

# UTAH MINUTEMAN

2020 Volume 1

**In Safe Hands**

**The Everyday Marksman**

**Introducing the new  
Adjutant General  
Michael J. Turley**

## Brigadier General Michael J. Turley The Adjutant General



**W**e live in a complex and dangerous world. A world with emerging threats that span global power competitions, as well as domestic vulnerabilities. These challenges are in multiple domains—air, ground, cyber, and space. While I am proud to say the talents

and ethics of the Airmen and Soldiers of the Utah National Guard are up to the challenge, we must begin to think differently and flex to new realities.

We are presented with challenges in recruiting and retention, force structure alignment and modernization, and the over-arching pivot to global power competition. We must re-align how we think about our threat picture and our current capability. We must also realize the investments we and our families have made over the past twenty years and strive to honor that commitment.

Utah is a “growth state,” meaning that National Guard Bureau has entrusted us to grow our end-strength, specifically in the Army. Though we have a patriotic state, we also have a strong economy. We will be challenged over the next year finding new Soldiers to join our ranks while retaining our most valued members. Our success will depend on “every Soldier-a-Recruiter.” Each of us, are able to share the benefits of serving in the Guard: adventure, travel, training, accomplishment, and patriotism—as well as financial benefits.

In addition to recruiting and retaining, we must be willing to look at the operating environment and align our structure to new realities. We must shift our thinking and embrace new force structures that will continue to maintain our relevance to our federal forces (Air and Army) as well as our state government. While we adjust our force and thinking, we must maintain faith with our service members and their families. The family programs we have in place must be maintained. Our families invested in the mission of our state and nation, we must be willing to invest back in them.

I am honored to be your new adjutant general. I am excited to serve in this great organization and to work with each of you. 🇺🇸

## Command Sergeant Major Eric Anderson Senior Enlisted Leader



**G**eorge Washington said, “Discipline is the soul of an army. It makes small numbers formidable; procures success to the weak and esteem to all.”

A well-disciplined military unit with high morale, confidence and drive is truly a force to be reckoned with. The Utah

National Guard has some of the highest performing units in our nation and demonstrates this in every engagement.

One of our biggest challenges right now is recruiting into our formations. When our state experiences a good economy, potential recruits have many options. Pay and benefits, while enticing, generally aren’t the most significant incentives to join. The Utah Army and Air National Guard are family affairs, with multi-generations often joining. I strongly believe the largest incentives to join is the sense of purpose you get while serving our country; the good feeling you get when you have sacrificed through sweat, blood, and tears; the feeling of accomplishment when you do something hard and overcome adversity.

I encourage you to get out and tell your story, talk to potential recruits about your experiences, why you joined, what you do, and why you are still servicing. While I initially joined for the benefits, I stayed because I love the free state of Utah. What a great place to raise a family and live. More even than this great state, I love this country. I love the history of our country. I love the fact that we are not afraid of anything....that we step up repeatedly in the face of adversity to deal with difficult issues. I love our form of government. A constitutional republic is hard to beat. I love the fact that the Constitution protects our individual rights, and that the people elect our officials from the executive and legislative branches. I thoroughly enjoy being a member of the oldest military branch in our nation’s history.

The National Guard’s dual state and federal mission is amazing. It is a great honor for me to serve in this organization. For those of you on the fence about staying in, we need you; our nation needs you; we value your sacrifice and service. I am always available and look forward to seeing you around. Thanks for all you do! 🇺🇸



STATE PARTNERSHIP PROGRAM

A woman dressed in traditional  
clothing stops to look at the camera  
while tending to her small store in  
Kathmandu, Nepal, Sept. 24, 2019.  
UTAH ARMY NATIONAL GUARD PHOTO  
BY Lt. Col. D.J. Gibb







## Lt. Col. D.J. Gibb Public Affairs Officer

Since taking on my role as the Utah National Guard State Public Affairs Officer, several people have asked why we still print the Utah Minuteman, especially with recent advances in digital technology. The answer is simple: because trust matters. While it is true, more than 70 percent of our population use their

smartphones for the majority of their reading and information, we also know the public demands trustworthy sources to that data.

According to a Kantar poll of 8,000 consumers in the U.S., France, Brazil and the U.K., printed news magazines are the most trusted resource for news, followed by 24/7 TV news, radio bulletins and national newspapers. The print versions of national newspapers were more trusted than the newspapers' websites.

The Utah Minutemen quarterly publication is a reflection of the UTNG, the premier military organization in the state of Utah. We earned that reputation through the hard work and sacrifice of our members and veterans. You deserve something you can trust right here in the pages between your fingers. And yes, for the 70 percent, this content and more is available online at our smartphone-friendly website at [ut.ng.mil](http://ut.ng.mil).

If you have any suggestions or input for the magazine, 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. 📠

See additional content and download photos at: [ut.ng.mil](http://ut.ng.mil)

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### FEATURE

## 18 Brig. Gen. Michael J. Turley Full Gamut Leader

On November 7, 2019, Brig. Gen. Michael J. Turley, adjutant general, assumed command as the top commanding general of the more than 7,000 strong Utah National Guard.

### COVER PHOTO

On Oct. 17, 2019, the Honorable Gary R. Herbert, Governor of Utah, announced the selection of Brig. Gen. Michael J. Turley to serve as the next adjutant general of the Utah National Guard, to succeed retired Maj. Gen. Jefferson S. Burton, effective Nov. 7, 2019. Photo illustration taken Dec. 4, 2019.

PHOTO BY Sgt. James Dansie

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**1/8-12**

**REGIONAL BIATHLON COMPETITION:** Held at Soldier Hollow, Utah come support the Utah Biathlon Team as they compete at the regional competition.

**1/9, 1/16, 1/23, 1/30**

**STEM:** Utah National Guard Youth Programs offers STEM for **6-8 year olds** from **4:00-5:30 pm.** at Camp Williams Building 6220.

Request an application: [conniegene.packer.nfg@mail.mil](mailto:conniegene.packer.nfg@mail.mil)

**1/15, 2/19, 3/18**

**PARENT & ME:** Utah National Guard Youth Programs offers PARENT & ME for **3-5 year olds** from **10-11:30 a.m.** at Camp Williams Building 6220. Request an application: [conniegene.packer.nfg@mail.mil](mailto:conniegene.packer.nfg@mail.mil)

**1/21, 2/18, 3/17, 4/21, 5/19**

**YOUTH COUNCIL:** Utah National Guard Youth Programs Youth Council monthly meetings for **14-17 year olds** from **6:00-7:30 p.m.** at Camp Williams Building 6220.

**2/5, 2/12, 2/19, 2/26**

**OZOBOT ROBOTICS:** Attend the OZOBOT ROBOTICS courses for **6-8 year olds** at Camp Williams Building 6220 from **4:00-5:30 pm.**

Request an application: [conniegene.packer.nfg@mail.mil](mailto:conniegene.packer.nfg@mail.mil)

**2/6, 2/13, 2/20, 2/27**

**STEM:** Utah National Guard Youth Programs offers STEM for **9-12 year olds** from **4:00-5:30 pm.** at Camp Williams Building 6220. Request an application: [conniegene.packer.nfg@mail.mil](mailto:conniegene.packer.nfg@mail.mil)

**2/8, 2/29, 3/21**

**YELLOW RIBBON:** for the 19th Special Forces Group (Airborne); 1st Battalion B Company, 19th Special Forces; and 640th Regiment, Regional Training Institute.

**2/28-3/6**

**NATIONAL BIATHLON COMPETITION:** Held at Soldier Hollow, Utah, come support the Utah Biathlon Team as they compete at the national competition.

**2/29**

**YELLOW RIBBON:** for 1-211th Aviation Battalion.

**3/4, 3/11, 3/18, 3/25**

**UNDERWATER ROBOTICS:** Attend the UNDERWATER ROBOTICS courses for **9-13 year olds** at Camp Williams Building 6220 from **4:00-6:00 pm.**

Request an application: [conniegene.packer.nfg@mail.mil](mailto:conniegene.packer.nfg@mail.mil)

**3/5, 3/12, 3/19, 3/26**

**STEM:** Utah National Guard Youth Programs offers STEM for **6-8 year olds** from **4:00-5:30 pm.** at Camp Williams Building 6220. Request an application: [conniegene.packer.nfg@mail.mil](mailto:conniegene.packer.nfg@mail.mil)

**3/21**

**YELLOW RIBBON:** for 97th Troop Command.

**4/3-5**

**STATE BEST WARRIOR COMPETITION:** Utah National Guard Soldiers and Airmen compete at Camp Williams to become Utah's Best Warrior and advance to compete at the regional competition.

**4/18**

**STEM FEST-MONTH OF MILITARY CHILD EVENT:** Utah National Guard Youth Programs' STEM FEST for **ALL AGES** from **9:00-11:00 am.** at Camp Williams Building 6220.

Request an application: [conniegene.packer.nfg@mail.mil](mailto:conniegene.packer.nfg@mail.mil)

**5/16**

**JUNIOR MASTER GARDENING KICK OFF EVENT:** Utah National Guard Youth Programs offers Junior Master Gardening Kick Off for **6-12 year olds** from **9:00-11:00 am.** at Camp Williams Building 6220.

Request an application: [conniegene.packer.nfg@mail.mil](mailto:conniegene.packer.nfg@mail.mil)

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

# Soldier and Family Readiness

**H**appy New Year and welcome to 2020! The New Year tends to lead folks to think about new beginnings and changes in life. The Military Community and Family Services Office is no different. The New Year brings with it new beginnings in the MCFS Office. What are these new beginnings? The merge of the Family Readiness and Family Assistance teams to form the Soldier and Family Readiness Team.



Stocked shelves with some of the items available at the Draper Family Assistance Center. Items change depending on the time of year.

Here are the basics of the new program:

- Family Assistance Services will still be offered
- The Soldier and Family Readiness Team will work with the Soldiers and Family Readiness Group to promote the commander's Family Readiness Program
- Training for all those interested in joining the SFRG will be held regionally throughout the state
- The Family Assistance Center will become a true one-stop shop for all Soldier and Family Service needs

This change is an exciting opportunity to expand the capability of the Soldier and Family Readiness Team to provide educational opportunities, activities, assistance, and much more to the families of the Utah National Guard. We are excited to announce Family Assistance Centers in the following locations:

- Blanding
- Bluffdale / Camp Williams (Two Family Assistance Centers)
- Cedar City
- Draper
- Logan / Ogden
- Price
- Richfield
- Salt Lake City / Air Guard Base
- Spanish Fork
- St. George
- Vernal
- West Jordan

Our goal for 2020 is to expand the reach of the SFR Team to ensure all Soldiers and families in the Utah National Guard know the resources available to them, can access educational opportunities in their area, and know who to turn to for any question, concern, or struggle. 📌

—Laci Warby, Soldier and Family Readiness Team Lead

## FAMILY ASSISTANCE CENTERS

### SOLDIER FAMILY READINESS LOCATIONS

1. Blanding	435-678-2008
2. Bluffdale	801-878-5037
3. Cedar City	435-867-6513
4. Draper	801-432-4522
5. Logan / Ogden	801-476-3811
6. Price	TBD
7. Richfield	435-896-6442
8. SLC (Air Base)	801-245-2524
9. Spanish Fork	801-794-6011
10. St. George	435-986-6705
11. Vernal	435-789-3691
12. West Jordan	801-816-3577
Veterans/Retirees	866-456-4507

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

We are here to serve you!

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.

# Safety in the Palm of Your Hand

A new suicide prevention and awareness app went live in December, designed to support Utah National Guard service members and families in a crisis.

The SafeUTNG app is free to download and provides service members and their families with a safe, confidential platform to communicate with a crisis counselor 24/7.

“Speaking up when in crisis, whether it’s in person or over the phone, can be uncomfortable for many,” said Robert Spencer, Suicide Prevention Program Manager of Utah Army National Guard. “The use of communicating via apps or text has been the main way in which Soldiers and Airmen prefer to correspond these days.”

The app works similarly to the SafeUT app, which was introduced to middle and high school aged students in 2018, and has already been credited with saving lives, according to Spencer.

“What SafeUTNG will do is provide a simple pipeline for Soldiers, Airmen and family members to anonymously reach out



and get the help they need for themselves or someone else. That help will come from trained mental health professionals and not be limited to just their peers and unit leaders with whom they rub shoulders with.”

Using the SafeUTNG app, service members can initiate a confidential chat or call with behavioral health providers to seek help or provide a lifesaving tip. The app is managed by University of Utah Neuropsychiatric Institute in partnership

with the UTNG. Depending on the severity of the situation, UNI can activate local emergency response.

Tips that are not found to be of an immediate emergency will be forwarded to privileged UTNG behavioral health providers. If there is an emergency or a crime in progress, service members and families are encouraged to call 911. It is a crime to send false reports

This app serves as another tool to enable Soldiers to help others or find help for themselves. 📱

—Sgt. Nathaniel Free



Left: Screenshot of the app's landing page.

Right: Screenshot of the app's anonymous messaging capabilities.





# The Everyday Marksman



Everyone is buzzing about the new Army Combat Fitness Test, but what do we know about the Army's new rifle and carbine qualification coming to ranges in 2020?

For the last two years, active duty units have been evaluating a new marksmanship qualification standard, slated to replace the Cold War-era marksmanship test next year. The new four-phase course has done away with things like range-controlled magazine changes and set firing positions. Instead, it will be up to the Soldier to know when to change magazines and what position to use for cover and external support. Soldiers will have four, 10-round magazines, and 40 targets to engage. The minimum score to pass will still be 23 out of 40, but it will be far more difficult. The ratings will also be the same, with Marksman hitting between 23 and 29 targets, Sharpshooters hitting 30 to 35 targets, and Experts hitting 36 to 40 targets.

All of the information about the updated course is available in the new manual, TC 3-20.40, *Training and Qualification Individual Weapons*, published in November, 2019.

With this in mind, I visited Range Control at Camp Williams and sat down with Master Sgt. Kirk Holmer, non-commissioned officer in charge of the Small Arms Readiness Training Section, to learn more about the new qualification and what we can do to improve marksmanship.

Master Sergeant Holmer enlisted in the Utah Army National Guard March of 1998 as an 18D, under the REP 63 contract. After completing 11B Basic Combat Training and Advanced Individual Training, he attended Basic Airborne Course, Primary Leadership Development Course, Special Forces Assessment

Master Sgt. Kirk Holmer, Small Arms Readiness Training Section noncommissioned officer in charge.  
Photo illustration by Sgt. Nathaniel Free.



and Selection and Special Forces Medical Sergeant Qualification Course. He returned to Utah in September of 2001 and was assigned to C Company, 1st Battalion, 19th Special Forces Group (Airborne) where he served on an Operational Detachment Alpha Team for the next nine years with multiple deployments and overseas training assignments. He was later assigned to serve in 1/19 SFG(A) in the S3 as the Air, Budget, and Schools NCO. In 2012, Holmer was tasked as the 19th SFG(A) Advanced Skills Detachment NCOIC, where he was responsible for instructing and coordinating Combat Marksmanship, Sniper and Urban Combat Training. He has also served as the Chief of Train of Basic Leadership Course at the 640th Regiment, Regional Training Institute and in the Regimental S3. He currently serves as the Small Arms Readiness Training Section NCOIC. He has graduated from Special Forces Advanced Urban Combat, Special Forces Advanced Reconnaissance Target Analysis and Interdiction Techniques, Special Forces Sniper Course Level 2 and United States Army Sergeant's Major Academy. Holmer is also presently a member of the All Guard International Combat Marksmanship Team, where he has competed in two international competitions. He also shoots for the All Guard Action Shooting Team where he competes in multigun and other action matches. His marksmanship-related awards include; Distinguished Rifleman, Distinguished Pistol Shot, Chief's 50 Pistol and Rifle and 4th place out of over 280 competitors in the

Winston P. Wilson Nation Small Arms Match.

He competed for the first time in the Utah TAG Match in 2016.

"I started competition strictly as an opportunity to shoot," Holmer said. "I wanted to get better, to improve my marksmanship."

He went on to compete at the Winston P. Wilson the next year. The Winston P. Wilson is the longest running and largest shooting competition in the nation, held each year at Camp Robinson, Arkansas.

"It was humbling for me because I felt prepared, but I found out I had a lot of improving to do personally. The first year was kind of a wake-up call as to how much I needed to improve. The next year, some of the hard work and practice I had put in paid off and I was awarded the Chiefs 50 Badge in pistol."

The Chiefs 50 Badge is awarded to the top rifle, pistol, machine gun and sniper competitors in the nation. Holmer was the eleventh recipient from Utah to receive the badge since its conception in 1971.

Because of his performance at the Winston P. Wilson in 2019, he was invited to join the All Guard International Combat Marksmanship Team, or "All Guard Shooting Team." Members of the team are selected each year from competitors at the

Master Sgt. Kirk Holmer competes in the Royal Dutch Army's Open Military Competition in the Netherlands, May 28, 2019, as part of the All Guard International Combat Marksmanship Team.



highest level. These team members represent the National Guard at international competitions, like the Armed Forces Skill at Arms Meeting, a multinational competition created to promote marksmanship training and competition between United States military forces and allied nations. Holmer's team won the match by one point, edging out the U.K. They were then asked to compete in the Royal Dutch Army National Match, in the Netherlands. As a team, they again took first place.

"It's really humbling shooting in those national competitions," Holmer said, "because the National Guard has a very strong marksmanship history. The National Guard actually dominates, especially in rifle marksmanship competitions and has done so for a long time."

**Q: Why does the National Guard perform so well at these competitions?**

A: I would say the reason the Guard dominates is because, number one, our history. The National Guard draws its heritage from the first militias, men who had grown up in the wilderness and learned to shoot from an early age and depended upon their marksmanship not just to be an effective soldier, but also to provide for their family. So, it's a tradition, to some extent. I would also say it has to do with the National Guard Marksmanship Training Center.

**Q: What does the National Guard Marksmanship Training Center do?**

A: They are constantly trying to develop better marksmanship programs throughout all 54 states and territories through the Marksmanship Advisory Councils at a regional level. All Guard team members take responsibility in their states to help improve marksmanship on an individual basis. The program is highly successful at developing fantastic marksmen. The whole purpose is to send those marksmen back to their respective state and unit to deliver better training.

**Q: What is Utah doing to prepare for the new marksmanship test?**

A: In Utah we have a command that is dedicated to marksmanship and the improvement of lethality, which is why we have the Small Arms Readiness Training Section. We've seen massive improvements across Utah in the last few years. In 2017, when I shot at Winston P. Wilson, Utah placed 24th or 25th overall. The next year, we climbed a little bit, finishing in the mid-teens. This year we finished 11th. We've seen vast improvements in our individual shooters as well. The National Guard Marksmanship Training Center hasn't seen a distinguished shooter from Utah in years, now we've had two, with several more ready to go. This year, we were able to send four Soldiers from multiple units to the Chief, National Guard Bureau Marksmanship Training Clinic, which was funded by NGB. They went to Camp Robinson in Arkansas for a week, where they were coached by international shooting champions. And now they're back in Utah, teaching our troops.

**Q: How do we improve marksmanship in Utah?**

A: Just like PT, it starts from the top. We have the command emphasis, leaders who see the importance of marksmanship and know that it's a key warrior skill. Then it boils down to the subordinate commands taking a look at how they can fit marksmanship into their training schedule, and sometimes that takes creativity because there are certain constraints, like the availability of ammo. But there's more to being a marksman than just firing the rounds, like all your weapon competencies: Being able to load the weapon, dry fire, dime and washer drills, getting in and out of firing positions, utilizing cover and concealment. These can all be conducted on a drill hall floor without firing a single round. The Engagement Skills Trainer is a fantastic aid for marksmanship training and under-utilized in our state.

**Q: How can we implement marksmanship into our everyday lives?**

A: If we want to max the ACFT, doing PT once a month at drill is not going to cut it. Likewise, if we want to prepare for the new marksmanship test, first we have to come to terms with the fact that no matter our military occupation, the service weapon that is assigned to us is the first tool of our trade, and we need to master it. We need to take ownership of that requirement and really work towards it. We have to be honest with ourselves and assess where we're at and start setting goals to get where we want to be. There is always room for improvement, always more to be done.

**Q: What about non-combat units?**

A: The 23rd Army Band is an interesting case study. They are musicians. They are not deployable. They still have the requirement to qualify with their weapon, and they could easily say "hey, I'm going to shoot the minimum to get my qualification." But instead, we have a couple individuals who have decided not only to improve their combat skills, but to compete, and that mentality has spread within their organization. A few of them have gone and performed exceptionally well at the highest levels of marksmanship competition.

**Q: Why compete?**

A: The beauty of competition is that it's not a set standard. For example, with weapons qualification, it's acceptable to miss 16 targets and still qualify. However, in competition, if you want to be successful, not only do you have to hit all your targets, but all your shots need to be in a lethal area of the target. It's also an opportunity to receive coaching. For me, having someone say, "Hey, you might want to try this, you might get better results," really helped. It may have been something I wasn't even thinking about. And then to see that growth and experience was awesome.

**Q: Who can compete?**

A: If you are interested and taking courses from the Small Arms Readiness training section or in getting involved in competitions





The All Guard International Combat Marksmanship Team is recognized for placing first overall at the Royal Netherlands Army's Open Military Competition, held in the Netherlands, May 28, 2019. Service members from across the country compete each year for a position on the team. Retired Brig. Gen. Otto van Wiggen, of the Royal Netherlands Army, presents his namesake trophy to Master Sgt. Kirk Holmer, who receives it on behalf of the All Guard International Combat Marksmanship Team for placing first overall at the competition.

the first step is to talk with your chain of command. Each year, the Small Arms Readiness Training Section runs the Adjutant General's Match, and this year it is tentatively scheduled for late June. Come out and represent yourself and your unit in a fun-filled and exciting competition. It is an excellent growth opportunity. Friend us on Facebook @UtahSARTS and if you have questions please feel free to contact us via email [utahsarts@gmail.com](mailto:utahsarts@gmail.com)

**Q: What can the average Soldier or Airman do to prepare for the new marksmanship test on their own time and with their own dollar?**

A: It's a loaded question because all of these things can come with a price tag and it can be very expensive to truly master this skill. At the max, you're talking about buying your own personal rifle and pistol with ammunition and working through drills at a range. But there are also some fantastic, less expensive training aids out there. For instance, I was preparing for pistol competitions—which uses a Beretta—and I hadn't shot a Beretta in years because the unit I was assigned to was issued Glocks. I needed to get proficient with the Beretta again, so I bought a \$30 BB pistol modeled after the Beretta. It cost me a grand total of \$50 with the BBs and CO2 cartridges, but I was able to shoot in my backyard for 10 to 15 minutes a day and saw exponential improvement. There are also airsoft variants of M4s and M16s out there, and you can at least work on some elements of your shot process, but if you want to invest a bit more, go with a .223 or 5.56 AR-15. You can also go with a sub-caliber rifle and shoot .22, which has much cheaper ammunition, and you can find more places to shoot it. It's the same concept as the BB pistol. You'll get the weapon system in your hand, focusing on trigger control, sight alignment, sight picture, breath control, and mastering certain skills which will directly translate to the M16A2, M16A4, M4, or whatever you're assigned at the range.

In closing, Homler said it was the greatest honor of his military career to be entrusted with something so important as training the Soldiers and Airmen of the Utah National Guard.

"I'm grateful to be afforded the opportunity to develop my skills to the point where I have something to give. I truly believe that Soldiers and Airmen who come and participate in our SARTS clinic, compete in the TAG Match, or monthly rifle course, will be better prepared to fight, win and survive in war." 🇺🇸

—Sgt. Nathaniel Free

## Message from our Education Services Specialist

In the immortal words of Bill Watterson via Calvin and Hobbes, in the final installment of my very favorite comic strip: “Everything familiar has disappeared! The world looks brand-new! A new year...a fresh, clean start!”

Anyone who has passed by my office knows that I love Calvin and Hobbes, so of course that’s where I look for inspiration throughout the year. And Calvin is right—the new year is a great time for a fresh start. The start of a new year leads many of us to consider our lives, our goals, our plans for the future. And then we resolve to better ourselves in a thousand different ways.

So, I propose a challenge: take a few minutes to consider the resources available within our organization and ask yourself if there’s a way we can help you meet your academic and career goals and fulfill those New Year’s resolutions.

What about college? January may not be the time of year you would think about beginning a new academic program, but many schools have rolling start dates which could allow you to begin earlier than the traditional semester. Not sure what you want to study? Concerned about finding a good school that meets your needs? I would be happy to help you explore your options. But you can also do some investigation on your own.

Create a free account through Kuder Journey ([dantes.kuder.com](http://dantes.kuder.com)) and explore their interest inventories and personality assessments- then start developing your education and career plans.

What about graduate school? Standardized testing is no longer the most important component in college admissions but there are still many graduate programs that require a GRE or GMAT score when you apply—and those tests are not cheap. But the Defense Activity for Non-Traditional Education Support (DANTES) will reimburse the cost of your GRE or GMAT exam for any member the National Guard with a CAC card. Reimbursement info can be found at [www.dantes.doded.mil](http://www.dantes.doded.mil). And don’t forget—once you get into grad school you may still be eligible to use tuition assistance, so please don’t think your education benefits end with a bachelor’s degree.

What about trades? Not everyone wants to go to college and that’s okay. I may be a perpetual student, but my husband is a plumber and I am grateful because when our water heater died unexpectedly, he knew just what to do. With all the development across Utah and the rapidly expanding tech market, there is a huge need for more skilled tradespeople. I am especially excited for the new year as the Army’s Credentialing Assistance program will become available for our Soldiers. Credentialing Assistance will pay up to \$4,000 to cover the cost of training, supplies, fees, testing, and continuing education requirements for any credential listed in Army Credentialing Opportunities On-Line. And there are many credentials. The list has more than 1,600 entries and includes credentials in skilled trades, project management, IT, transportation, and many more. Visit [www.cool.army.mil](http://www.cool.army.mil) to see if there’s a credential that meets your needs. Then contact me to discuss your next steps.

Our Education Office can support your academic and career pursuits in so many different ways. Don’t limit yourself—contact us even if you think you aren’t eligible. It’s a new year, a time full of possibilities. So let’s go exploring! Just like Calvin.

Contact everyone in the Education Office by email at:

[ng.ut.utarng.list.education-office@mail.mil](mailto:ng.ut.utarng.list.education-office@mail.mil)

Or call me directly at (801) 432-4040. 📞

—Rachel Forbes, Education Services Specialist







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## PHOTOS FROM THE FIELD

**A KC-135R over the Grand Canyon-** A KC-135R assigned to the Utah Air National Guard's 151st Air Refueling Wing, flies over Grand Canyon National Park en route to a training mission, November 6, 2019. The KC-135 crew performed a training refueling mission with a KC-46 Pegasus assigned to the 22nd Air Refueling Wing, McConnell Air Force Base, Kansas.

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













**A UH-60 over Cedar Breaks** - Soldiers with 2nd Battalion, 211th Aviation give a Black Hawk aerial tour of Cedar Breaks National Monument and Zions National Park to visiting ambassador His Excellency Dr. Arjun Kumar Karki of Nepal Oct. 2.

UTAH ARMY NATIONAL GUARD PHOTO BY Sgt. Nathaniel Free





**Brig. Gen. Michael J. Turley, adjutant general, assumed command as the top commanding general of the more than 7,000 Soldiers and Airmen of the Utah National Guard.**

**O**n November 7, 2019 the Utah National Guard bid farewell to Maj. Gen. Jeff Burton as he ceremoniously passed the Utah state flag to Gov. Gary R. Herbert, who in turn passed it to Brig. Gen. Michael J. Turley, adjutant general, Utah National Guard, in a change-of-command ceremony. The appointment of Turley to adjutant general was announced by Herbert, Oct. 17, ushering in a new era for the Utah National Guard.

Turley moved frequently in his youth and throughout his military career, but he considers Duchesne County his home. During his high school years, he was a talented athlete with collegiate ambitions.

“I don’t know how people saw me at Duchesne, but I was an athlete. I played four sports and that’s what I was interested in,” said Turley.



U.S. Marine Corps  
Private Michael J. Turley



# Brig. Gen. Michael J. Turley

## Full Gamut Leader



Sgt. Michael Turley participates in the sword detail for a wedding while serving in the Marine Corps.



Sgt. Michael Turley returns home from the Persian Gulf to wife, MaryLou, and their two children in 1991.

First Team All-State in football, State Champion in wrestling, and Male Athlete of the Year are just some of his early accomplishments.

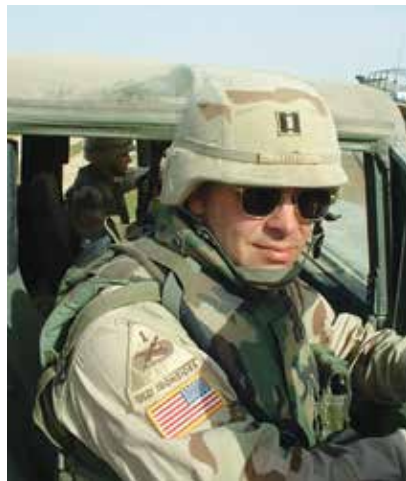
He received offers to play football from four different Utah colleges, but had his eyes set on Weber State, a decision he now views as a tactical error. Even though he was a gifted athlete, he was too small for Weber State competition, leading the coaches to offer the chance to play but not a scholarship.

"The head coach called me and said we can't offer you a scholarship, but we would love you to come and play. I just

didn't have the money at the time to afford to go to school," Turley said.

Seeking a way to pay for his higher education, Turley decided to join the Marine Corps where he spent the first 10 years of his military career. He served as a fire control radar tech and only planned to serve a four-year tour to pay for school. He developed a love for the military and because of his hard work and dedication, he was meritoriously promoted twice, first to corporal then sergeant.

Capt. Michael Turley,  
1457th Engineer  
Battalion, Bravo  
Company commander,  
deploys to Iraq in  
support of Iraqi  
Freedom in 2004.





Capt. Michael Turley, 1457th Engineer Battalion, Bravo Company commander, works with Soldiers during a field-training exercise.

Turley served on two deployments while in the Marines, a Pacific tour to Japan in 1989, and a few months later, a tour to the Persian Gulf as a part of Operation Desert Shield/Desert Storm from 1990-1991. During Desert Shield, he was selected to be on the advanced party of the Marine Corps' rapid-deployment force and only had 96 hours to prepare to deploy.

"My unit was a part of the first 5,000 troops in country, but by the end, we had more than 100,000," Turley said.

He was unable to tell his wife, MaryLou Turley, where he was going, so he told her he anticipated the deployment to last only 90 days. It was more than two months before he could contact MaryLou again, and he ended up serving for more than 10 months. He credits MaryLou with being a great support to him during the deployment, taking care of their two small children with very limited communication from him.

While in the Persian Gulf, he worked as a platoon sergeant, and because of a lack of officers, he also took on the responsibilities of platoon leader as an E-5. He considers this experience a seminal moment for his development as a leader. He finished his time in the Marine Corps as an instructor at a naval base.

After completing his bachelor's degree, he decided to come back to Utah and commission in the Utah National Guard. He chose the guard because he wanted to see what opportunities lay in the civilian sector.



Lt. Col. Michael Turley, 1457th Engineer Battalion commander, and members of Task Force Pioneer pose for a group shot during reconstruction efforts along Highway 36 in Boulder, Colorado.



Lt. Col. Michael Turley meets with Gen. Grass during Task Force Pioneer's reconstruction of a portion of Highway 36 in Colorado.

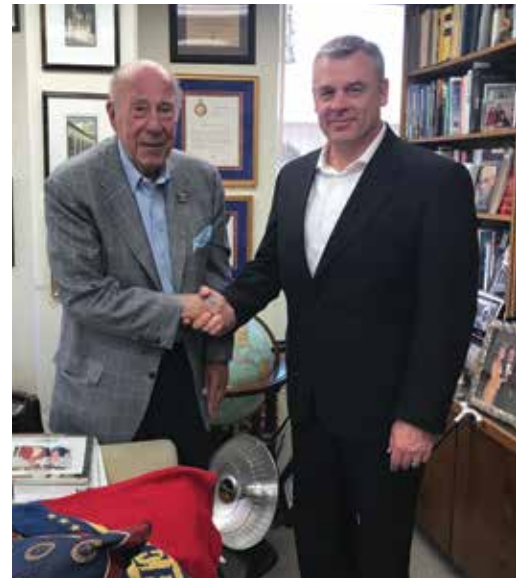




Lt. Col. Michael Turley accepts the Walter T. Kerwin Jr. Readiness Award presented by Gen. Robert Abrams.

He credits this decision as a great one because it allowed him to work in, and understand the Utah business community. He started working at a software firm as a project manager and after 10 years, became president of that firm.

In 2004, he deployed with the 1457th Engineer Battalion to Iraq, under the command of then Lt. Col. Jeff Burton. Early in the deployment, he was promoted from lieutenant to captain and took command of Bravo Company. Following his deployment to Iraq, he took his company to Nicaragua on a civil-affairs mission to build schools and churches. Shortly after Nicaragua, Hurricane Katrina slammed into the east coast of the United States and Bravo Company was activated to aid in the relief efforts. Serving as a commander during a combat deployment, a civil-



Michael Turley meets with George Schultz, an American economist, politician, and businessman. He served as the United States Secretary of Labor, U.S. Secretary of the Treasury, and as the U.S. Secretary of State.

affairs nation building mission, and domestic-relief mission; Turley explained that he went through the “full gamut” as a combat engineer commander.

After 12 years of working in the civilian market and serving as a M-Day Soldier, Turley made the transition back to active duty as a Utah National Guard Active Guard Reserve Soldier. While working in the AGR system, Turley served in various positions in the 640th Regiment, Regional Training Institute; 204th Maneuver Enhancement Battalion; Recruiting and Retention Battalion; and 97th Troop Command. Serving in these positions gave Turley unique insight into what the Utah National Guard needs to stay ready for the fight.

“Readiness is our number one priority,” Turley said. “I’m fascinated how our people look now and how we will look in the future.”

Reflecting on his career, Turley stated, “I’m very proud of the fact that I’m built as a Marine, I was grown from the Marine Corps stock, but I’m gratified by the fact that I’m a Utah National Guardsman.” He went on to say, “I love Utah, I love the people here and being the adjutant general of the Utah National Guard is the greatest honor I’ve ever had.”

—Sgt. James Dansie



Left to right: Gov. Gary Herbert, Maj. Gen. Jeff Burton and Brig. Gen. Michael Turley at the adjutant general change-of-command ceremony held at Roland R Wright Air National Guard Base, Nov. 7, 2019.

# Great Expectations

I would like to thank the Utah Minuteman for publishing several of my articles over the past few issues. The support for “Life Encouraged,” has meant that force wide, service members, spouses, and civilians have benefited from learning effective skills to live a well-rounded, healthy military life. If today’s article seems unrealistic please refer back to previous issues to help understand the importance of time management, trust, and expectations.

In today’s crazy world, where down is up and up is down, there is little we can trust. However, trusting that temporary duty, deployments, schools, annual trainings and drill schedule changes are going to happen is something you can ALWAYS count on.

Surprisingly, many military families are shocked when these events occur. This can wreak havoc on the home front. It does not seem to matter if its separation for a weekend or a year, there is a similar pattern many experience:

1. Anticipating it will happen.
2. Preparation for it happening.
3. The anxiety that it’s about to happen.
4. It happens.
5. Everyone is weird (usually mad or sad) while it’s happening.
6. Anxiety that it is almost over.
7. Panic and happiness that it’s over.
8. Trying to get back to “normal” now that it’s over.

There is no magic bullet to fix this normal response to abnormal requirements of living a military life. However, there are steps that can be taken to reduce the difficulty of pre, during, and post separation.

1. Rituals and routines marking the departure of the service member.
2. Communication. How much and when to communicate. Using phrases and words that signal a timeout is needed.
3. Maintain schedules and routines at home so when the service member returns they can slide back into the same structure they left.
4. Sleep is incredibly important during times of separation, especially for the spouse that is home. If you are not sleeping you cannot have successful times of transition. Separation is hard enough. With little to no sleep it is extremely difficult to regulate emotions, manage the children, and stick to the transition plan.

5. Sleep is also important for the service member upon returning from a time of separation. If they are coming off a long weekend or week of TDY, hotels, flights, and meetings they are probably tired and need to sleep so they too can find the capacity to regulate emotions and reengage with the family.

6. Rituals and routines that mark the transition to the service member coming home. Cleaning the house like a maniac should NOT be part of that ritual or routine. Service member, please be kind if the house is not in your preferred condition.

7. Be graceful and merciful to one another. Resentment will interfere with positive transitions. If you cannot resolve resentment toward your partner, please seek out counseling services to resolve the issues.

8. Be nice. It’s not easy on the “stayer” or the “leaver.”

9. Create a contract together and with the children.

10. Be honest about what your needs are: Example: “sweetie, when you get home from TDY/School/AT/Drill you are irritable and snappy with me and the kids.” Service members can validate their partners experience and come up with a solution that works for both.

11. Family should allow for the service members to regain their bearings. Example: Service member is probably tired, hungry, hot/cold, and needs a shower and clean clothes and hasn’t had their own space for X amount of time. Service member’s spouse/children should be generous to the service members

and give them the time and space to decompress and come back to themselves.

*Military life is unpredictable, no one likes unpredictable, so be kind to one another and to yourself.*

In summary, military life is unpredictable. No one likes unpredictable, so be kind to one another and to yourself. This is Life Encouraged. 📖

— Andrea Phillips, LCSW  
Program Manager

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

Andrea Phillips, Program Manager: 801-432-4622 Draper  
Bruce Jenkins: 801-878-5480 Camp Williams  
Jake Vickrey: 801-716-9228 Draper and Camp Williams  
CJ Gibbs: 435-867-6518 Cedar City and St. George



## Tackling Your Health and Fitness Goals



1st Sgt. Tina Semanoff demonstrates proper form of the dead lift.

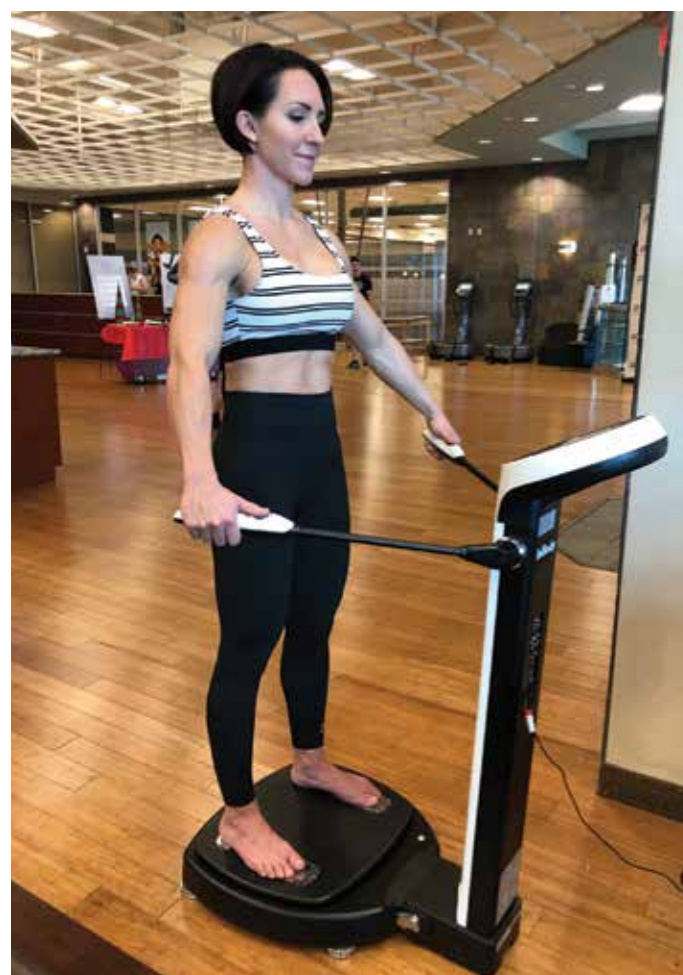
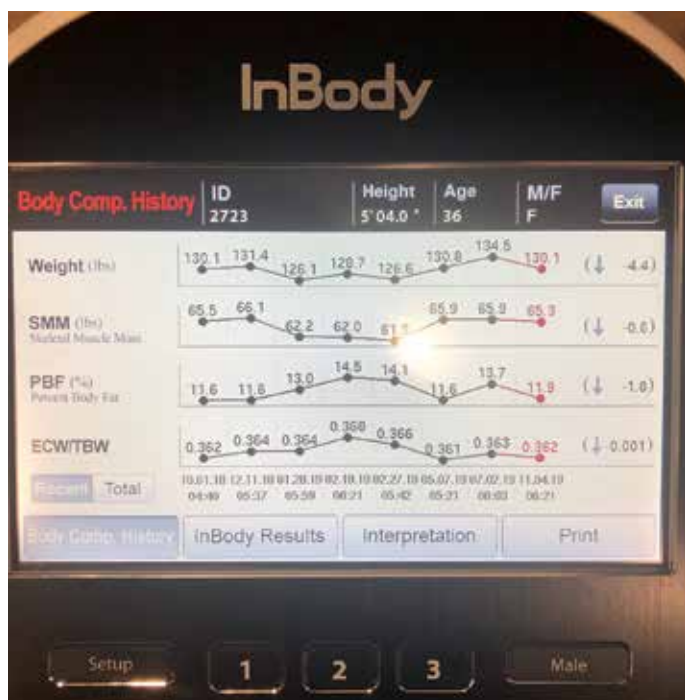
Almost everyone has set multiple health and fitness goals in their lifetime. For many, the reason behind “multiple” goals is because while working towards these goals they experienced a bump in the road. This bump deterred them from reaching the initial goal causing them to reassess or reset the goal all together. It is important to recognize that there is more to health and fitness than exercising and dieting for aesthetics or performance. Health and fitness goals, whether they are for aesthetic changes or performance improvements, are not achieved overnight. With daily hard work and consistency, it may still take months or even years to get to where you want be. Staying focused and consistent with a nutrition and fitness plan for a prolonged time can be mentally taxing. Having the mental fortitude to consistently drive towards a goal and overcome obstacles along the way is key to achieving your goal.

Your mental fitness acts as the foundation for all other aspects of your health. Without a strong foundation you cannot expect to achieve long-term results. Mental toughness gives you the ability to push harder than you originally thought

was personally possible. Mentally tough people are resilient and able to positively manage doubts and worries that could prevent them from succeeding. Physically, your body is capable of so much more than you believe it is mentally. Your mind will always quit before your body, but if you are able to push beyond that and allow yourself to be uncomfortable, this is where the most growth is achieved.

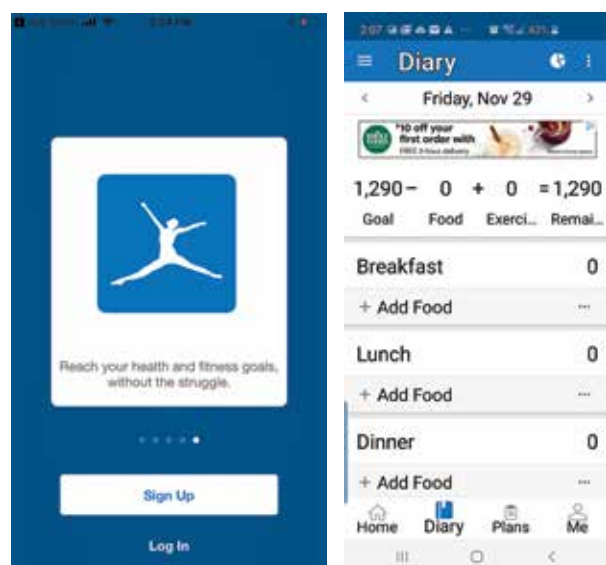
True progress is made by breaking through mental and physical barriers which improves confidence and instills the discipline necessary to keep you on track when you are not motivated. Your success will not come from doing what you want to do but from doing what you need to do regardless of the amount of motivation you have that day. Simply making a healthy food choice over an unhealthy choice can be mental progress for many. The progress you make mentally is equally as important as the changes you see physically and this progress should be tracked just as you would track your physical progress.

Tracking your progress along the way to your goal is huge. It will keep you focused and show you the progress you have made that can sometimes be hard to see. Progress equals motivation,



1st Sgt. Tina Semanoff uses the body composition analyzer, InBody, at the gym where she works out to monitor her diet and workout goals.

so celebrate the small wins along the way to prevent you from getting burnt out. Tracking will also highlight the issues that impact your progress giving you the ability to make necessary changes. A setback is not a failure or a reason to quit. This type of mentality is an unhealthy thought pattern that only leads to a vicious cycle of frustration and discouragement. This is not an easy process so expect to make mistakes along the way. It's how you handle those mistakes that will determine your success. One mistake is not a reason to throw away weeks or months of hard earned progress. Don't use a weak moment as an excuse to give up completely. If you make a mistake, get right back on course, keeping in mind why you set your goals in the first place.



A screenshot of the My Fitness Pal app which helps track nutrition and fitness goals.

There are multiple different ways to track your goals and progress. Many people find using an app on their phone to be the simplest way. I like to use the "My Fitness Pal" app to track my nutrition. For my fitness progress, I use a machine provided by my gym called "In Body" This machine maintains my body composition history and provides a graph to quickly see changes and trends over time.

There are no short cuts. There is no magic pill or quick and easy way to reach your health and fitness goals. Any short cut used to reach a goal will not be sustainable long term. Having the motivation to lose a lot of weight quickly is one thing but having the patience to create life-changing habits and routines that are sustainable for YOUR lifestyle is where the battle is won.

Establishing healthy habits prior to shooting for an overarching goal will set you up for long-term success. This will also guide you in creating a plan to get there. Have a plan and ensure it is deliberate. If your goal is important to you, then you will make it a priority. By becoming Soldiers, we have committed to maintain a certain level of fitness and this is why it is crucial we create habits and routines that coincide with that commitment.

—1st Sgt. Tina Semanoff, Master Fitness Trainer



### **SWEET POTATO TACO BOWL**

- 4 oz. Cooked, Extra Lean Ground Turkey season ground turkey with taco seasoning
- 1 cup Cubed, Cooked Sweet Potato
- 1/2 cup Black Beans
- 1/4 cup Corn
- 1/4 cup Salsa

Garnish with shredded cheese, lettuce and plain Greek yogurt



### **MUDDY BUDDIES Clean Cheat Treat**

- 1 1/2 TBS Peanut Butter
- 3 TBS Honey
- 1/2 tsp Cocoa Powder
- 2 TBS Chocolate Protein Powder
- 1 cup Chex Cereal
- 2 TBS Powdered Peanut Butter

Combined regular PB and honey in medium microwavable bowl. Microwave for 20 seconds. Stir in cocoa powder and protein powder. Add Chex Cereal and coat well with PB mixture. Spoon mixture into Ziploc baggie, add powdered peanut butter. Seal and shake to coat.


Recipes provided by 1st Sgt. Tina Semanoff

## The New Adjutant General is Appointed by Governor Herbert

**SALT LAKE CITY**— The Utah National Guard hosted a change-of-command and retirement ceremony of its top general officer and commander, the Adjutant General, Maj. Gen. Jeff Burton, at Roland R. Wright Air National Guard Base, Utah on Nov. 7, 2019.



"I think integrity is one of those great principles and values that we need to have if we're going to have successful leadership," said Gov. Gary R. Herbert. "Major General Jeff Burton's 37 years of service exemplifies that trait of integrity. He dedicated his service to America and the state of Utah, as befitting someone who, as a teenager, would carry around the constitution every day in his pocket."

On Oct. 17, 2019, Herbert announced the selection of Brig. Gen. Michael J. Turley to serve as the adjutant general of the UTNG effective Nov. 7, 2019. 

— ARTICLE AND PHOTO BY Ileen Kennedy

Maj. Gen. Jeff Burton passes the state flag to Gov. Gary Herbert as Brig. Gen. Michael Turley and Command Sgt. Maj. Eric Anderson stand at attention during the change-of-command ceremony where Turley was given the command of the Utah National Guard.


## Maj. Gen. Jeff Burton, the Adjutant General Retires After 37 Years of Service

**SALT LAKE CITY**— The Utah National Guard hosted a retirement ceremony of its top general officer and commander, the Adjutant General, Maj. Gen. Jeff Burton, at Roland R. Wright Air National Guard Base, Utah on Nov. 7, 2019.



Burton assumed his duties as the adjutant general in October 2012, responsible for the training and mobilization of more than 7,500 Soldiers and Airmen. He served as the adjutant general, commanding general of the Utah Air and Army National Guard from 2012 to 2019.

"My time in the service has been the best experience of my life," Burton said. "It's hard to leave such amazing Airmen and Soldiers, but I know they are in good hands with Brig. Gen. Turley. It's the people I will miss the most, but I plan to continue advocating for our men and women in uniform wherever I go."

Burton began his military service in 1982 as an enlisted Soldier in the field artillery. He attended Brigham Young University's Reserve Officer Training Corps as a Distinguished Military Graduate and was commissioned a second lieutenant in 1984. 

— ARTICLE BY Ileen Kennedy

Maj. Gen. Jeff Burton is honored during his retirement ceremony Nov. 7 at Roland R. Wright Air National Guard Base. (Photo by Tech. Sgt. John Winn)

## Honoring the Greatest Generation and Those Who Followed

**SALT LAKE CITY**— Service members, families and their supporters from across the state gathered at the Tabernacle on Temple Square, Nov. 8, 2019 for the 64th annual Veteran's Day Concert commemorating the 75th anniversary of the invasion of Normandy.



The Utah National Guard's 23rd Army Band joined forces with a combined Granite School District high school choir of some 700 students in a celebration of music to honor the men and women of the 'greatest generation', their commitment and sacrifices, and the pivotal role they played in the nation's identity. The band and choir took the audience on a musical journey from Pearl Harbor to the beaches of Normandy through four different videos, which included interviews with D-Day veterans from Utah.

— ARTICLE BY Spc. Taylor Lakey-Tamacori

Chief Warrant Officer 3 Denny Saunders conducts as the audience participates in singing "The Star-Spangled Banner" with the band's accompaniment.

(Photo by Ileen Kennedy)



## West Valley City's Support of Military Employees is Awarded the ESGR Freedom Award

**WEST VALLEY CITY, Utah**— West Valley City was awarded the 2019 Secretary of Defense Employer Support Freedom Award and held a special reception for community members to view the award, Sept. 17, 2019. The Employer Support Freedom Award is the highest recognition given by the Department of Defense to employers for their exceptional support of National Guard and Reserve members.



ESGR received 2,415 nominations for this prestigious award for employers throughout the 50 states, Guam, Puerto Rico, the U.S. Virgin Islands and the District of Columbia. West Valley City won the award, and is the first government entity in Utah to receive this honor.

This award continues a longstanding tradition of recognition and programming offered by West Valley City for our military. On August 23, 2019, West Valley City was honored, along with the other 14 recipients, at a Pentagon ceremony in Washington DC. The

Freedom Award began in 1996 and there have been 265 honorees to date. 🇺🇸

— ARTICLE AND PHOTO BY Ileen Kennedy

## Soldiers and Airman Celebrate the 65th Annual Governors Day

**CAMP WILLIAMS, Utah**—Approximately 7,000 Air and Army National Guardsmen stood in formation on Tarbet Field at Camp Williams, Utah, for one of Utah's proudest traditions, the 65th annual Governor's Day ceremony, Sept. 14, 2019.



Gov. Gary R. Herbert, commander in chief of the Utah National Guard, addressed the challenges of having the dual purpose of serving the state while accomplishing a federal missions as well.

Herbert took a moment to remind service members and their families of the true purpose of Governor's Day: Not just to review the troops, but to honor service members and their families for their sacrifice. He also acknowledged the families of Utah's recently fallen Soldiers Maj. Brent Taylor, the mayor of North Ogden who was serving with the Special Operations Joint Task Force, and Capt. Corey Holmgren, a Chaplain with the 19th Special Forces Group. 🇺🇸

— ARTICLE BY Staff Sgt. Nicholas Cloward

Utah National Guardsmen stand in formation on Tarbet Field as two Apaches conduct a flyover for Governor's Day. (Photo by Sgt. Ariel Solomon)

## 300th Military Intelligence Conduct Change of Command Ceremony

**DRAPER, Utah**—Soldiers of the 300th Military Intelligence Brigade celebrate the successes of outgoing commander Col. Joseph Green and welcome the new commander Col. Shahram Takmili as the new brigade commander, at the Draper Utah National Guard Headquarters building August 10, 2019.



Green will be taking on a new assignment as chief of staff, a member of Maj. Gen. Jeff Burton's staff, while Takmili has big plans for the Brigade. Takmili will lead from the front with his knowledge of Dari, Farsi and Tajik, and exemplifies the motto "Excellence in Language." 🇺🇸

— ARTICLE AND PHOTOS BY Sgt. Nathan Baker

Col. Joseph Green, left, Maj. Gen. Jeff Burton and Col. Shahram Takmili participate in the 300th Military Intelligence Brigade change of command ceremony, Aug. 10, 2019 at the Draper Utah National Guard Headquarters Building.

## 19th Special Forces Group (Airborne) Welcomes New Leadership

**CAMP WILLIAMS, Utah** — The 19th Special Forces Group (Airborne) said farewell to two of its senior leaders and welcomed two new leaders during a change-of-responsibility and change-of-command ceremony at Camp Williams, Utah, Sept. 14, 2019. The ceremony began with Command Sgt. Maj. John Belford relinquishing his responsibilities as the senior enlisted noncommissioned officer to Command Sgt. Maj. Jason Legler. 



— ARTICLE BY Sgt. James Bunn

Sgt. Maj. Jason Legler, 19th Special Forces Group (Airborne) passes the guidon to Col. Larry Henry during the change-of-responsibility ceremony on Camp Williams, Utah Sept. 14, 2019. The unit received a new commanding officer and a new command sergeant major. (Photo by Private 1st Class Jacob Jespersen)

## Military Intelligence Soldiers Conduct Training in Northern Utah

**DRAPER, Utah**—Soldiers from B Company, and IC Detachment of the 142nd Military Intelligence Battalion (Linguist), 300th Military Intelligence Brigade held a field training exercise in Cache Valley National Forest, August 9-11, 2019. The joint exercise emphasized intelligence operations in an austere environment, while focusing on human intelligence activities and basic Soldier skills. Evaluators for the training event were provided by the Utah National Guard's 640th Regional Training Institute and allowed company leadership to get detailed feedback on mission-essential tasks. 




— ARTICLE BY Sgt. First Class Dustin Waite

Chief Warrant Officer 3 Gist Wylie assists Soldiers with collection focus at the B Company 142nd Military Intelligence Battalion (Linguist) tactical operations center in Cache Valley National Forest, August 11, 2019. (Photo by Capt. Benjamin West)

## 19th Special Forces Soldiers Honored by the Czech Republic

**PROSTEJOV, Czech Republic**—Soldiers assigned to 5th Battalion, 19th Special Forces, Texas Army National Guard, were awarded the Medal of the Minister of Defense of Czech Republic, at a ceremony in Prostějov, Oct. 25, 2019, for their efforts supporting their Czech Allies during a recent combat deployment to Afghanistan as part of Operation Resolute Support.



Resolute Support is a NATO-led mission to train, advise and assist the Afghan National Defense and Security Forces. The Resolute Support mission is currently comprised of 17,000 personnel from 39 NATO Allies and partners. 

— ARTICLE AND PHOTO BY Staff Sgt. Elizabeth Pena

Czech Republic Air Force Maj. Gen. Jiri Verner, Deputy Chief of the General Staff of Czech Armed Forces Command, presents the Medal of the Minister of Defense of Czech Republic to Texas Guardsmen assigned to the Army's 19th Special Forces Group (Airborne), during a ceremony in Prostějov, Oct. 25, 2019, hosted by their State Partner, Czech Republic. The unique decoration was due to the Texas Guardsman's efforts supporting their Czech Allies during a recent combat deployment to Afghanistan as part of Operation Resolute Support. The Texas Military Department and the Czech Republic have participated in the U.S.

Department of State's Partnership Program cooperation since 1993 with the Nebraska National Guard, in support of the U.S. European Command Theater Security Cooperation Strategy.



## Green Beret Citizen Soldiers make their mark at Trojan Footprint

**YAMBOL, Bulgaria** — When most people imagine the U.S. Army National Guard, they might think of Soldiers responding to domestic disasters, Guardsmen cradling a child through waist-deep flood waters, or blazing through blizzards in HUMVEE's. What isn't typically seen are the pivotal roles Green Berets, and Citizen Soldiers of the Army National Guard's 19th and 20th Special Forces Groups (Airborne), play in special operations around the world.



These two National Guard groups make up two of the seven Army Special Forces Groups. Their battalions, companies and teams came from across the U.S. to the Black Sea region from June 10-2, 2019. They worked across Bulgaria, Hungary and Romania, providing the core Army Special Operations contribution to U.S. Special Operations Command Europe's Trojan Footprint 19. 🇺🇸

— ARTICLE AND PHOTOS BY Sgt. 1st Class Whitney Hughes

Bulgarian Special Forces and U.S. Army Green Berets assigned to the 20th Special Forces Group (Airborne) provide security during a combined air-assault operation June 18, 2019, as part of Exercise Trojan Footprint 19 near Yambol, Bulgaria.

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## Colorado and Utah National Guardsman receive their German Jump wings while deployed

**OPANZER KASERNE, Germany** — Four Soldiers from the 19th Special Forces Group (Airborne) returned to Utah following a six-month tour to Panzer Kaserne, Germany in support of Operation Atlantic Resolve and the European Deterrence Initiative on August 9, 2019.



These Soldiers were attached to HHD, 5/19th SFG(A) (FWD) from the Colorado National Guard in support of Task Force 10, the forward deployed element of 10th Special Forces Group (Airborne) focused on Eastern Europe. The mission of the Task Force was to provide deterrence of Russian aggression throughout the eastern European theater where Russian influence has sparked tensions. These Soldiers each played a role in continuing the efforts to decrease the likelihood of armed conflict in Europe.. 🇺🇸

— ARTICLE AND PHOTO BY Sgt. Jake Cox

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## Exercise African Lion 20 Main Planning a Success in Morocco

**WAGADIR, Morocco** — Military planners from the U.S., Africa and Europe worked alongside their Moroccan partners to plan U.S. Army Africa's largest exercise, African Lion 20, in Agadir, Morocco, Nov. 4-8, 2019. African Lion 20 will take place in four different countries: Morocco, Senegal, Spain and Tunisia and is the largest exercise to be implemented on the African continent.



Morocco currently has a state partnership program with the Utah National Guard, which will be playing a significant role in the exercise.

"African Lion 20 is huge this year for the Utah National Guard and our state partnership program with Morocco," said Capt. Kenneth J. McWilliams, the Utah Army National Guard state partnership coordinator. "We are in the process of working on a field-training exercise as part of our combined-arms exercise, a humanitarian-aid component, and an air refueling detachment."

McWilliams said the opportunity to plan with partners is crucial to the exercises success. It allows planners to coordinate the complexities

of planning for several separate events within an exercise. Making sure all of coordination is complete prior to the exercise is essential for the service members who will be a part of the main event. 🇺🇸

— ARTICLE BY Sgt. Jennifer Garz

## AIR PROMOTIONS

### LIEUTENANT COLONEL

Frost, Daniel E

### MAJOR

Casey, Michael H  
Lowe, Spencer N

### 1ST LIEUTENANT

Kercher, Brad M  
Sublett, Taylor Lola

### 2ND LIEUTENANT

Edtl, Andrew J  
Tholen, Landon N

### CHIEF MASTER SERGEANT

Herbert, Brady R  
Hooper, Mitchell Henry

### SENIOR MASTER SERGEANT

Ackerman, Matthew S  
Buell, Michael John  
Caldwell, Jacob Dewey  
Champaco, Cirena Rae  
Sparr, Melanie A

### MASTER SERGEANT

Alsop, Brandon D  
Brewster, David Bingaman  
Karren, Eli T  
Shipton, Melanie Jewel  
Webb, Larry L  
Wood, Warren S  
Xaysana, Johnson Somsay

### TECHNICAL SERGEANT

Carlson, Sidney S  
Christensen, Timothy B  
Crowton, Daren G  
Davidson, Shantae Marie  
Dewitt, Zachary William  
Fallows, John J  
Hansen, Kyle A  
Johnson, Brian G  
Kiem, Tharvy  
Kinzie, Jordan D  
Miller, Casey J  
Nelson, Joel Jerry  
Rudy, Cory Marshall  
Sermon, Taylor N  
Southwick, Allen M  
Souza, Jeremy Wade  
Tanner, Jack S  
Tracy, Desirae A  
Vradenburg, Jerry S  
Williams, Aidan F  
Wood, William J

### STAFF SERGEANT

Bonner, Steven B  
Clark, Tricia D  
Craig, Cody Allan  
Forbes, James A  
Girts, Marc A  
Guillen, Sandra  
Hafen, Bryce A  
Juengel, Burton Patrick  
Pepe, Jami C  
Pham, Thanh Tan  
Preston, John B Iv  
Sheffield, Parker D  
Shupe, Colton Jeffery  
Turner, Morgan R  
Velasquez, Aaron K  
Wallace, Brandan M  
Webster, Matthew P II  
Carlson, Daniel H

### SENIOR AIRMAN

Alder, Sabra J  
Alofipo, Tagiafouga N  
Bodily, Kevin C  
Brandow, Warren F V  
Chenworth, Logan A  
Clark, Joshua A  
Daniels, Justin C  
Danielson, Joshua E  
Drake, Caleb D  
Erdmann, Scott W  
Grow, Hans S  
Hamer, Caiden T  
Hepworth, Richard S  
Muir, Brooklyn L  
Nelson, Derek N  
Owens, George A  
Royster, Jonathan T  
Ruizbiasi, Flavia A  
Ryskamp, Michael A  
Stevenson, Daniel S  
Stovall, Bowen M  
Vanroosendaal, Trevor E  
Winn, Christian A

### AIRMAN 1ST CLASS

Andrews, Joshua J  
Bowthorpe, Shane P  
Davidson, Ian W  
Degrazio, Anthony M  
Hathaway, Hailee K  
Nielson, Donovan C  
Purdy, Zachary J  
Ryskamp, Rebecca M

### AIRMAN

Anderson, Kenneth W  
Bailey, Tyson L  
Smith, Riley L  
Warren, Trevor M

## ARMY PROMOTIONS

### COLONEL

Caldwell Christopher Aaron  
Christensen Joseph Daniel

### LIEUTENANT COLONEL

Adamson Toby Paul  
Anderson Clayton Fredrick  
Blatter Timothy William  
Gibb David J  
Steff David Paul  
Webster Steven Benjamin

### MAJOR

Berry Thomas Glen  
Burgin Michael David  
Chruma Clint Jack  
Coe Charity Oaks  
Jackson Mikel Justin  
Kattelman Robert Mark  
Randle Spencer Alan

### CAPTAIN

Bills Caleb George  
Calder Tyler Stirling  
Carrillo Jessica Lei  
Cross Cade Alden  
Ferguson Robert Joseph  
Fowles Jared Richard  
Harward Jerry Clayton  
Schultz Ray Conlin Jr  
Volocho Eduardo Moreira  
Woodin Matthew Paul

### SECOND LIEUTENANT

Haymore Joseph Benjamin

### CHIEF WARRANT 5

Jackson Richard Robert

### CHIEF WARRANT 4

Grimstead Benjamin Erik  
Robertson Willie David  
Smith Brett Jay  
Williams Dustin Scott

### CHIEF WARRANT 3

Hammel David Laverne III  
Wylie Gist Miller Jr

### CHIEF WARRANT 1

Allen Don Tyler  
Anderson Shawn Evans  
Garcia Lidia Angelica  
Hawkey Bleu Marcus  
Olsen Jason Val  
Soderquist William Daniel

### SERGEANT MAJOR

Bowden Curt Leigh

### FIRST SERGEANT

Bybee Jace K  
Hutchins Shana Renee  
Peterson Shawn Reber

### MASTER SERGEANT

Ellison Brandon Kent  
Love Benjamin Seth  
Rose Cory Mitchell  
Wall Daniel Alexander

### SERGEANT FIRST CLASS

Carter Shane Michael  
Cox Garin Steven  
Hansen Jeremy Craig  
MacFarlane Brandon Leroy  
Miller Thomas Joseph  
Overdiek Joseph Thermon  
Teela Jeremy Scott  
Tuttle Samuel Alden  
Washburn Derek Bruce  
West Jonathan Robert

### STAFF SERGEANT

Albretsen Keith Wade  
Archibald Jordan Keith  
Ashton Cory Don  
Barnes Matthew Kendal  
Beery Timothy Lowell  
Byrne Peter Madison  
Chang Cecil Kamai Iii  
Cowley William Derrik  
Daimaru Brent Dayton  
Dominguez Lehi  
Drechsler Derek Anderson  
Ellison Ashley Renee  
Felshaw Jeffrey Louis  
Franks Caleb J  
Gonzales Victor Ray  
Gorrell Kyle Duane  
Harmon Jarediah Elias  
Harris Brady M  
Hemsley Kenton Ashley  
Hilton Jonathan James  
Ingram Jeb Earl  
Johnson Brock Calvin  
Jones Derrick Oliver  
Jones Korey Kenneth  
Jordan Michael James  
Leue Timothy Scott  
Magoffin Wyatt Dean  
Menlove Tanner James  
Murdock Daniel Duane  
Nipko Kaden Pete  
Norris Ryan Lyndsey  
Papa Timothy Allen

Radle Steven Gregory  
Reynolds Collin Michael  
Rosenberg Dustin T  
Salisbury Cameron Brent  
Schill Brandon Scott  
Shamov Maxim  
Simmons Kyle Reed  
Umana Teddy Alexander  
Vest Peter Steven  
Warr Alexander James  
Wheeler Justin Scott

### SERGEANT

Alvey Corbyn Thomas  
Baker Wesley James  
Barnes Kaleb Ray  
Bates Caitlin Noell  
Berber Pablo Rockwell  
Bradley Joshua Thomas  
Carter Derik  
Dalton Kellie Suzanne  
Dyer Braden James  
Espinosa Jayden Christopher  
Faherty Spencer Riley  
Ferrin Riley Trent  
Griffin Deja D  
Grimmer Andrew Douglas  
Hankey John Wayne Jr  
Herrick Trace Lowell  
Hollinshead Alynn Austin  
Huff Christian Slater  
Jackson Zachary Fay  
Jensen Joseph Andrew  
Keele Joshua Edward  
Kent Michael Clyde  
Leiter Ethan Brad  
Loving Jerry Nicholas  
Mccarthy Jasmine Marie  
Nielsen Connor Sterling  
Nunez Matthew Lee  
Ochoa Anthony Ramon  
Olmstead Paul Lincoln  
Osguthorpe Colton Avaron  
Palacios Antonio Miguel  
Saunders Eric John Ii  
Shumway Drakkar Jordan  
Spencer Robert Glenn  
Stewart Corey Don  
Stokes Parker Duncan  
Strait Austin Dale  
Thomas Logan Gerald  
Tibbitts Sarah  
Trujillo Ricardo Alberto  
Valerio Niko James  
Webster Britt Austin  
Whiting Taylor Lawrence  
Wilcox Brendan Tayte  
Willoughby Brian Chance



## CORPORAL

Adsit Bryant Joel  
Hoggan Taylor James  
Jenkins Colton Lawrence

## SPECIALIST

Anderson McClain Hunter  
Anglesey Thomas Jeffery  
Barlow Adam Brent  
Borders Brayden Phillip  
Bountathip Soulisha Tai  
Brown Jarren Steven  
Busker Shawn Albert  
Cabero Jose Enrique Iii  
Colunga Alejandro Martin  
Conklin Garrett Dale  
Contrys Nicholas Phillip  
Copling Taylor Nathan  
Crane James Cameron  
Cueto Juan Isidro  
Dailey Patrick Dennis  
Dallimore Keaton Alexander  
Darbro Cole Robert  
Davis Gabriel Michael  
Dengler Jonas Alexander  
Ellis Ian James  
Frederick Benjamin Harold  
Geary David Sterling  
Gonzales Karson F  
Grondel Bradon Richard  
Haley Tyler Lee  
Hartvigsen Trevor Scott  
Hernandez Alberto  
Hopkins Hailey Kristine  
Ivie Makenzie Hendrika  
Jarnagin Eli Tyler  
Jensen Austin James  
Johnson Stephen Trevor  
Johnson Trevor Jacob  
Knight Cameron Phillip  
Koch Landon William  
Loudner Jaxon Boyd  
Lowry Dalton Dean  
Maae Miracle JI  
Marsh Hank Kenneth Henders  
Mattes Samuel Scott  
Mercier Wesley Gerrard  
Moore Jazmine Mikayla  
Morris Joshua Tim  
Moslander Jay Paul  
Moynier Makayla Laree  
Nance Tanner Brown  
Newby Carter Mitchell  
Nicholson Nash Parker  
Oar Whitney Rochelle  
Ottesen Elizabeth Jane  
Pierce Michael Aaron  
Poulsen Austin Lee  
Pullan Daniel Derek  
Ramirez Braxton Amilcar

Robinson Blake Joseph  
Roden Jayden Hunter  
Sanchez Eric Christopher  
Schroemges Jesse McKay  
Sharum Payton William  
Smith Adam Burgi  
Snyder Bryce James  
Soria Javier David  
Soto Jorge Alberto  
Toivonen Braden James  
Toledo Daniel Delacruz  
Toney Jason Paul  
Torok Ethan Scott  
Tuttle Abbie Jo  
Vangrimbergen Abbie Rose  
Waite Michael Robert  
Walker Dallas Troy  
Washingtonflorez Joseph A  
Webb Gavin Thomas  
Wells Austin Lee  
White Ethan Jarett  
Williams Christian Bradley  
Zamoraflares Victor Hugo

## PRIVATE FIRST CLASS

Adams Jacob Bennett  
Adams Shelton Hayes  
Ahloy Kaleb Keithmakoaamema  
Anderson Arthur Bracken  
Atkinson Ashton Scott  
Attwooll Maran Reyn  
Barlow Westin James  
Booth Hayden Douglas  
Braiden Haylee Shae  
Bruch Ethan Thomas  
Brunson Travis C  
Bush Robert Jonas  
Bybee Zachary Lars  
Cannon Drew  
Christensen Kristopher Eric  
Christensen Kyle Joseph  
Christensen Zachary Steffen  
Cloninger Austin Dennison  
Cornia Jordan David  
Cox Anthony Ryan  
Cox Shae Lea  
Dees Richard Wade  
Dewitt Kirsten Jean  
Dustin Ryan Hayes  
Eckhart Audrey Nicole  
Fayles Spencer Patrick  
Frampton Taylor Rodney  
Galvez Zuniga Darrin Arturo  
Goodman Amanda Page  
Harris Austin Matthew  
Higdon Ryan Christopher  
Jensen Jefferson Brandt  
Kim Jonathan Daehun  
Kime Catherine Rose  
Kolley Abdoulie

Langeman Justin Keith  
Long Christian Michael  
Lundberg Russell Jacob  
Lundeon Grady Ryan  
Maddox Chase Anthon  
Manning Cristopher Erwin  
Manutuinei Isaac Wayne  
Moeai Nofoaigaapua S  
Morley Tanner Koyle  
Musick Joshua Malcolm  
Nelson Cobe Lowman  
Olupomar Rufina Fidela  
Penrod Bridger Byron  
Quinteroduran Marco A  
Quist Ian Andrew  
Rasmussen Vincent Allen  
Rix Devin Wesley  
Schimbeck Joshua James  
Sidlow Alexis Keilani  
Simmons Jacob David  
Smith Spencer James  
Sorensen Alyssa Jewel  
Staples Thomas Scott  
Stimpson Brennen Lance  
Strebel Gabrielle Derica  
Swaner Cameron Francis  
Tran Nguyet Thiminh  
Walker William Talon  
Warnock Joshua Colman  
Wood Andrew Beyer  
Young Benjamin Tyson

## PRIVATE (PV2)

Alger Taylor Jordan  
Allen Jeremy Taylor  
Allred Skyler Stanley  
Bangerter Austin Lee  
Biesinger Brandon Gene  
Black Talon Quinn  
Brinton Izaiah Reid  
Burlison Kasey Craig  
Burton Joshua Dallen  
Campbell Zachery Trevin  
Carroll Seth Alan  
Checketts Everton Allen  
Cuch Joon Conner  
Cummins Jonathan Randall  
Dodson Kellan Bradford  
Dorris Charles Lee Jr  
Drake Alexander Joseph  
Estes Cody Joe  
Fields Lance Owen  
Filoso Noah Spencer  
Galley Victoria Kathleen  
Gonzalezmonroy Christopher  
Grace Kenneth Arthur  
Groves Hunter Patrick  
Haes Sophia Michele  
Hallam Wyatt Thomas  
Halliday Reed James

Herrera Dallas Eduardo  
Hess Jaxson Ford  
Hughes Hannah Sue Kathleen  
Hunter Riley Kyle  
James Julius John  
Jensen Mathew Scott  
Jeppson Taylor Lynn  
Johnstone Jordan Michael  
Lawrence Patrick Logan  
Lefevre Liam Stephen  
Lower Elizabeth Michelle  
Lunceford Bryton Keith  
Mackay Trapper John  
Maughan Jacob Weston  
McAfee Tatiana Danielle  
McEwen Brittany Love  
McOmie Karsyn Grady  
Merck Ethan Conner  
Midgley Daryl Rex Jr  
Murphy Joshua Austin  
Murphy Trevor Matthew  
Orr Cameron  
Ortizgomez Omar  
Penrod Jaden Richard  
Perry James Michael  
Probyjenson Anthony D Jr  
Ressa David Albert  
Rice Joshua Eagan  
Roberts Ryan Steven  
Romero Krystian Alexander  
Roundy Tyson James  
Sanchez Brandon Nmn  
Sano Dallin Joseph  
Shafor Lauren Elizabeth  
Shepherd Jacob Ray  
Smedley William Hunter  
Smith Michael Mason  
Smoot Jacob James  
Sperry Michael Thomas  
Spier Cipriano Angel  
Stereon Joseph Elias  
Taylor Austin Joshua Dwight  
Thomas Christopher Glenn  
Tracy Brayden James  
Valdiviezobalderrama Jesus  
Webb Terrell Gordon  
Webster Felipe Ignacio  
Welch Nathan Taylor  
Wilcock Tason Wade  
Williams Joshua Michael  
Wilson Joshua Michael  
Winn Austin Luke  
Wittmaak Robert Thomas  
Wolf Ryan Alexander  
Yazzie Xander Tre  
Yoder Cameron Jade  
Zitting Luke Johnsturm

## PRIVATE

Arencibia Antonio Tesai  
Baker Steven Terrance  
Bentley Joseph Matthew R  
Bentley Keaton Terry  
Best Austin Charleswesley  
Braithwaite Kaleb Rhys  
Burnside McKay Allen  
Butler Westin Ryan  
Crispin Hernandez Luis Manu  
Cuatpotzo David Geovanny  
Epling Roy James  
Evans Degan Justindean  
Frischknecht Dakota Shay  
Green Garrison William  
Hardan Duane Michael  
Henderson Bryson Edger  
Hernandez Ismael Jr  
Herrera Eduardo III  
Joosten Trevor Anthony  
Lindow Jacob Carlgunnar  
Lloyd Hayden John  
Lopez Alina  
Malles Kevin Daleorion  
Marquezchavez Cynthia Y  
Marquezuiz Vanessa  
Marsh Brayden Ray  
Martinezacuna Fabrizio  
McKenna Morgan David  
Merchant James Carsyn  
Mickelsen Kyle Clifford  
Miller Rose Marie  
Miner Joseph Lee Salazar  
Morgan Seth Demetrius  
Morrison Jesse Lee  
Ohmert Benjamin Tammany  
Ortega-Padilla Ivani  
Paluso Sean Teague  
Peck Shaylie Michelle  
Pierce Hannah Jolynn  
Poole Christopher Robert  
Porter Dallas Michael  
Pugmire Marshall Jack  
Repp Casey Austin  
Ringgold Ariyana Kaiera  
Sheeran Isaiah Daniel  
Vazquez Jessica Josefina  
Weaver Darien Thomas  
Weihing Jordan Charles  
Zubal Kolby Charles

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

**Adjutant  
Generals  
of the Utah  
National  
Guard**



**BG Michael J. Turley**  
11/2019 -



**MG Jefferson S. Burton**  
10/2012 -11/2019



**MG Brian L. Tarbet**  
10/2000 - 9/2012



**MG James M. Miller**  
9/1994 - 9/2000



**MG John L. Matthews**  
10/1982 - 9/1984



**MG Van L. Hixson**  
11/1980 - 9/1982



**MG Maurice L. Watts**  
9/1964 - 11/1980



**MG Maxwell E. Rich**  
8/1953 - 9/1964



**BG J Wallace West**  
6/1946 - 7/1953



**BG William G. Williams**  
1/1917 - 9/1917  
11/ 1920- 5/1946



**COL Fred Jorgensen**  
9/1918 - 11/1920



**COL H. M. H. Lund**  
10/1917 - 9/1918



**COL Edgar A. Wedgwood**  
1/1907 - 1/1917



**BG Raymond C. Naylor**  
3/1906 - 1/1907



**COL Joseph Groghegan**  
6/1905 - 3/1906



**BG John M. Bowman**  
1/ 1905 - 6/1905



**BG Charles S. Burton**  
3/1899 - 1/1905



**BG John Q. Cannon**  
4/1895 - 3/1899



**BG George M. Ottinger**  
3/1894 - 4/1895