the distinction of being the nation's top Air Guard Production Recruiter and Retainer of the Year.

"Joining any branch of service is a life-changing event," said Xaysana. "As a recruiter, I recognize that I am assisting individuals in one of the most important decisions of their lives, and it's important to get them in the right position that will enable them to achieve their goals, while also meeting the needs of the Utah Air National Guard."

A recruiter's job is not just about numbers, percentages, and goals; It's about people. Xaysana credits his success with finding the best possible fit for each new Airman.

"My goal isn't just to fill a vacancy, but to recruit for the long term," Xaysana added. "I try to put someone in the right place that will keep them here for 20 years." 🇺🇸

— Maj. Ryan Sutherland



Tech. Sgt. Johnson Xaysana is recognized as the Top Recruiter and Retainer of the Year at the annual Certification and Training Course in Gulfport, Mississippi, March 29, 2019.

PHOTO COURTESY OF THE UTAH AIR GUARD

## Air Guardsman wins title of Utah Best Warrior at state-level competition

**C**AMP WILLIAMS, Utah — When the smoke cleared from this year's Utah National Guard Best Warrior competition, Airman 1st Class Caleb Drake, a member of the 151st Security Forces Squadron, Utah Air Guard, hoisted the bronze Spartan helmet as the Soldier/Airman of the Year during the award ceremony, April 14.

Drake and fellow competitors were put through four days of tough military tasks and tests. One series of events Soldiers and Airmen endured was German Armed Forces Proficiency Badge testing, requiring them to prove their skills in various fitness and shooting events, from swimming to sprints, ruck marching and shooting.

Drake credited his win to preparation and personal motivation. "One of the main things I did was ruck every week leading up to the competition," he said. "My unit asked me to compete for them in February and then our base-wide competition was in March. I'd been prepping for months by the time of the competition."

Drake's win marked the second time in three years that an Airman took home the title of Utah's Best Warrior. "I'm grateful for the opportunity to compete," he said. "The Army doesn't have to invite us, so I'm grateful for it."



Competitors conduct a low crawl during a five-mile course that implements warrior tasks and battle drills at the state-level 2019 Best Warrior Competition held at Camp Williams.

PHOTO BY AIR GUARD Sgt. Nathan Baker

Staff Sgt. Kelly Long, who serves with the Utah Training Center, was named the Noncommissioned Officer of the Year, beating out a strong field of Army and Air Guard noncommissioned officers for the coveted title. 🇺🇸

— By 1st Sgt. Brock Jones

# Utah Guard Soldier, Arizona Guard sergeant claim Region VII Best Warrior titles

CARSON CITY, Nevada — Utah Army Guard Spc. Brenden Allen, 22, a student at Utah State University, and Arizona Army Guard Sgt. Kurt Van De Graaff, 27, emerged as the Soldier and Non-commissioned Officer winners of the Region VII Best Warrior Competition May 21-23.

Allen, of the 211th Attack Reconnaissance Battalion, and Van De Graaff, of the 363rd Explosive Ordnance Company, will now represent the region at the National Guard Best Warrior contest in July in Oklahoma.

The only Airman in the contest, Airman 1st Class Caleb Drake of the Utah Air Guard, finished tied for third in the Soldier division and won several individual events.

“All of the competitors were high-quality Soldiers,” said Master Sgt. Cameron Anderson of the Nevada Guard’s training and operations section. “There was not a lot of disparity separating the Soldiers in the field.”

Allen had done very well. He won three of the 13 events contested—the rifle qualification, grenade qualification and the 12-mile ruck march—to take the regional title in his first year of Best Warrior Competition.



“I was very happy with my performance,” said Allen, a junior at Utah State University. “The Utah SARTs (small-arms readiness training section) team prepared me well for the pistol and rifle qualifications. That helped me get off to a good first day.”

Allen said he was especially pleased with his dead lift and medicine ball scores and the fact he found all of his daytime land-navigation points in a short span of time. He said his only mistake was bringing only one pair of boots to the competition, which were completely soaked by the start of the ruck march. Despite the soggy shoes, he was among the leaders in the ruck march and finished in just over three hours.

In Oklahoma, Allen and Van De Graaff will compete against other National Guard regional winners for the National Guard’s spot in the All-Army Best Warrior Competition set for Virginia in early autumn.

Region VII includes the states of Arizona, California, Colorado, Hawaii, Nevada, New Mexico, Utah, and the territory of Guam. The Best Warrior Competition is best described as a decathlon-type military event that includes physical fitness challenges, Soldier skills testing, written exams and board interviews. 🇺🇸

— By Sgt. 1st Class Erick Studenick

Spc. Brenden Allen takes aim at the 2019 Region VII Best Warrior Competition in Carson City, Nevada, May 21-23.

PHOTO BY Capt. Valerie Hollenback

## AIR PROMOTIONS

### CAPTAIN

Clark, Craig A

### FIRST LIEUTENANT

Bawden, Spencer Judd  
Goldsberry, Kimberly B

### SECOND LIEUTENANT

Brunt, Rosalina M  
Hoover, Lydia Michelle

### SENIOR MASTER SERGEANT

Carpenter, Thomas R  
Hughes, Timothy L  
Miller, Darin J  
Shivel, Walter B

### MASTER SERGEANT

Benson, Gregory M  
Blunck, Samuel Leonard  
Dao, Danielle Antoinette  
Duncan, David B  
Ferguson, Casey G  
Kalakis, George Anthony  
Naylor, Austin James  
Rickers, Jerome Kai  
Townsend, Jared R

### TECHNICAL SERGEANT

Baker, Jaycee L  
Buller, Peter J  
Class, Corbin M  
Coffey, Samuel C

Craig, Kyle Alexander  
Fenn, Randall J  
Franke, Joshua Alan  
Gardner, Stephanie J  
Lara, Bertario Emmamuel  
Lewis, Joshua Michael  
McClanahan, Bradin Scott  
Parker, Kyle R  
Perez, Michael R  
Plouzek, Cameron F  
Prince, Lynn A  
Smith, Shaundra M  
Steel, Jason M  
Tuttle, Matthew J  
Vasquez, Francisco A  
White, Colby L

### STAFF SERGEANT

Beckstead, Weston Kent  
Bizarro, Wendy Nmn  
Brown, Cyle W  
Burgula, Richard Francis  
Oden, Christopher L  
Sadler, Drake J  
Sessions, Kelley  
Turner, Mary M  
Vakapuna, Tauni J  
Ward, Christopher A  
Youd, Derek B

### SENIOR AIRMAN

Amussen, Cameron L  
Anamisis, April J  
Cameron, McKiala D  
Christensen, Austin C

Hess, Ted S

Kenney, Benjamin D  
Miller, John A  
Rose, Kristen A  
Simmons, Tanner C  
Taylor, Beau B  
Walker, Henson B  
Walker, Henson B  
Warner, Jayme S  
Wells, Trevor E

### AIRMAN 1ST CLASS

Fallentine, Benjamin T  
Rodriguez, Eshelle E

### AIRMAN

Purdy, Zachary J  
Ryskamp, Rebecca M



# ARMY PROMOTIONS

## LIEUTENANT COLONEL

Whitmore Gene Lindsay

## MAJOR

Wheatley Daniel Lewis

## CAPTAIN

Carver Larry Eric  
Dunn William Powell  
Le Henrick  
Potts Brian Thomas

## SECOND LIEUTENANT

Antonio Molly Jane  
Bahr Preston Michael  
Bennett Dalan Gary  
Brown Cody Lee  
Carter Landon Ross  
Christiansen John Michael  
Cline Jordan Daniel  
Grow Samuel John  
Jarvis Jeremy Wilson  
Kline Joseph Martin  
Rice Heidi Marie  
Ruesch Logan Grey  
Slade Micah Shaun  
Taylor Brady Snow  
Woodard James Anthony

## CHIEF WARRANT 4

Johnson Russell Lynn

## CHIEF WARRANT 3

Power Garon Bryce

## CHIEF WARRANT OFFICER

Ancira Yauncy Konrad  
Sean Miller

## SERGEANT MAJOR

Sherratt Michael John

## FIRST SERGEANT

Blodgett Lisa Steadman  
Hancock Weston Franz  
Walton Zachary Durham

## MASTER SERGEANT

Mullan Kenneth Paul  
Xanthos Samantha

## SERGEANT FIRST CLASS

Brinkerhoff Corinne Marie  
Johnson Neil Orlo  
McNeely David Arthur  
Prax Lyndsey Ray  
Rhodes Charles Guy  
Richardson Ryan Verdan  
Villalobos Richard Antho Jr  
Whaley Joseph Lee

## STAFF SERGEANT

Barrett Michael Ford  
Bonner Thomas Clifford  
Chapman Thomas Edward  
Clements Kelsea Elene  
Edmunds Devin James

Fleming Tyler Jordan  
Goates Michael Joseph  
Mazyck Mario Martinez  
Mitchell Kameron Lee  
Morgan Russel Seth  
Newman Rendell Dane  
Niesporek Kyle Kay  
Olsen Nicholas Conley  
Pacheco Vinicius Resende  
Rangel Anastasia  
Redford Tyson Lincoln  
Sawyer Lance  
Taylor Matthew Allen

## SERGEANT

Agalzooff Dalton Wayne  
Alder Brianna Grace  
Anderson Joseph Dale  
Averett Jason Wyatt  
Bagley Benjamin Merle  
Biddinger Caden JI  
Bodtcher Travis Randy  
Bruse Joshua Daniel  
Cannon Morgan Cheyenne  
Cheney Ammon Michael  
Clarke Zachary Llewellyn  
Crowther Rebecca Walton  
Deleonpalencia Oscar E  
Demetropoulos Nicholas H  
Etheridge John Ryan  
Ewell Ashley Nicole  
Gillies Winston Shea  
Holland Jerry Leon Jr  
Jackson Justin Lee  
Kaaihue Keaweamahi Haine  
Knuckles Tyler Robert  
Kramer Travis Blake  
Lunt Payton Kyler  
Mackintosh William Jr  
Malachowski Samuel Benjamin  
McGee Kaitlin Elizabeth  
McKan Lord James Edward IV  
McKay Gordon Lewis  
Meacham Jeffry Allen  
Moffat Kaden Leon  
Murray Jacob Ronald  
Nakada Tadhg Martin  
Nelson Sid Albert Jr  
Ocul Nevada Daniel  
Poindexter Dallin Ty  
Poindexter William Aaron  
Reber Austin Christopher  
Taylor Caiden Phillip  
Tischner Ty Wade  
Valerio Colby T  
Vansant Jerney Edward  
Welcker Bo Martin  
Winward Robert Michael

## CORPORAL

Black Porter Shumway

## SPECIALIST

Aders Ana Marie  
Alba Marilyn Joice

Aldous Porter Alan  
Allen Brenden Jacob  
Allison Jaden Chae  
Anderson Brandon Chase  
Avery Jay Robert  
Barnum Jayce Russell  
Barr Martin Calvin  
Bedard Megan Lavon  
Benham Trent Richard  
Bigler Preston Bret  
Bird David Richard  
Bowles Kason Carl  
Boyd William Douglas  
Bricker Devin Logan  
Buford Cameron Colt  
Calchera Robert Tanner  
Carlson Jarod Alan  
Carreto Yoan  
Castro Ayslin Delora  
Edwards Skylar Austin  
Freemantle Colton John  
Freeze Joshua Keith  
Geeting Jaden Danyon  
Gentillon Dawson Stott  
Good Christopher Breyden  
Hansen Otto Travis  
Harris Connor Jeffery  
Harris Kendall Tess  
Hellier Dylan Thomas  
Holdaway Christopher Alan  
Hollberg Ty Christopher  
Johnson Ryan David  
Kelly Kole J  
Murphy Maxwell George  
Petersen Myles Lynn  
Ramirez Maxcmino Jr  
Riley Michael Brandon Jr  
Romero-Juarez Monzerrat  
Rudd Austin Randall  
Russell Kaden Kelly  
Shadden Steele Blaine  
Shepherd Jared Charles  
Siliga Lubmirbenod Faatea  
Smith Connor Alexander  
Stinnett Austin Reid  
Tiafala Amaron Faagutu  
Walker Kyle Dean  
Webb Jessica Valerie  
Weinfurter Joshua Bryan  
Wells Samuel Chance  
Woolston Ashley Marie

## PRIVATE FIRST CLASS

Anderson Kasey Shane  
Anglesey Thomas Jeffery  
Bedell Kalani Edward  
Blake Bryton John  
Bradshaw Landen James  
Brownlee Riley James  
Bushman Carter David  
Cebrowski Benjamin B  
Conklin Garrett Dale  
Cornett Jordan Matthew  
Davidson Jaden Joseph

Fenn Kyle George  
Frost Sam Pietermalietoa  
Gerhardt Caleb Matthew  
Gilmore Maurine  
Gonzales Devon Michael  
Green Keaton David  
Grimmer Andrew Douglas  
Hagues David Delar  
Hollowell Bronco Robert  
Huhtala Alexander E  
Iverson Marcus David  
Ivie Makenzie Hendrika  
Jarman Wyatt Keith  
Jarnagin Eli Tyler  
Johnson Jarom Carlon  
Keys Nathaniel Cannon  
Lyman Lauren McCall  
Marsh Landon Laine  
Marsing Boyd L  
Matthews Garrett Dan  
McDonald McKay Dee Jo  
Mendoza Randallalbert A  
Miller Nathan Elijah  
Mohler Michael Gary  
Morley Mason Reid  
Nance Tanner Brown  
Osemwegie Victor Omosefe  
Pitcher John Paul  
Robinette Jessica Emily  
Roden Jayden Hunter  
Santos Moises Jr  
Schultz Adam Lynn  
Simmons James Taft  
Slivers Isaac Nakai  
Smith Cone Edward III  
Stockdale Howard Dee  
Swapp Jonathan Ryan  
Thamert Bryce Christien  
Tibbitts Sarah  
Torres Angel Roxann  
Toscano Miguel Angel  
Voorhees Bryant Robert  
Wickel Jesse Levi  
Wilcox Joseph Coombs  
Wilde Ryan Joe  
Wilson Preston Mark  
Womack Jaxson Allen

## PRIVATE SECOND CLASS

Adams Shelton Hayes  
Anderson Bryan Austin  
Anderson Easton Todd  
Barlow Westin James  
Burnside Kamryn Grace  
Cervantes Felipe Garcia  
Combe Bryce Todd  
Cox Adam Christopher  
Cox Shae Lea  
Doman Collin Matthew  
Eckhart Audrey Nicole  
Elliott Jacob Matthew  
Farmer Nicolas Bjorn  
Fuller Garrett Steven  
Grant Sariah Christine  
Grigg Taylor Golden

Hale Drake Joseph  
Hess Amber Latey  
Higdon Ryan Christopher  
Hollinger Joseph Ty  
Jewkes Jacob Allen  
Johnson Kyle Vaughann  
Kime Catherine Rose  
Kizerian Keith Michael  
Lang Colten John  
Lewis Colton Cade  
Manns Maurice Mondrae II  
McKrola Brogan Charles  
Miller Christopher Sean  
Olsen Trevor David  
Perez Gino G  
Putnam Tanner Lynn  
Quinteroduran Marco A  
Rodriques Mason Michael  
Rogers Douglas Jensen  
Schick Talon Washington  
Schimbeck Joshua James  
Sedgwick Nathan James  
Simpson Caleb Suri  
Wagner Stephan Edward  
Warnock Joshua Colman  
Young Kody Corwin

## PRIVATE (PVI)

Allred Skyler Stanley  
Anderson Avery Xavier  
Bernsdorff Anna Sophia  
Carhuaricra Riveros Bryant  
Castellon Brigham Elias  
Checketts Seth Widtsue  
Covalt Daniel Alexander  
Drake Alexander Joseph  
Forbush Nathaniel Hart  
Gonzalezmonroy Christopher  
Grace Kenneth Arthur  
Hansen Richard Marius  
James Julius John  
Jensen Mathew Scott  
Lindley Matthew Isaac  
Lunceford Bryton Keith  
Mayett Daniele  
McEwen Brittany Love  
McOmie Karsyn Grady  
Murphy Trevor Matthew  
Pareja Kevin Nmn  
Probyjenson Anthony D Jr  
Rice Joshua Eagan  
Roberts Ryan Steven  
Shumway Marshall Burdett  
Smedley William Hunter  
Smith Michael Mason  
Sperry Michael Thomas  
Staheli Skyler Campbell  
Stereon Joseph Elias  
Thomas Christopher Glenn  
Wilcock Tason Wade  
Winn Austin Luke  
Woolsey Max Douglas  
Yazzie Xander Tre  
Zitting Luke Johnsturm

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

## FORT DOUGLAS MILITARY MUSEUM

This historical photo of the 38th U.S. Infantry, taken July 16, 1937, shows Companies L, M, and S on the parade field (later renamed Stilwell Field) in front of Post Headquarters, now the Fort Douglas Military Museum.

These buildings were constructed circa 1875 as enlisted men's barracks. One hundred years later in 1975, the Fort Douglas Military Museum was established in the same structures, opening its doors to the general public as a bicentennial museum in 1976. The museum became part of the Utah National Guard after the Fort was decommissioned in 1991. Today it houses Utah's vast military history collections and shares the story of the armed forces in Utah.

PHOTO COURTESY FORT DOUGLAS MILITARY MUSEUM

Free Admission / noon to 5 p.m. Tues. - Sat. / 32 Potter Street, SLC, Utah 84113 / 801-581-1251 / [www.fortdouglas.org](http://www.fortdouglas.org)

