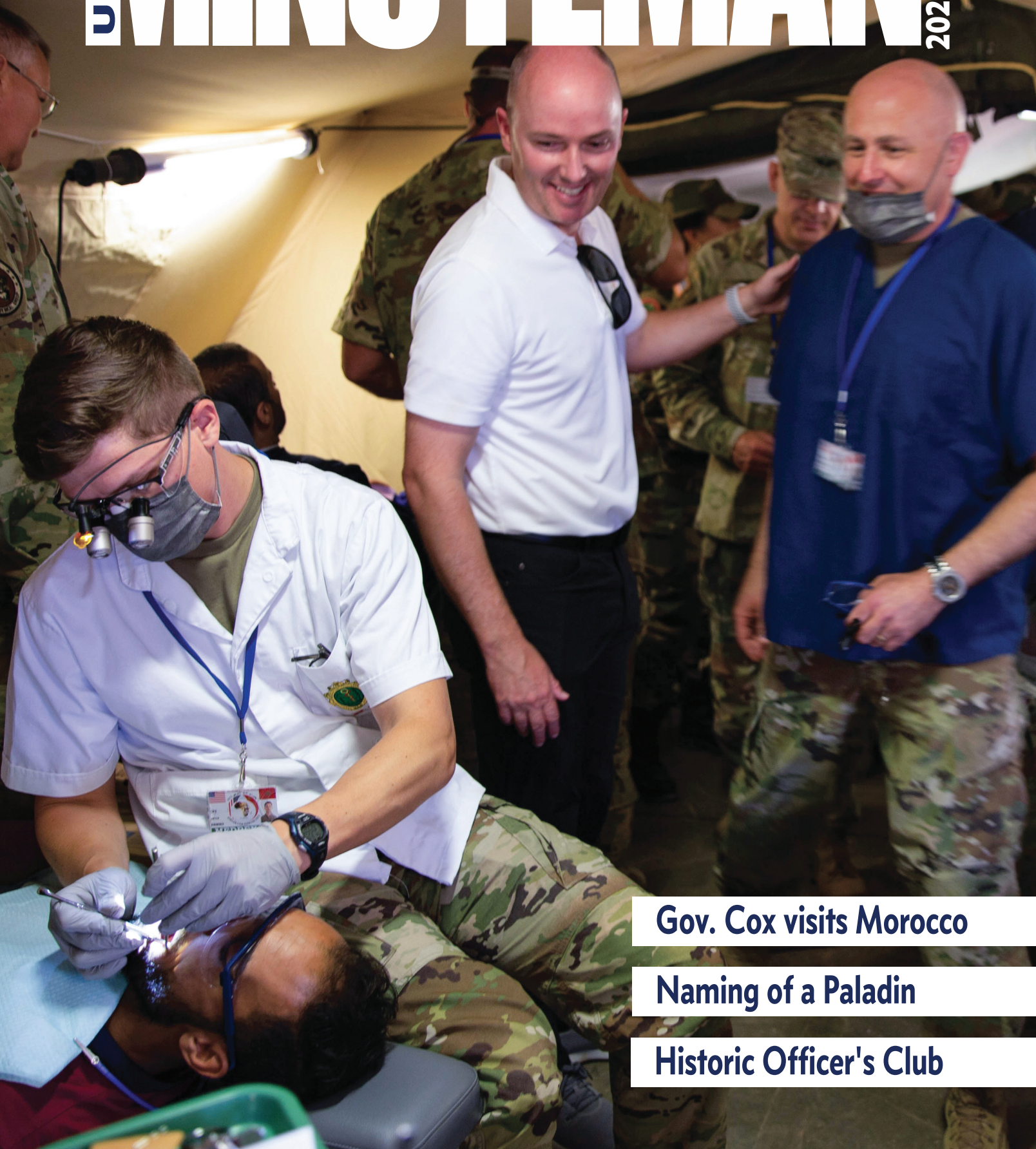


UTAH MINUTEMAN 2023 Volume 4



Gov. Cox visits Morocco

Naming of a Paladin

Historic Officer's Club



Utah Army National Guard's 23rd Army Band and the Royal Moroccan Air Force Band perform together for a multinational audience June 14, 2023, in Agadir, Morocco during Exercise African Lion 2023. This year the state of Utah celebrates its 20 year partnership with the Kingdom of Morocco in the National Guard Bureau's State Partnership Program. Eighteen nations and approximately 8,000 personnel participated in Exercise African Lion 2023 from May 13-June 18, 2023.

— UTAH NATIONAL GUARD PHOTO BY Ileen Kennedy



Brigadier General
Daniel Boyack
The Adjutant General

Today I find myself reflecting on our history and who we are as the Utah National Guard and the current and past challenges we have faced. I am constantly amazed at the willingness and agility that has been demonstrated to meet these challenges. Every time we are called on, we come together and get the mission done. Our Guard family is diverse, we all have different life experiences, beliefs, perspectives and other traits that make us unique, but when called on we come together and focus on the missions that unite us. We use our diversity to help make us more effective teams that can efficiently get the mission done. The UTNG has a proud tradition of excellence, a tradition that is incumbent on us to continue.

My thoughts are on our culture and how to ensure we are setting the proper environment for all to be successful and proud to serve. A place where talent and effort are

rewarded. A warrior culture that is decisive and lethal when needed, but also compassionate and able to rapidly deliver humanitarian aid anywhere in the world, protect our communities during civil unrest, natural disaster or even the occasional pandemic. A culture that you are proud to be a part of, proud of the work you do and proud to share with your family and friends.

We need to have a culture that sees the threats we face and proactively finds solutions instead of waiting on the bureaucratic nightmares that exist above us that often crush the innovation and change that are often most needed. The wars of tomorrow will likely look nothing like we have been fighting for the past 20 years. If we are training and preparing like we always have, we will find ourselves behind the curve for a fight with China or Russia, in short if you are comfortable with the status quo, you are wrong and will find yourself irrelevant.

Culture cannot be defined or maintained by one person; it takes all of us doing our part to make it a place we want to be. When those in our ranks choose to act in a way that hurts our culture or our reputation, it is incumbent on all of us to hold each other accountable and not tolerate behavior in our ranks that is contrary to who we are and what we represent.

Within our ranks are some of the greatest people I know. You represent the best our country has to offer and I am proud to serve alongside each of you. 🇺🇸

Greetings to the remarkable Airmen, Soldiers, civilian employees, and amazing families of which the Utah National Guard Team is comprised. Over the past quarter, most of you have participated in your annual training periods and other collective training events. As I have made my way around visiting you, I have been constantly reminded of what I have

always known: the Utah National Guard is comprised of professional citizen Airmen and Soldiers who are competent, dedicated, and committed to defending our

nation, deterring our adversaries, and preparing for the possibility of future conflict. Thanks for the dedication you demonstrate on a daily basis and for preserving our legacy of excellence.

As we look to the future, it is critical that we focus and adapt our training opportunities to the pacing challenge and acute threats our nation faces. While its impossible to predict the future, it is possible to describe and understand the likely challenges we will face. As members of the profession of arms, it is incumbent that we understand those challenges and threats so we are preparing for the right future. While the nature of conflict will likely remain constant, the character of conflict is evolving rapidly and dramatically, and it will take the best of each of us to be prepared for that future.

A good place to start in preparing for the future is to understand it. I encourage all members to read the 2022 National Defense Strategy which describes the global security environment and establishes the priorities for the Department of Defense. While this strategy may

continued on page 4



Command Sergeant Major
Spencer D. Nielsen
Senior Enlisted Leader

always known: the Utah National Guard is comprised of professional citizen Airmen and Soldiers who are competent, dedicated, and committed to defending our

seem echelons above the training being conducted in our flights, crews, sections, and squads, it provides the “why” behind what we are training and preparing for. This context will facilitate the innovation, creativity, and ingenuity that is required, and required now, to prepare and be ready for the future.

Thank you all for what you do to maintain the organization of excellence of which each of us is a part. It is because of you that we stand well positioned and prepared for the future. I am proud of each and every one of you who serve and serve honorably. I remain humbled by the opportunity to serve you and alongside the most professional and competent people in the inventory. 🇺🇸

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18 What's in a name?

Names on cannons creates a sense of pride, unity, and a connection to the legacy of those who came before.

In the Utah National Guard, both 2nd Battalion, 222nd Field Artillery Regiment and 1st Battalion, 145th Field Artillery Regiment are steeped in historical, artillery tradition to include naming their guns.

COVER PHOTO

Utah Gov. Spencer Cox; First Lady Abby Cox; Maj. Gen. Michael Turley, Utah's adjutant general; and several key leaders from the Utah National Guard view a dental clinic during the Humanitarian Civil Assistance Exercise with the 151st Air Refueling Wing and 151st Medical Group, Utah Air National Guard, in Tan-Tan, Morocco, June 15, 2023. This year commemorates the 20th anniversary of the Utah National Guard's State Partnership Program with Morocco. African Lion 23 is one of many annual exercises and exchanges that will be supported through the SPP this year.

— PHOTO BY UTAH NATIONAL GUARD Ileen Kennedy

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UTNG offers great education benefits



The state of Utah offers Utah National Guard Soldiers and Airmen a variety of education benefits. The benefits can vary from \$250 a credit hour to 100 percent tuition and fees. Most programs do not require you to go to school full time.

For all programs, you must be actively drilling, cannot be flagged, and the class must end prior to your contract ending. The following link has some of the benefits available to our service members. If you are looking to go back to school and want more detailed information, reach out to the education office: <https://ut.ng.mil/RESOURCES/Service-Member-Support/Education-Services/>.

The newest benefit for UTNG service members is the State Schools Tuition and Fees Payment Program. This new program is currently effective July 1, 2023 – June 30, 2024 (for state FY 24). It is available to Soldiers and Airmen attending a Utah public technical school/college/university to obtain a bachelor's, through doctorates degree, and/or professional certificates. Applicants must have a minimum GPA of 2.0 for undergrads and below and 3.0 for graduate and above. The benefit can be used for part-time and full-time school. Service members must be in good standing and have a service obligation to the Utah National Guard equal to or greater than two years past the course end date for undergraduate, graduate, doctoral, or aviation programs. Service members who have received a state-funded reenlistment bonus may not be eligible for this new benefit.

State Tuition Assistance is also a program for attendance at all accredited schools, available to all UTNG Army and Air Service members that is available for all accredited schools, not just state of Utah schools. Like FTA, STA pays up to \$250 per credit hour up to a total funding limit of \$6,000, combined with FTA, toward tuition per fiscal year (or, with a STEM/Cyber degree program, \$7,000 toward tuition and fees).

The State Tuition Waiver is available to all UTNG Army and Air service members and is the only program that requires a service member to go to school full time. It is available to Soldiers and Airmen of the Utah National Guard attending a Utah public college/university. The Service member must be working on their first associate or bachelor's degree. Applicants must have a minimum GPA of 2.0 and must apply between January 1 and April 30 for the following school year. The STW is a scholarship program that is run by

the school, but the UTNG determines the awardees. STW waives base tuition for two semesters, the fall and spring. STW does not cover fees, but recipients can apply for STA for fees prior to the start of each semester.

Federal Tuition Assistance is an Army benefit for those looking to get their first associates, bachelors, or master's degree or an academic certificate. It can pay up to \$250 per semester hour for up to 16 credits each fiscal year (Oct. 1 - Sept. 30). FTA goes toward tuition only; it does not pay for any fees. FTA must be utilized prior to utilizing State Tuition Assistance or State School Tuition and Fee Payment Program. Applications must be submitted at least 8 days before the course begins and are processed entirely through the website <https://www.ArmyIgnitED.army.mil>.

Credentialing assistance is another Federal Army program and it can pay up to \$4,000 per fiscal year toward training costs, fees, books, supplies, exams, etc. for credentials listed on Army COOL: <https://www.cool.osd.mil/army/index.htm>.

If you are using FTA also, the \$4,000 is a maximum between both programs. May be used with any vendor that can help you get the credential you're looking for, however vendors must be vetted and approved by ACCES Army University. Requests must be submitted at least 45 business days before start date.

In addition to FTA, STA, STW and the new State Tuition and Fees Payment Program service members may be eligible for one or more GI Bills.

Contact your Education Services Office for more information. Website: <https://ut.ng.mil/RESOURCES/Service-Member-Support/Education-Services/>
Education Group Email: ng.ut.utarng.mbx.education-office@army.mil



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Help shape the future of
our magazine.

Becoming the Best Warrior: The Journey of Senior Airman Kevin Buckner



Senior Airman Kevin Buckner
Utah Air National Guard

Senior Airman Kevin Buckner, a fire protection journeyman in the 151st Civil Engineering Squadron of the Utah Air National Guard, stands as a paragon of leadership, determination, and excellence. Responsible for fire suppression, aircraft egress, and medical life-saving operations, Buckner's journey to becoming the Best Warrior in the Utah Air National Guard was marked by

challenges, sacrifices, and unwavering commitment.

Buckner's ambition to serve and make a difference was evident from a young age. Inspired by his father's military service, he aspired to follow in his footsteps. While his father pursued the engineering route, Buckner sought a more hands-on and physically demanding path, leading him to become a fire protection journeyman in the Utah Air National Guard.

As a fire protection journeyman, Buckner's responsibilities are paramount to ensuring the safety of personnel and aircraft at the Roland Wright Air National Guard Base, Salt Lake City International Airport, and the state of Utah. His specialized training equips him to handle fire suppression, aircraft egress, and medical life-saving operations. Having been part of numerous real-world situations, Buckner and his team have saved lives and even resuscitated individuals, underscoring the significance of their vital role.

The Best Warrior competition was a lifelong dream for Buckner. Inspired by an award ceremony he attended with his father, he yearned to represent his base and compete nationally. However, the journey was fraught with obstacles, including disruptions caused by the COVID-19 pandemic. Nevertheless, Buckner's unwavering determination prevailed, and he finally got to participate in the Best Warrior competition, showcasing his exceptional skills and unyielding resolve.

To prepare for the Best Warrior competition, traditionally an Army competition, Buckner embarked on rigorous training. Honing his soldiering skills, he focused on land navigation, shooting, weapon systems handling, and life-saving procedures. Countless hours were spent studying, self-training, and pushing his physical limits through daily CrossFit workouts and running. Additionally, he sought

opportunities to learn from experienced NCOs, enriching his knowledge and building valuable networks within the military community.

The hard work and dedication paid off when Buckner emerged victorious at the Utah Best Warrior competition. Filled with pride, he represented his base and the entire Utah Air National Guard. Competing alongside proficient Soldiers and exchanging experiences further fortified his commitment to his role and the military family.

Being the Best Warrior holds profound personal significance for Buckner. It signifies the fulfillment of a lifelong dream and the realization of ambitious goals. Moreover, representing his base and the Utah National Guard at the Regional BWC fills him with immense pride and a profound sense of responsibility toward his unit.

As a fire protection journeyman, Buckner comprehends the gravity of his responsibilities. He undertakes tasks with unwavering commitment and a strong sense of purpose. His passion for his work shines through, and he takes immense pride in his ability to contribute meaningfully to the Utah Air National Guard's mission.

Buckner's journey serves as a beacon of inspiration for those considering joining the Air Guard. His story underscores the power of perseverance and the rewards that come from unwavering dedication to one's goals. As an inspiring role model, Buckner encourages others considering joining the Air Guard to seize the opportunity and embrace the challenges that come with it. The bonds forged within



Senior Airman Kevin Buckner, fire protection journeyman, 151st Civil Engineering Squadron, Utah Air National Guard, in front of a fire truck at Roland R. Wright Air Base, Salt Lake City, Aug. 6, 2023.

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

the military community, the sense of purpose, and the fulfillment derived from serving the nation are unparalleled rewards that enrich one's life.

As Buckner continues to serve with honor and distinction, his journey as the Best Warrior remains an enduring testament to the spirit of leadership, determination, and service that defines the Utah Air National Guard. His unwavering commitment to excellence inspires all, reminding us that with passion, resilience, and a sense of purpose, anyone can achieve greatness in the pursuit of their dreams. The Utah Air National Guard is undoubtedly proud to have Senior Airman Kevin Buckner as one of its finest warriors, an exemplar of dedication and excellence, and a symbol of the indomitable spirit of service to the nation. 🇺🇸

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



Senior Airman Kevin Buckner, 151st Civil Engineering Squadron, Utah National Guard, goes solo for half of the beach party event during the Region VII Best Warrior Competition on the Hawaiian Island of Oahu, May 7-11, 2023.

PHOTO BY UTAH ARMY NATIONAL GUARD
Staff Sgt. Jordan Hack

SPOTLIGHT

Zachary Reed: A Journey of Service, Passion, and Purpose

In the tapestry of life are those whose stories burn brighter, and 1st Lt. Zachary Reed's narrative is undeniably one of them. From his early fascination with marksmanship to his unwavering dedication to both his military career and community, Reed's journey exemplifies the power of purpose and unwavering commitment.

Hailing from the heart of Greenville, South Carolina, Reed's upbringing was marked by an innate curiosity and a thirst for adventure. His formative years were a canvas painted with exploration, punctuated by camping trips, hunting excursions, and wild escapades with his parents, a younger brother, and a sister. This foundation, infused with a zest for adventure from his parents, set the stage for Reed's remarkable voyage.

Even in boyhood, Reed's fascination with firearms foreshadowed the passions that would later define him. The allure of marksmanship manifested through bows, slingshots, and precision shooting laid the groundwork for a future where accuracy and focus would become his creed.

Reed's odyssey into the military had an unconventional genesis during middle school, when he delved into the world of Tom Clancy novels, particularly "Rainbow Six," sparking a wide-eyed admiration for the armed forces.

Reflecting on those early literary forays, Reed chuckles, "I laugh now thinking about how inappropriate those books were for a kid my age. Thankfully most of it went over my head, but I absolutely ate up anything action and military-related."

This literary journey left an indelible imprint on his imagination, casting a shadow of the Special Forces that would shape his path.



First Lt. Zack Reed's keen eye tracks shot impacts through a PVS-21, providing critical support to Warrant Officer 3 Luke Keller, 3rd Special Forces Group (Airborne).

PHOTO PROVIDED BY 1st Lt Zack Reed

As time marched on, Reed's aspirations found common ground with a pragmatic resolve—a desire to ease his parents' financial burdens. Rooted in his parents' ethos of kindness and unwavering respect for all, Reed's character found its foundation.

In his quest for independence and higher education, Reed found himself joining the University of Utah's ROTC program. The allure of a military scholarship and the clarion

call of duty spurred him forward. Reed's journey began as an SMP Cadet with Group Special Troops Company, 19th Special Forces Group (Airborne). In 2017, he donned the mantle of a field artillery officer in the Utah Army National Guard, serving with distinction in C Battery, 145th Field Artillery.

Reflecting on this choice, he shares, "I had a very influential officer, Maj. Shane Christiansen, who served previously with 1-145 FA. Speaking with him and drilling with the 1-145 FA influenced me into choosing FA."

Beyond his military commitments, Reed's horizons expanded into the realm of structural engineering at Northrop Grumman, where he lent his expertise to a spectrum of aerospace structures and tooling projects. Simultaneously, he found solace and purpose within his local church, strumming his guitar with the worship team and actively participating in the Homeless Outreach Ministry.

Reed's journey led him to embrace a holistic approach to physical fitness, immersing himself in cross-disciplinary pursuits, including gymnastics, weightlifting, and cardio.

"I started really hitting this hard back in 2018, and it's revolutionized my ability to perform under stress, most notably on the competition field...but it's also given me the ability to excel as a Soldier. Little things don't perturb me as much as others, and it's made me a more resilient individual capable of enduring," he reflects.

His tenure with the Utah National Guard Small Arms Readiness Training Section (SARTS) brought triumph at state, regional, and national levels. This year, Reed and his comrades proudly represented the Utah National Guard, clinching first place and securing the All-Army Champions award. Individually, he earned the coveted 2023 Novice Class Overall Champion title, further solidifying his marksmanship prowess.



Sharpening aim in the Jordanian desert, 3rd Battalion, 126th Infantry Regiment, Sniper Sectino takes aim at steel targets. A display of precision and camaraderie.

PHOTOS PROVIDED BY 1st Lt Zack Reed

Beyond the military sphere, Reed's ardor for marksmanship has seen him grace the winners' podium at the Mammoth Sniper Challenge, alongside various multi-gun and precision rifle competitions. His practical wisdom finds a vital purpose as he imparts invaluable knowledge to fellow Soldiers, elevating their skills and proficiency.

Embodying a sense of duty and responsibility, Reed emphasizes, "Not every Soldier comes from a background like mine, and I think it's crucial on a human level, not just for retention, to simply take care of Soldiers in the best possible way while we're serving. I want to ensure that they are well provided for and taken care of to the best of my ability."

Reed's journey is far more than a chronicle of accomplishments; it's a story of a life meticulously crafted with purpose. From his inquisitive beginnings to his unwavering dedication to service, Reed's character radiates with an authentic glow. He attributes his most significant achievements to his steadfast commitment to personal marksmanship excellence.

"I really love shooting. It's hard for me to describe how much I enjoy that aspect of my service. I've been very blessed to be able to shoot with the Utah National Guard," Reed remarks with gratitude.

As Reed gazes toward the horizon, his aspirations encapsulate simplicity and profundity—to continue leaving an indelible positive imprint on those around him. Having earned Excellence-In-Competition badges for Pistol and Rifle, he diligently pursues the esteemed distinguished badge in both categories. Reed's journey epitomizes the synergy of passion and purpose, where aspirations and pursuits meld to create an integral identity. With each stride forward, Reed's narrative resonates as a beacon of inspiration, serving as a poignant reminder that one's essence is not confined to titles or achievements but is defined by the harmonious blend of passions that drive meaningful change in the world. 🇺🇸

— UTAH NATIONAL GUARD ARTICLE BY Keith Garner



Amidst the enigmatic Amman, Jordan night, 1st Lt. Zack Reed stands by Sgt. Rob Garcia's side in the 3rd Battalion, 126th Infantry Regiment, spotting impacts in Improved Night-Day Observation Device thermal.

If Walls Could Talk

The Officer's Club located at Camp Williams, affectionately known as the Hostess House, stands as a historic landmark, telling the story of all who have passed through its halls. Historic buildings like the Hostess House endure as witnesses to the history that occurred not only within their walls, but in the areas they reside.

Constructed in 1934 as part of the New Deal program, the historic Officer's Club was built to be "a place where the wives and families of officers and men at the camp might call to see them and where socials might be held", thus leading to its name "Hostess House". The nature, quality and construction of the building were unique among those built during the New Deal.

The building's significant contribution helped document the impact of New Deal programs in Utah, one of the states impacted the most from the Great Depression of the 1930s. At its worst in 1933, the unemployment rate in Utah topped 36 percent. Because the state was so severely affected, federal programs in Utah were widespread. Although the Hostess House was just one of 233 buildings constructed in Utah during the 1930s, its impact is steadfast. Now, less than 130 of those buildings remain standing. In addition, 11 National Guard Armories were constructed utilizing New Deal programs, of which only five remain.

Designed by Lorenzo Snow Young and Edward Oliver Anderson, the Period Revival/English Tudor Style building boasts 327 tons of quartzite quarried from Camp Williams itself. The Officer's Club was erected over a five-month span with a final cost of \$32,735.54. The Hostess



Camp Williams Officers Club after renovation, May 24, 2023.

House has multiple interior rooms to accommodate large gatherings in addition to smaller service rooms such as lavatories, bar, coat check room, kitchen, four fireplaces, and an outdoor swimming pool.

The history of the Hostess House is evident in its incredible details. Some of the most notable are easily seen if you just look up. In the assembly hall hang three very unique chandeliers. These chandeliers are constructed out of German bayonet and saber war trophies brought back after the First World War. The ceiling of the bar and lounge host early unit crests such as the 40th Infantry "Sunshine" Division, 145th Field Artillery Regiment and the 222nd Field Artillery Regiment, highlighting the stories the unit's heraldry tells of its Soldiers past.

On April 1, 1985, the Hostess House was officially listed on the National Register of Historic Places. This registry houses properties recognized by the federal government as worthy of preservation for their significance in American history, architecture, archeology, engineering and culture.

As it does with all things, time took its toll on the Hostess House. In 2020, the process to renovate the property began. Renovation can be a daunting task in any home or building, if that structure happens to be on the historic registry, it becomes magnitudes more. State and federal restrictions on the restoration processes, materials used, environment, preservation and numerous other considerations make the project immensely complex. The end goal, restore and



Great care was taken to preserve the history of the Camp Williams Officers Club during its renovation.



Camp Williams Officers Club after renovation, May 24, 2023.

preserve as much of the original as possible to tell the story of our past to current and future generations.

The Hostess House received a new roof in the same style as it had previously. Much of the original flooring was restored and refinished as was a lengthy list of interior requirements such as bringing electrical and plumbing to modern standards. The bathrooms were completely redone, and the unit crests were restored to remove water damage.

On May 25, 2023, after months of exhaustive efforts by an incredible team, the ribbon-cutting ceremony to reopen the Hostess House took place. The history in the building was palpable as the crowds from the ceremony toured the restored structure. Artifacts discovered during the restoration were on display, such as old bottles, newspapers, and items left behind by Guard members since its construction in 1934.

The doors to the club are open once again, standing as a place of celebration to those who serve for another 100 years.

Utah MWR is now taking reservations for the Officer's Club and is an ideal venue for unit gatherings, parties, receptions and even weddings!

Sources:

Deseret News, December 16, 1940

Works Progress Administration. A Report of the Works Division: Utah Emergency Relief Administration, April 15, 1934-October 31, 1935. Salt Lake City: Works Progress Administration, 1936.

Utah State Historical Society, Historic Preservation Research Office Structure/Site Information Submission. 

ARTICLE BY UTAH ARMY NATIONAL GUARD HISTORIAN Joel Bragg

Calming the mind in yoga - It is both energy and rest

ARTICLE BY UTAH ARMY NATIONAL GUARD
Sgt. Courtney Brinkerhoff

Yoga is the ultimate practice. It simultaneously stimulates our inner light and quiets our overactive minds. It is both energy and rest. Yin and Yang. We feel the burn and find our bliss.” – Elise Joan.

The practice of yoga has helped me find success in the practice of law.

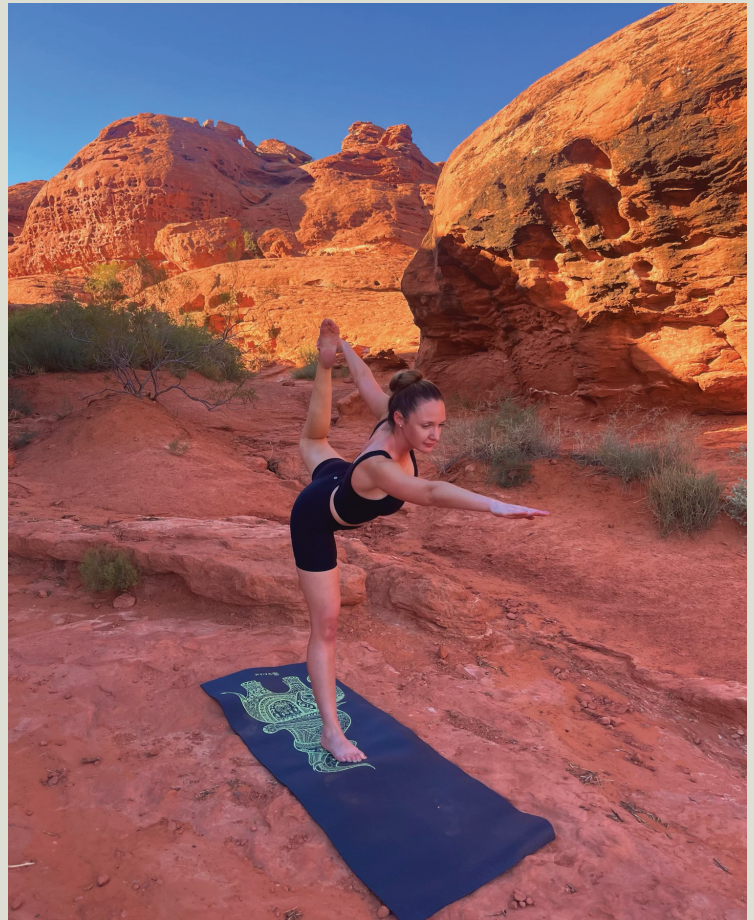
I recently graduated from law school and must take this opportunity to publicly thank the members of the Utah National Guard’s 65th Field Artillery Brigade and 2-222nd Field Artillery Battalion for helping me study during long field-training exercises and for not being overly upset when I forced them to do yoga every time I was in charge of unit PT.

Regular yoga sessions became absolute necessities during my law school journey, most of which took place in Las Vegas, Nevada, during the Covid-19 pandemic, where social interaction and gym availability were severely restricted. The pandemic made an already overwhelmingly stressful situation worse, but by prioritizing yoga, and the mind-body connection it builds, I was able to reap the many health benefits described below. Incorporating the practice of yoga can help other service members achieve their personal and professional goals.

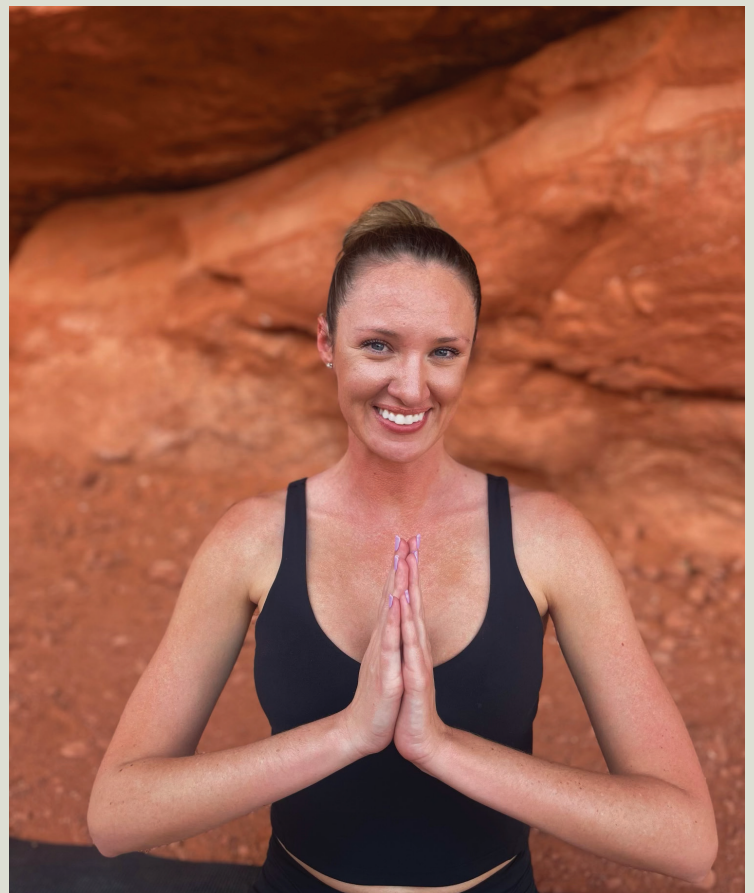
Yoga can be intimidating, but the health benefits, especially for service members, are invaluable.

First, yoga can easily be done anywhere, without any equipment, making it ideal when away for trainings, deployments, at an office desk, in the field, or elsewhere.

Second, although military personnel regularly practice strength and endurance training, there is a lack of attention on increasing flexibility and improving the synchronization of breath. Yoga helps with all the above. By adding yoga’s stretching and breath work to your workout routine, you are improving your agility, flexibility, coordination, and concentration as well as reducing your overall stress levels (we all need less stress these days!). This helps you achieve fitness goals faster and reduce the risk of injury.



Sgt. Courtney Brinkerhoff, poses among the iconic red rocks of Southern Utah.



Additionally, breath work helps service members be better prepared to operate in hostile climates like high altitudes and hot deserts.

Additionally, camaraderie is essential for the military. The mental and emotional benefits of yoga help improve one's ability to connect socially with others and forge stronger interpersonal relationships. Further, studies show that yoga helps to combat depression and anxiety. Those suffering from post-traumatic stress disorder (PTSD) have found great healing in the practice.

Yoga is called a practice because it is continually being learned and built upon. A few easy poses to try include:

Tree Pose: This pose stretches your hips, ankles, and feet while strengthening your legs and abs simultaneously.

- Stand with arms at your sides or on your hips.
- Place your weight on one leg, engage your core, and place the other foot on the inside of your standing leg at the ankle, or, if possible, the inside of the calf or thigh. You are your hips level. Don't press your foot against your knee as that can injure your knee.
- Once balanced bring your hands in front of your chest in prayer position, then slowly raise your arms above your head and hold for five breaths.
- Finding a spot a few feet in front of you to focus your gaze on will help you hold the pose.
- Switch sides.

Or, my favorite pose,

Thread the Needle: This is perfect for those of us who spend too much time hunched over a computer.

- Start in the table-top position (like you're about to plank, with hands directly under shoulders, ankles under hips, and tops of feet on the floor).
- Raise one arm toward the ceiling, gaze following it while letting your torso turn naturally.
- Lower that arm underneath the other, fully extending and resting your shoulder on the floor.
- Lower your chest as close to the floor as comfortable. Keep hips high, and - breathe!
- Switch sides.

Although yoga can seem daunting, no one is born perfect at it. Flexibility improves with time. Plus, you can -and should- practice at your own pace. Poses can be modified, and breaks are encouraged.

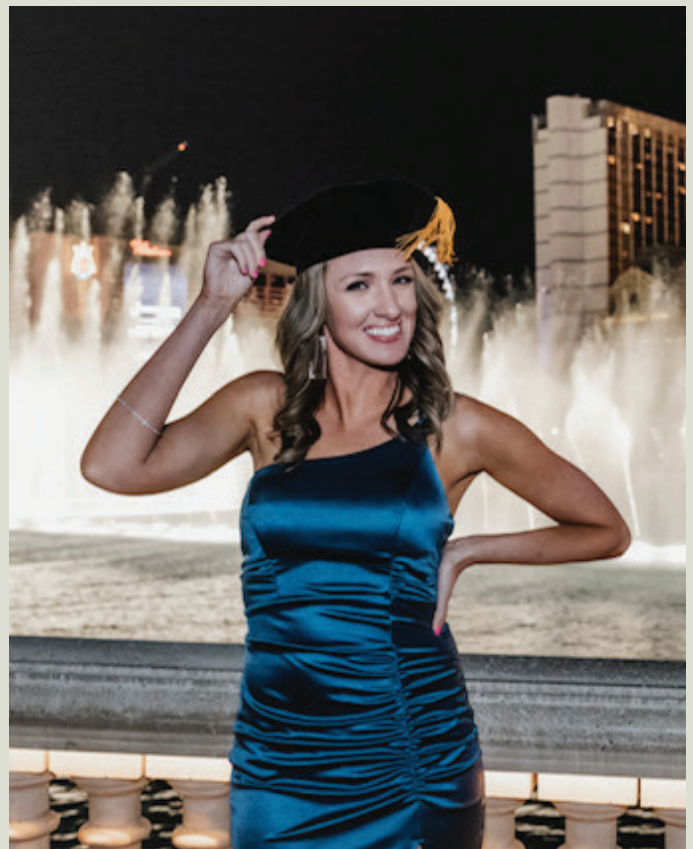
So, find a yoga video on YouTube or head to a class at your gym. Don't be intimidated, you are there for yourself.

Remember, as the yoga guru, Swami Satchidananda said, "Calming the mind is yoga. Not just standing on the head."

Namaste. 🙏

Sgt. Courtney Brinkerhoff stands in her graduation cap as she celebrates her graduation from University of Nevada, Las Vegas Law School.

PHOTOS COURTESY OF Sgt. Courtney Brinkerhoff



1ST BATTALION, 145TH FIELD ARTILLERY PARTICIPATES AT AFRICAN LION 23
TAN-TAN, Morocco — The Utah National Guard's 1st Battalion, 145th Field Artillery with 3rd Air Naval Gunfire Liaison Company of the U.S. Marine Corps and Royal Moroccan Armed Forces conduct live Naval Gun call for fire training at Aurora Range near Tan-Tan, Morocco during African Lion 2023. Africa Command's largest annual combined, joint exercise held in Ghana, Morocco, Senegal and Tunisia from May 13-June 18, 2023.

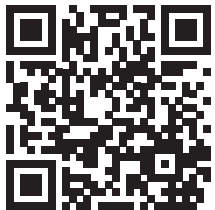
— UTAH ARMY NATIONAL GUARD COURTESY OF 1st Battalion, 145th Field Artillery







Have your say!
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UTAH AIR NATIONAL GUARD AT AFRICAN LION 23

Utah Air National Guard's 151st Medical Group with additional support from United States joint forces worked alongside Morocco's Royal Armed Forces at the Humanitarian Civic Assistance field hospital to positively impact the health and well-being of the local communities of Morocco. Over the span of 18 days, the U.S. joint forces, with the Moroccan Royal Armed Forces, successfully treated more than 10,000 local Moroccans, providing healthcare service at no cost to the individual.

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

What's in a name?



Alpha Battery, 1st Battalion, 145th Field Artillery Regiment, annual training at Dugway Proving Ground.

From popular alcoholic drinks, notable catchphrases, historical events, internet memes, and to honoring fallen comrades' artillery guns have been named for all sorts of things. But even more important is what is behind the name. There are underlying factors that tie each artillery gun together. A sum that is greater than its parts. It's in what they each represent, what they evoke in the teams that use them, and what they bring to the battlefield every mission they are on.

One chiefly is esprit de corps, a sense of pride, camaraderie, and loyalty among military personnel. It plays a vital role in fostering unit cohesion and operational effectiveness. The U.S. Army has a rich history of traditions and practices that contribute to the development of esprit de corps. One such practice involves naming artillery cannons, which not only serve a functional purpose but also serve as a source of pride and identity within units.

The U.S. first began producing howitzers, the mainstay of any artillery, in the 1830's. The name was taken from the Prussian (German) name "Haubitze", which means sling or basket.

The practice of naming artillery cannons dates back centuries and has been prevalent across various armies worldwide. In the U.S. Army, naming cannons has been a long-standing tradition. From the Revolutionary War to the modern era, artillery cannons have been named after significant battles, military leaders, or even given individualized monikers. This tradition has allowed units to develop a deep sense of connection to their cannons and the legacy they represent. Soldiers often form emotional attachments to these powerful weapons, enhancing the sense of pride and shared identity within their respective units.

During the American Civil War, cannons were frequently named after notable military figures or distinguished units. For example, the Confederacy had cannons named after General Robert E. Lee, and the Union had cannons named after General Ulysses S. Grant. These names not only symbolized the cannons' power but also honored the leaders who played pivotal roles in the war. The practice continued in subsequent conflicts, such as World War I and World War II, where cannons were named after battles like the "Belleau Wood" or the "Normandy."



Other more modern examples include the Korean War and Vietnam War where naming cannons after battles and locations remained a common practice in subsequent conflicts. In the Korean War and Vietnam War, cannons were often given names like "Pork Chop Hill" and "Hamburger Hill" to recognize the intensity and significance of those battles. In recent years, the U.S. Army has continued to name artillery cannons after significant events and leaders. For instance, cannons have been named "Desert Storm" and "Operation Iraqi Freedom" to commemorate the military operations associated with those names.

These historical examples demonstrate how the U.S. Army has used naming traditions to honor important events, military leaders, and the sacrifices of Soldiers throughout its history. By bestowing names upon cannons, the Army has sought to create a sense of pride, unity, and a connection to the legacy of those who came before.

But more locally, in the Utah National Guard, both the 2nd Battalion, 222nd Field Artillery Regiment and the 1st Battalion, 145th Field Artillery Regiment are steeped in this same historical, artillery tradition.

"Artillery units are well-steeped in tradition, and it's considered an honor when you become a section chief, basically, what you're saying is this is YOUR piece of equipment. You're owning that right and you're going to brand it," said Sgt. Maj. Jeffrey Yon, operations sergeant major for the "Triple Deuce" or the 2-222nd

Names on Paladin tubes of the 65th Field Artillery Brigade; 1st Battalion, 145th Field Artillery; and 2nd Battalion, 222nd Field Artillery, Utah National Guard.

FA Battalion. “Historically in the artillery world people would name their guns. It’s an ownership thing.”

Naming artillery cannons contributes significantly to the development of a unit’s identity and fosters strong unit cohesion. Soldiers feel a personal connection to the cannons they operate, as they become a symbol of their unit’s strength and capabilities. The act of naming a cannon imbues it with a distinct personality, turning it into more than just a piece of machinery. This personalized touch creates a sense of ownership and responsibility among the Soldiers, boosting their morale and motivation.

“When you name your gun, you’re taking ownership. You’re proud of that, and it brings a section together,” Yon continues. “And you can look back and you can say, I was on THIS gun with THIS section chief. You start telling stories when you’re down the line, and it’s a camaraderie thing.”

The naming of cannons allows units to develop a unique identity that sets them apart from others. It fosters a sense of pride in their equipment and establishes a tradition that Soldiers can pass on to future generations. By carrying on the legacy associated with a cannon’s name, Soldiers develop a strong bond with their unit’s history and heritage.

“Naming a gun, it’s a section chief’s right and it’s his privilege,” said Yon. “But you’re taking ownership of that and you’re taking ownership of your section and the camaraderie and the team building and the esprit decor within that section.”

Additionally, naming cannons after significant battles or military leaders allows units to honor their heritage and reinforces a shared sense of purpose. It is a constant reminder of the sacrifices made by previous generations and the legacy that Soldiers uphold. This historical connection creates a bond between Soldiers, fostering camaraderie and a sense of belonging.

“I’ve seen in the 145th and Alpha batteries, there were two specific guns that the chiefs named,” Yon recalls. “One was for a Soldier that had passed on and one was for a sergeant major that had passed on. They named their gun after those individuals. And then we brought the family out to Dugway, and we did a memorial shoot for them. And it was very emotional, and it was very healing. And those



Photos above and opposite page: Members of the 145th Field Artillery participate in training techniques at Camp Williams on May 15, 2019.

guns have since kept that name. It's ultimately for legacy and camaraderie."

Furthermore, the naming of cannons often involves rituals and ceremonies, reinforcing the significance of these weapons within the unit. These events become opportunities for Soldiers to come together, celebrate their shared history, and strengthen their bonds. The sense of unity and pride that arises from these ceremonies transcends the individual Soldier and extends to the entire unit.

"Typically, chiefs will promote esprit de corp or it's based on their character or the section chief himself," he goes on to say. "But it's a pride thing. The naming convention comes from that chief and it's just a tradition."

The psychological impact of naming cannons extends beyond the surface level. Soldiers who identify personally with their cannons are more likely to perform their duties with dedication and skill, as they feel a sense of responsibility and loyalty to their unit. The cannon becomes an extension of their identity, representing their commitment to their comrades and their country.

The act of naming cannons helps to humanize them, making them less intimidating and more relatable. This psychological shift allows Soldiers to view their cannons as trusted companions rather than mere instruments of destruction. It fosters a sense of teamwork and mutual

reliance between the Soldiers and their artillery. It is also motivating for competition.

"We have two firing battalions in the state, the 222nd and the 145th, the "Golden Boys" and "Big Red"," said Yon. "Each battalion does a Top Gun competition every year."

The competition consists of all of the crew drills, safety tests, manual gunnery, and essentially anything and everything that section does. The aim is to try and find who is the top gun in the battalion, and there's an award for it. A lot of pride and ownership are involved. And what happens as a result is at Camp Williams, seen right at the main gate, there are two old M109A5 Howitzers. And the Top Gun recipients' names are placed on them for all to see.

"You've got six guns in each battery. And there are three batteries in a battalion. You could be anywhere from 12 to 18 guns. And your section wins Top Gun, you're the top dog. You are the best in the battalion, at your job, and at what you do. And putting that on the guns out front of Camp Williams, so everybody that comes in sees that... it's a badge of honor," he says about the Top Gun competition.

To be expected there is quite a rivalry between the two battalions in the Utah National Guard. There is the Triple Deuce, which is located in the southern regions of the state. They are referred to as "the Golden Boys" with Alpha Battery in Richfield, Charlie Battery in Beaver, Bravo



Battery in St. George, and Headquarters and Headquarters Battery in Cedar City. Up in the northern regions is the 145th, the Headquarters, Headquarters Battery and Charlie Battery are in Spanish Fork, Bravo Battery in Manti, and the Alpha Battery in Brigham City. You get the sense of the division between the two battalions, but the rivalry and competition only bring out the best in the troops which can in turn mean that it affects the organization as a whole.

“The competition from that breeds better Soldiers. You’re striving to be the best, and you’re getting recognized as the best. It makes the artillery community; it makes stronger Soldiers,” Yon remarks.

Stronger Soldiers go on to become strong leaders and make sections, teams, and groups stronger. It is a flow that affects all levels and jobs.

“You’re seeing that constant leadership and that healthy competition that breeds camaraderie pulls over into the higher leadership and in combat arms, you’re striving for excellence,” he continues. “And you can see that within the state of Utah, the artillery community, we have a lot of great leaders and a lot of great Soldiers that are always striving to be the best. It benefits the whole organization of the Utah National Guard.”

The naming of cannons also plays a crucial role in overcoming the fear and anxiety associated with operating such powerful weapons. Soldiers must trust in the capabilities and reliability of their cannons to effectively carry out their missions. By establishing a personal connection with the cannons through naming, Soldiers develop a sense of confidence and reassurance in their equipment, allowing them to focus on their tasks without hesitation.

“In the artillery, you’re dealing with a lot of heavy equipment, a lot of moving pieces, and literally, a highly explosive environment. It’s a very dangerous job,” talking about the reality of artillery team environments. “The attention to detail in that is what starts it out because you’re taking a gun crew section that can be old or young. You’re in an environment where you’re taking a projectile that weighs 150 pounds and you’re shooting it 20 miles.”

The demands from the field artillery units are high, not just from the annual competition. Being combat arms means having to continue to train and cycle different missions to stay



A 2nd Battalion, 222nd Field Artillery M109A6 Howitzer at sunset at Dugway Proving Ground.



Battery of Guns from 2nd Battalion, 222nd Field Artillery at Dugway Proving Grounds lined up to shoot direct fire on the Direct Fire Range.



Paladins of the 65th Field Artillery Brigade; 1st Battalion, 145th Field Artillery; and 2nd Battalion, 222nd Field Artillery, Utah National Guard.

ready and capable. There are several factors that go into how they continue to work, refine, and hone their know-how.

“Field artillery is a combat arms unit. We have a high op tempo. We have very particular training and tasks that we have to hit consistently,” said Yon as he discusses the expectations. “We have what’s called tables that we have to fire every year to be proficient at our job.”

The naming of cannons instills pride and confidence in the entire unit. Soldiers take pride in their equipment and strive to maintain the reputation associated with their cannon’s name. This collective motivation and shared sense of purpose can lead to improved performance, unit cohesion, and ultimately, mission success.

“Traditions are what keep us alive and what breed not only motivation but camaraderie,” Yon concludes. “And some of the articulated traditions that we have, not just naming the gun, are why we are the king of battle and why we’re devastating to the enemy when they see the effects of what we bring to the battlefield.”

In conclusion, the practice of naming artillery cannons within the U.S. Army has a profound impact on the esprit de corps of its Soldiers. By providing a sense of identity, fostering unit cohesion, and creating emotional connections, naming cannons enhances morale, camaraderie, and pride within the ranks. The historical significance of this practice, rooted in centuries of military tradition, strengthens the bond between Soldiers and their equipment. The psychological effects of naming cannons humanize these powerful weapons, instill confidence, and promote a sense of responsibility and loyalty among Soldiers. The esprit de corps developed through naming artillery cannons contributes to the overall effectiveness of the U.S. Army, ensuring a cohesive and motivated force ready to face any challenge.

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

Service Member and Family Assistance

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

The Soldier and Family Readiness Group is maintained by the commanders of each individual unit, company, team, or battery. The SFA team provides training and record maintenance, as well as guidance to command teams.

FAMILY ASSISTANCE CENTERS

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

SERVICES INCLUDE:

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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.

The Vital Role of Military Doctors and the Utah-Morocco State Partnership in Promoting Global Health

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

In medicine, there are exceptional individuals whose unwavering dedication and passion make a lasting impact on patients and the medical community. One such outstanding physician is Dr. Shana Godfred-Cato, whose remarkable career and commitment to transforming healthcare have set her apart. With a background in both the Army National Guard and the Air Force, Dr. Godfred-Cato has made significant strides in her field, revolutionizing how medical care is provided and advocating for the well-being of children.

Military doctors are crucial in ensuring the health and well-being of service members, their families, and communities. These dedicated professionals provide medical care in unique and often challenging domestic and international environments. Their expertise extends beyond conventional healthcare settings, as they are trained to deliver essential medical services in austere conditions, including combat zones, disaster areas, and regions with limited access to healthcare infrastructure.

In addition to their responsibilities within the military, these doctors also contribute significantly to global health initiatives. They actively participate in humanitarian missions, offering life-saving treatments, medical expertise, and health education to under served populations worldwide. Military doctors bring hope and relief to needy communities through selfless service, particularly in developing countries where access to quality healthcare remains challenging.

Dr. Godfred-Cato's medical journey began after completing nursing school and working as an ER nurse, specializing in newborn nursery care and neonatal intensive care units. Her genuine love for working with children led her to pursue a career in pediatrics, a decision she made during medical school. She then joined the Army National Guard as a surgeon and physician, caring for Soldiers. However, her aspiration to contribute more extensively to flight medicine and medical transport led her to transition to the Air Guard. The Air Force presented her with more significant opportunities in flight medicine, evacuations, and medical



Above: Utah Air National Guard Maj. Shana Godfred-Cato, Residency Trained Flight Surgeon, Flight Surgeon with the 151st Medical Group, and pediatric provider for the University of Utah Medical Center, at her office in Salt Lake City, Utah.

Below: Maj. Shana Godfred-Cato at humanitarian civic assistance medical tent supporting African Lion 2023 June 4, 2023 at Rasmouka, Morocco.

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



transportation and engaging in meaningful humanitarian mission work. This transition marked a turning point, as it granted Dr. Godfred-Cato the chance to work with children—an experience she had longed for throughout her 13-year military journey.

Switching branches posed challenges, but Dr. Godfred-Cato found the Air Guard incredibly welcoming and supportive. Adapting to a new environment, understanding the organizational dynamics of the unit, and familiarizing herself with the acronyms unique to the Air Force were initially daunting tasks. Nonetheless, the warm reception from her colleagues and the prospect of training to become a flight surgeon quickly affirmed her decision.

Dr. Godfred-Cato's primary role during monthly drills revolves around performing the tasks of a flight surgeon, working closely with Airmen to ensure their fitness for flight, and maintaining their status.

One aspect that sets Dr. Godfred-Cato apart is her deep commitment to humanitarian missions. She vividly recalls her first humanitarian mission, African Lion 2023, where she encountered children with limited access to healthcare. The impact she made on these children's lives was profound, offering them care, hope, and a safe environment where they could experience the role of medical providers firsthand. By providing necessary treatments, facilitating connections to higher levels of care, and offering invaluable education on health, Dr. Godfred-Cato and her team positively influenced the lives of these children, ensuring a brighter and healthier future for them.

"Children are awesome, super resilient, and fun," said Godfred-Cato. "Pediatricians have the opportunity to provide education on long-term health that can affect an entire child's trajectory."

African Lion is a notable example of international collaboration in military medicine in the state partnership between Utah and Morocco. This partnership, established to foster cooperation and enhance military capabilities, has yielded invaluable benefits in the healthcare sector. The annual African Lion exercise, conducted jointly with the Utah National

Guard and the Royal Moroccan Armed Forces, serves as a platform for training, sharing knowledge, and building lasting relationships between the two nations.

The presence of U.S. military doctors in Morocco during the African Lion is of utmost importance. These medical professionals bring expertise and experience in various specialties, including pediatrics. Their involvement ensures that participants in the exercise, both military personnel and local communities, receive comprehensive healthcare services. By collaborating with Moroccan medical professionals, U.S. military doctors contribute to the exercise's success and strengthen the host country's healthcare systems and capabilities.

Dr. Godfred-Cato's presence as a pediatrician in the military holds immense significance. By bridging the gap between general medicine and specialized pediatric care, it alleviates the burden on providers primarily focusing on adult patients. In the Air National Guard context, having diverse specialties, including pediatrics, is crucial, especially during humanitarian missions, of which the Utah Air National Guard has several. These missions aim to provide comprehensive care to all community members, including children. Given that children constitute a substantial portion of the population, both in the U.S. and in developing countries, the presence of dedicated pediatricians like Dr. Godfred-Cato is invaluable.

Having U.S. military doctors in Morocco during African Lion holds several significant benefits. First, their presence enables the exchange of medical knowledge and best practices between U.S. and Moroccan healthcare professionals. This collaboration enhances the overall quality of healthcare delivery, fostering continuous learning and improvement in medical procedures. Working alongside Moroccan doctors, U.S. military doctors gain insights into the local healthcare landscape, cultural nuances, and specific healthcare challenges the host nation faces.

Second, the participation of U.S. military doctors in the exercise facilitates capacity building and skills transfer. They impart valuable knowledge and technical expertise to their Moroccan counterparts through joint training and medical workshops. This capacity-building aspect benefits the immediate exercise and has long-term implications for the local healthcare system's sustainability and resilience. By sharing experiences with Moroccan doctors and healthcare



U.S. Air National Guard Maj. Shana Godfred-Cato, 151st Medical Group Utah Air National Guard, Salt Lake City, Utah, provides a health plan and prescription to the Moroccan family while supporting the humanitarian civic assistance portion of African Lion 2023 on June 4, 2023 at Rasmouka, Tiznit, Morocco.

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

providers, U.S. military doctors contribute to the overall development of healthcare infrastructure and services in their country.

Furthermore, the presence of U.S. military doctors in Morocco showcases the commitment of the U.S. to global health security and international cooperation. It demonstrates a willingness to collaborate to improve healthcare outcomes and strengthen partnerships with nations worldwide. The shared experiences and friendships formed during African Lion foster a sense of camaraderie and trust, paving the way for future collaborations in addressing global health challenges.

This exercise involves realistic scenarios that simulate complex medical emergencies, including mass casualties, natural disasters, and humanitarian crises. Military doctors gain hands-

on experience managing high-stress situations and practicing critical decision-making skills by participating in such activities. The training they receive during African Lion equips them with the necessary tools and knowledge to respond effectively to emergencies, both in military and civilian settings.

Dr. Godfred-Cato's remarkable journey from the Army National Guard to the Utah Air National Guard exemplifies the essential role of military doctors in transforming healthcare and advocating for the well-being of children. The state partnership between Utah and Morocco, highlighted through the African Lion exercise, underscores the significance of international cooperation in promoting global health. Through their dedication and pioneering efforts, U.S. military doctors like Dr. Godfred-Cato set an inspiring example for future generations of healthcare professionals, revolutionizing how healthcare is delivered and championing the well-being of people worldwide. It serves as a powerful tool for promoting global health and diplomacy. Through their interactions with Moroccan healthcare professionals, military doctors facilitate cultural exchange and foster mutual understanding between nations. The shared goal of improving healthcare outcomes transcends borders and creates a sense of unity among participants.

With expertise, compassion, and unwavering dedication, Dr. Shana Godfred-Cato is revolutionizing how healthcare is delivered and championing the well-being of children. Her remarkable journey, commitment to pediatric care, and pioneering efforts in flight medicine set an inspiring example for future generations of healthcare professionals. Dr. Godfred-Cato's impact extends far beyond her military service, leaving an indelible mark on the field of medicine and the lives of those she touches. 🇺🇸

Utah Gov. Spencer Cox; a Moroccan medical provider; Maj. Gen. Michael Turley, Utah adjutant general; Maj. Shana Godfred-Cato, and a Moroccan general, during the governor and TAG's tour of the HCA, June 15, 2023 at Rasmouka, Tiznit, Morocco.

Maj. Gen. Michael Turley and Maj. Shana Godfred-Cato, talk during the governor and TAG's tour of the HCA, June 15, 2023 at Rasmouka, Tiznit, Morocco.

PHOTOS BY UTAH NATIONAL GUARD Ileen Kennedy



Above: Maj. Shana Godfred-Cato, Residency Trained Flight Surgeon, pediatrics provider, with the 151st Medical Group, Utah Air National Guard, talks with U.S. and Moroccan medical personnel June 6, 2023 at HCA.

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





The 151st Medical Group from Utah Air National Guard conducts operations at HCA field hospital during African Lion 2023 / AGADIR, Morocco — Utah Air National Guard Lt. Col. Donald Baker (right), with the 151st Medical Group, Salt Lake City, Utah, provides an eye prescription for a local Moroccan during African Lion 2023, U.S. Africa Command's largest annual combined, joint exercise near Tan-Tan, Morocco, May 13-June 18, 2023. 🇺🇸

— ARTICLE AND PHOTO BY UTAH AIR NATIONAL GUARD 1st Lt. Jaycee Baker



U.S. Army Band Entertains The Troops at Agadir, Morocco for African Lion 2023 / AGADIR, Morocco — The 23rd U.S. Army band from the Utah National Guard performs for the troops and local community at Agadir, Morocco for African Lion 2023 on June 8, 2023. Morocco is the partner state for Utah's National Guard and are celebrating the 20th anniversary of this partnership this year. 🇺🇸

— ARTICLE AND PHOTO BY UTAH AIR NATIONAL GUARD Spc. Noah Carlsson



Moroccan Armed Forces demonstrate artillery fire during African Lion / TAN-TAN, Morocco — Moroccan artillery crew member waits for the command to load his weapon system in Tan-Tan, Morocco, during African Lion 2023, June 9, 2023. Eighteen nations and approximately 8,000 personnel will participate in African Lion 2023, U.S. Africa Command's largest annual combined, joint exercise that takes place in Ghana, Morocco, Senegal and Tunisia from May 13-June 18, 2023. 🇺🇸

— ARTICLE BY UTAH ARMY NATIONAL GUARD Staff Sgt. Ariel Solomon



Gov. Cox visits with UTNG medical professionals during African Lion 23 / AGADIR, Morocco — Utah Gov. Spencer Cox observed training, met with Moroccan dignitaries, and visited his Utah National Guard Soldiers and Airmen during African Lion 2023, June 14- 16, 2023, in several southern Moroccan towns and cities. This visit showcased the robust partnership that has developed over the past 20 years as the UTNG and the Kingdom of Morocco have participated in exercises and exchanges under the Department of Defense's State Partnership Program. 🇺🇸

— ARTICLE BY UTAH NATIONAL GUARD Lt. Col. Chris Kroeber
PHOTO BY UTAH NATIONAL GUARD Ileen Kennedy



145th Field Artillery Soldiers dance in the Moroccan rain / TAN-TAN, Morocco

— U.S. Army Soldiers with Charlie Battery, 145th Field Artillery Regiment, Utah Army National Guard, build camaraderie with an impromptu dance to Toto's song "Africa" as light rain falls on their first day in Tan-Tan, Morocco, June 7, 2023. 🇺🇸

— ARTICLE AND PHOTO BY UTAH NATIONAL GUARD Staff Sgt. Ariel Solomon



Drapers Joint Reserve Intelligence Center awarded as 2022 JRIC of the Year

/ SAN DIEGO, California — The Defense Intelligence Agency awarded the Draper Joint Reserve Intelligence Center as 2022 JRIC of the Year at the JRIC Program conference, June 7-8 in San Diego, California. Left to right: Maj. Gen. Chad Parker, Military and Mobilization assistant to the director, DIA; Brig. Gen. Greg Hadfield, National Guard Bureau J2; Col. Teresa Wenner, UTARNG G2/J2; Maj. Rebecca Doucette, 2022 Draper OPSO; Col. Michael Liesmann, ARNG G2; Cpt. Ryan Hart, 2023 Draper OPSO; Cool. Angela Gentry, DIA JRIP PMO Chief. 🇺🇸

— ARTICLE AND PHOTO COURTESY OF UTAH NATIONAL GUARD Col. Teresa Wenner



Freedom Academy 2023/ CAMP WILLIAMS, Utah— Freedom Academy delegates sit on the steps of the Utah Capitol during instructions on July 18, 2023. Since 1961 the Utah National Guard and Honorary Colonels Corps have sponsored Freedom Academy, providing a challenging and engaging environment designed to teach high school leaders from across Utah the importance of freedom and highlight the military and governmental functions that are critical to its survival. 🇺🇸

— ARTICLE BY UTAH ARMY NATIONAL GUARD Sgt. Christine Hoskins



Utah Air National Guard's Dynamic Collaboration with UFC / SALT LAKE CITY, Utah

— The Utah Air National Guard hosted two elite UFC fighters, Dominick Cruz and Drew Dober, for a meaningful training event in an unprecedented fusion of military might and martial arts prowess on July 12 - 13, 2023. 🇺🇸

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



Strengthening Bonds and Enhancing Readiness for the Utah Air and Army National Guard / JOINT BASE ELMENDORF-RICHARDSON, Alaska

— The Utah Air and Army National Guard embarked on a five-day joint training trip to Alaska in a remarkable display of collaboration and camaraderie on July 17, 2023. This expedition not only aimed to foster ties with the Alaskan Air National Guard but also celebrated the Air National Guard winners of Brig. Gen. Daniel Boyack, commander Utah Air National Guard, Shark Tank recruiting initiative along with the top performers from the Utah Army National Guard recruiting as a part of the “Gold Rush” incentive. 🇺🇸

— ARTICLE AND PHOTO BY UTAH AIR NATIONAL GUARD TSgt Nicholas Perez



During Talisman Sabre Soldiers of the 144th Area Support Medical Company Establish A Role 2 Medical Center / ROCKHAMPTON, SA, Australia

— Maj. Michael Nessen, a Soldier with the 144th Area Support Medical Company, Utah Army National Guard, moves his supply box to stock his aid station during Talisman Sabre, Camp Rocky, Rockhampton, Australia, July 23, 2023. Talisman Sabre is a large-scale, bilateral military exercise between Australia and the United States, which strengthens relationships and interoperability among key allies and enhances collective capabilities to respond to a wide array of potential security concerns. This will be the 10th iteration of the exercise. 🇺🇸

— ARTICLE BY UTAH ARMY NATIONAL GUARD Sgt. Alejandro Lucero



Soldiers of the 144th Area Support Company, Utah National Guard, provide real-world medical support during Talisman Sabre / ROCKHAMPTON, SA, Australia

— Spc. Brooke Roberts, dental specialist, and Maj. Michael Couraud, dental officer, both with the 144th Area Support Medical Company, Utah Army National Guard, conduct a tooth-extraction at the Role 2 medical station during Talisman Sabre, Camp Rocky, Rockhampton, Australia, August 2, 2023. Talisman Sabre is a large-scale, bilateral military exercise between Australia and the United States, which strengthens relationships and interoperability among key allies and enhances collective capabilities to respond to a wide array of potential security concerns. This will be the 10th iteration of the exercise. 🇺🇸

— ARTICLE AND PHOTO BY UTAH ARMY NATIONAL GUARD Capt. Jessica Delph

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MAJOR

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Bauserman, Julie Renee

CHIEF MASTER SERGEANT

Carter, Ryan Mel
Harrison, Bradley Clifford
Snyder, Jack Stanley Iii
Stillman, Denaloy

SENIOR MASTER SERGEANT

Peterson, Robert Scott

MASTER SERGEANT

King, Kaden Charles
McLelland, Holly Marie
Mecham, Keith Edward
Pace, Christopher
Ramirez, Raul Victor Jr
Reyes, Nicholas
Selfe, Jeffrey Howard
Sessions, Kelley
Tubbs, Adam Walter
Vasquez Eguasquiza, Joseph Benj
Winget, Christian Wade

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Anderton, Brooks Daniel
Appelbaum, Joy Marie
Bailey, Jared Skanchy
Bello, Raynard Austria
Carr, Talin Lee
Chenworth, Logan Alan
Cragun, Benjamin James
Creger, Taymon Jay
Deprez, Ty Robert
Hamer, Caiden Tyler
Owens, George Allen
Ruizbiasi, Flavia Angelina
Rydman, Jerral Rex
Ryskamp, Michael Anthony Ke
Searle, Christopher Bruce
Solomon, Anna Maria
Squire, James Spencer
Stapley, Bradley Derek
Stevenson, Daniel Scott
Tilt, James Robert

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Baker, Leisel Diane

Chenworth, Dalton Audy
Collins, Connor Patrick
Deleon, Monica Anne
Dotson, Edward Bryce
Durfee, Hunter Warren
Garner, Kawika Banner
Goodrich, Tanner Pierce
Hammond, Jason Elling
Hanson, Jared Robert
Henson, Hunter Luke
Howard, Phillip Ross
Mackay, Jackson Isaak
Nielsen, Adam James
Olsen, Austin Alden
Oswald, Corey Joseph
Ramos, Jeremy Michael
Rutledge, Travianna Kaniya
Yount, Tristan Michael

SENIOR AIRMAN

Allred, Nickolas James
Amaral, Gabriel
Beecher, Zachary Maxwell
Cantarero, Ahren David
Clegg, Thomas Kody
Cook, Joseph Mark
Ellis, Dawson Whitaker
Ellis, Donaven Worley
Fisher, Amanda Kay
Gonzalezcasas, Christian Mateo
Hardy, Delaney Catherine
Higgins, Christopher Glenn
Ingledeew, Jenessa Maree
Lopes, Danilo Fernandes
Martinez, Micailey Lynn
Ortiz, Felix Ivan
Rivera, Carlos Francisco
Schaugaard, Jason Benjamin
Simmons, Gage Zachary
Smith, Caden James

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Dawson, Mark Charles
Henrie, Melissa Diana
Hiatt, Stephan Alexander
Higley, Van William
Pela, Vivian Isowamwen
Villate, Franz

AIRMAN

Bell, Brandon Robert
Hafoka, Moses David
Hunting, Brennan Uel

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Buhman Jeffrey Ray
Owens Andrew James

LIEUTENANT COLONEL

Hicken Matthew Darrel
Sherman Adam Christopher

MAJOR

Bybee John Matthew

CAPTAIN

Carter Landon Ross
Gran Jared David
Nyland Paige Elizabeth
Washburn Jean Tanner

FIRST LIEUTENANT

Anderson Jared William

SECOND LIEUTENANT

Baker Steven Terrance
Barney Tyrell Jace
Butterfield Jordan Scott
Fraughton Dallan Curtis
Gustin Anthony Marshall
Hardin Enoch Jacob
Kim Jonathan Daehun
Larger Lehi Joseph
McWain Christian Mikel
Mohler Michael Gary
Padillagonzalez Oscar J.
Sutherland Ethan Alden

CHIEF WARRANT 5

Lovejoy Andrew Gale
Robb Lance Brent
Shepherd Sean Douglas

CHIEF WARRANT 4

Aylstock Christopher M
Lopez David John
Ryan Christopher Michael

CHIEF WARRANT 3

Arnold Richard Norman
Bracken Amanda Lynn
Fenner Roger Pratt
Miller Sean Perry
Moncada Jose
Pantuso Nicholas Scott
Roberts Tyson Ray
Zdunich Zachary Kevin

CHIEF WARRANT 2

Frohman Spencer Clinton

WARRANT OFFICER 1

Bertele Philip Michael
Copling Taylor Nathan
Crawford Dexter Robert

Ramirez Annie Marie
Tuttle Samuel Alden

MASTER SERGEANT

Ferguson Donald Kirk
Jones Bevin Willis
Kujaczynski Nicholas Randal
Stark Joshua McKay

FIRST SERGEANT

Lamb Thomas Daniel

SERGEANT FIRST CLASS

Allen Casey J
Bailey Thomas Vincent
Baker Ryan Benjamin
Brown Vincent Walker
Carlson Zachery Matthew
Carter Cree Kiowa
Conger Braxton Jay
Davis Michael Timothy
Davis Michael Timothy
Gheri Monica Avelina
Graham Aleix Jansen
Harris Brady M
Hawkins Justin Michael
Hendriksen Quentin James
Hennessy Yuliya Valeriyivna
Hunt Bryan Richard
Jaramillo Daniel
Joseph Tracie Lynn
Keele Blake Lee
Mitchell Kaden Danny
Saavedra Omar Francisco
Simmons Marc Ben
Stohel Thomas David
Tingey Kendall Francis
Torres Mark William
Wilson Spencer Harris

STAFF SERGEANT

Andriafanomezana Romeo Guy
Black Patten David
Blackett Alicia Arianne
Butler Travis Jon
Cather Dakota Paul
Chapman Kendall Blair
Despain Peter Benjamin
Dkhissi Rabab
Fowkes Preston Michael
Gregory Brody Mark
Hall Justin Rodney
Harris Nathan Wesley
Heath Jared Nicholas
Hoggan Taylor James
Horrocks Brock Kohler
Kern Ryan Daniel
Kunzler Matthew Crosby
Lefevre Scot Macfarlane
Lopshire Tallan Kely

Maddox Jr Gary Lynn
Matkin Jordan Chase
Miller James Phillip
Osborne Warren Craig
Parkinson Rosie
Riddle Robert Lloyd
Rios Sean Isaac
Ruizcamacho Melissa A
Sivongsa Sati
Sorensen Dustin Tyler
Stanton Aaron James
Starr Curtis Abraham
Stephens Anthony Wade
Tueller Shawn Michael
Vangrimbergen Abbie Rose
Warren Andrew Glen
Weinfurter Joshua Bryan

SERGEANT

Abate Timothy Joseph
Ahloy Kaleb Keithmakoamema
Anderson Angela
Barranon Alberto Axel
Bear Tyler James
Black Corbin Mason
Borders Brayden Phillip
Bradsby Skyler Cameron
Bradshaw Dallan Dwayne
Brimhall Cameron Joseph
Bruderer Brayden Lane
Burrup Christian Max
Butts Isaac Aaron
Callahan Tallon Kip
Chatterley Treydon William
Clawson Cameron Macdonald
Coats Trevor Laine
Curtis Jase Nathen
Davis Bryan Leigh
Delacruz Spencer Eric
Edgel Laith Wyatt
Garcia Carlos Ray
Gardner Ty Dallin
Gonzales Christopher Joe
Goodwin Bret Richard
Goringe Braxton Keith
Hafen Auston Duke
Hall Christopher Larkin
Hardman Taylor Reese
Harter Kellen Luke
Hawes Kimberly Mae
Higdon Ryan Christopher
Howard Samuel James
Hurst Hans Christensen
Johnson Trevor Jacob
Judd Braden Robert
Leifson Daniel Craig
Manutuinei Isaac Wayne
Matyas Jacey
Merrill Gavin Randolph
Munns Martee C
Pacheco Haroldo Fernando

Pedersen Cameron Don
Poulsen Braden Lamont
Reilly Jonathan Matthew
Reyquintero Andres Felipe
Rodriguez Evelyn Nataly
Schiereck Strom Shawn
Schneider William Holt
Spier Cipriano Angel
Thomas Gavin Max
Warnock Joshua Colman
Wilcox Joseph Coombs
Wood Andrew Beyer

SPECIALIST

Abel Austin Luke
Ames Carl James
Anderson Kasey Shane
Arredondo Ayden Vincent
Ashton Kirt Wade
Averett Tyson Rowe
Baird Tyler Dean
Barber Michael David
Barfuss Samuel Byron
Barney Joshua Jay
Beamish Kieth Riley
Bloomer Cade Harry
Bloomfield Alisi Rose
Braithwaite Brandon Jay
Bruninga David Lee
Brunson Alex David
Busch Jacob Edward
Chamberlain Zachary T
Cook Katelyn
Cornia Coty Ty
Creswell Adam Grant
Dofelmire Ashton Edward
Dunn Parker Curtis
Edwards Aiden Graham
Emfield Kailya Belle
Fink Mason Brian
Finlayson Daniel Taylor
Fisher Dillon Patrick
Fonville Braxton Chris
Gardner Damion Lee
Goncalves Nicolas Ezequiel
Gonzaga Amaro De Sousa Daniel
Guevara Esperanza Camellia
Hancock Connor Wade
Harris Casey
Herbert Jacqueline Hai Lan
Hutchison Austin James
Irelandgravett Deon W
Isley Travis Lefevre
Jensen Mikaela Richelle
Jin Peter Chen
Joe Joshua Brandon
Johnson Benjamin Calvin
Johnson Seth Lawrence
Jones Bryson Sage
Kalosi Austin Niukapu
Kent Scotty Abel

Kim Young Gun
Korth Kyle James
Koszakovszky Melissa Hope
Lambert Alyson Ashley
Lilly Ethan Troy
Livaditis Nicholas Joseph
Llaguno Calund Rodolfo
Lopez Kolton Wade
Lott Samuel Vard
Lund Jefferson Andrew
Mann Joshua Daniel
Manuleleua Matea Lefetaui
Martindale Rylan Cory
Mason Reagan Jay
McAllister Ethan Aaron
McOmie John Craig
Midget Patrick Elijah
Moe Eric Randall
Murphy Ethan Wayne
Nonu Joshua Gordon
Noriega Jr Ramiro
Pickering Brendan William
Prellwitz Jacob Elijah
Quarnberg Trejan Jeffery
Rettie Samuel Atticus
Robinson Jaxson Colton
Rose Tyler Joseph
Ruiztapia Marycruz
Shire Austin Mikah
Shumway Elijah Jacob
Smith Kelton Cole
Smith Kyle Dale
Stephens Kade Samuel
Stevenson Jared Arthur
Stewart Logan Daniel
Summers Joseph Scott
Taylor Cannon Buck
Tidwell Jacob Hans
Tuia Apioleofaga M
Ward Joseph Eero
Watts Charles Rylan
Watts Skyler David
Wendel Daniel Bryant
Westoby Brandon Quinn
Wilkins Jacob Wayne
Wiser John Mark
Wootton Jared Tanner
Wyatt Ebbin Snow
Young KYLER GORDON

PRIVATE FIRST CLASS

Adams Hunter Michael
Artrup Staci Lynne
Begay Kyle
Biggs Luke William
Bluemel Nolyn Boyd
Bracken Robinson James
Brainich Ellie Kathleen
Brimhall Anna Marie
Brinkerhoff Tyson Cloyd
Burnette Connor James

Butler Sawyer Ray
Carpenter Alexander Alan
Christensen Jacson Blade
Clark Jaxon Dallas
Cowan Reid Michael Conlee
Cuellar Roger Alfredo
Edenfield Keith David
Fraser Jayson Hopkins
Garcia Tracey Vanessa
Garcibravo Chris Anthony
Garley Eunice Dehyor
Hall Cameron Keith
Hall Draden Merrill
Hansen Deegan Jay
Hathaway Jr Anthony G
Hiatt Eric Thomas
Houghton Maxwell Roger
Jackson Alex Randall
Johansen Valencia Ann Marie
John Kolbie Scott
Kinghorn Grace
Knight Caleb Paul
Laudenback Cody John
Leonard Caden Terrydurand
Leslie Tyler Preston
Lopezgonzalez Orlando
Mack Aydney Elizabeth
Mafi Siona Alexandre Stephens
Maka Semisi Lutuihiefia
Maurer Mason Louis
Melzer Jacob Stephen
Nola Ryelee Vincent
Orellana Andrew Tsao
Palmerrandolph Donze Reon
Park Matthew Milton
Patterson Gavin Winston
Perschon Jaxson Ryan
Peterson Logan Hyde
Poulsen Kayden Greg
Prince Tyler Jordan
Quevedo Ariana
Quinton George Wesley James
Radu Alexander John
Ramirezrodriguez Jimena Y
Ransom Michael Timothy
Rivera Joseph Eduardo
Sadler Jack Benjamin
Schell Connor Garrett
Schultz Jakob Dean
Scott Rebekah Ann
Smith Mallorie Payton
Stewart Nicklas Alexander
Surovikcastro Christopher J
Taylor Ambree Ella
Tebet Adrian
Veloz Nathan Jay
Watkins Cody Blaine
Webster Felipe Ignacio
Weidow Garrett Quincy
Wilkerson Brexton J
Williams Jordan Robert

Willis Tj Taylor
Young James Riley

PRIVATE (PV2)

Baker Bradan Donavon
Baron Zachary Ryan
Bassett Kylee Joe
Beckstrand Jared Devin
Bedoya Cristian Jose
Benson Avery Allison
Bradford Javain Dwayne
Briones Michelle Florencia
Bryan Milo Deke
Caldwell Canyon Tj
Camacho Mendez Joseph Aniel
Canto Absidee Diane
Castorenasolis Christopher G
Castritamoraes Ryan Steve
Clements Nicole
Contrerasgarcia Jesus E
Cossey Cameron Jeffrey
Crosby Kelsen Byron
De Albuquerque Martins
Mac Suel
Dearden Spencer Craig
Depalma Shaid Steven
Erickson Evan Riley
Filoso Brayden Andrew
Fleuter Caleb James
French Kyle Joseph
Garcia Hernandez Emilio
Gonzalez Jason Alexander
Gradney Dayne Michael
Hanson Justin Daniel
Henderson Evan Christian
Hoffman Joshua James
Hollinshead Maxwell Treat
Johnson Adam Wesley
Klein Jessica Ann
Krug Jayden Christopher
Long Dakota Clayton
Loveland Jenneth Elise
Mack Justin David
McKenzie Michael Hyrum
Nelson Elijah Daniel
Nielsen Hagen Mark
Nolazco Jose Izarraras
Ogomo Xavier Clement
Ostler Brodie Chad
Peck Thatcher Christian
Perez Maritza Solorio
Perron Landon Christian John
Quinn Keely McKell
Riley Lane Colby
Rome Mallekai Desler
Scott Bryan Allen
Silva Gavin Joe
Soto Jacob Isaiah
Stam Apolonio Christian
Stewart Joziah Tristan
Stindt Jr Michael Ray

Vidad Reyn Michael Keiji
Volcy Jimmy Hattlazarre
Wong Rebecca Mei
Yamashiro Kobi Gabe

PRIVATE (PV1)

Agreda Rodriguez Ramon
Armando
Alexander Nicholas Ethan
Appiah Stephen
Bartholomew Taylor John
Beckstead Amelie Capel
Bozart Keaton Allen
Christiansen Robyn
Clark Bentley James
Fernandez Emilio Salomon
Fuluvaka James Sisi Alifaleti
Graham Megan Avalon
Guzman Vasquez Lourdes
Carolina
Hales J Stephen
Hansen Lucia Noel Hoang
Thuy Nga
Harris Jeremiah Benson
Hernandez Fernando Huerta
Hickman Garion James
Howe Sean Robert
Hulse Adalai Kamilla
Jewkes Jonathan Chad
Johnson Steven Gabriel
Johnson Zoe Belle
Jones Jacey Jade
Kite Ryan Joseph
Landin Wendy Julieta
Lopez Jonathan
Mateo Miyasaki Tiara Marie
Miller Cooper Brinagh
Nguyen Brandon Maurice
Oneal Christopher Hugh
Osborn Clinton Berlin
Peck Melodie
Pratt Rhyann James
Rasmussen Jax James
Rechtfertig Jacob Alexander
Reed Makenna Nicole
Reno Alissa Marie
Rubio Omar Alexander
Shakespeare Spencer Joseph
Tark Eliora Jieun
Tellez Cesar Daniel
Tobin Iv Thomas William
Vazquez Costeno Arturo
Wilder Jr Treg
Woodward Kaiden Gregory
Zamora Mario David

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

FLASHBACK PHOTO



What its like for dads in the Army

Since the establishment of the Utah National Guard, members have served, protected, and fought for the safety and well being of Utah's people. Members of the Utah National Guard not only serve communities and families, but are also members of these communities and families.

IMAGE: Family Day at Camp Williams: a story on what it's like for a dad to be in the Army. Circa: 1956-96—
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