

UTAH

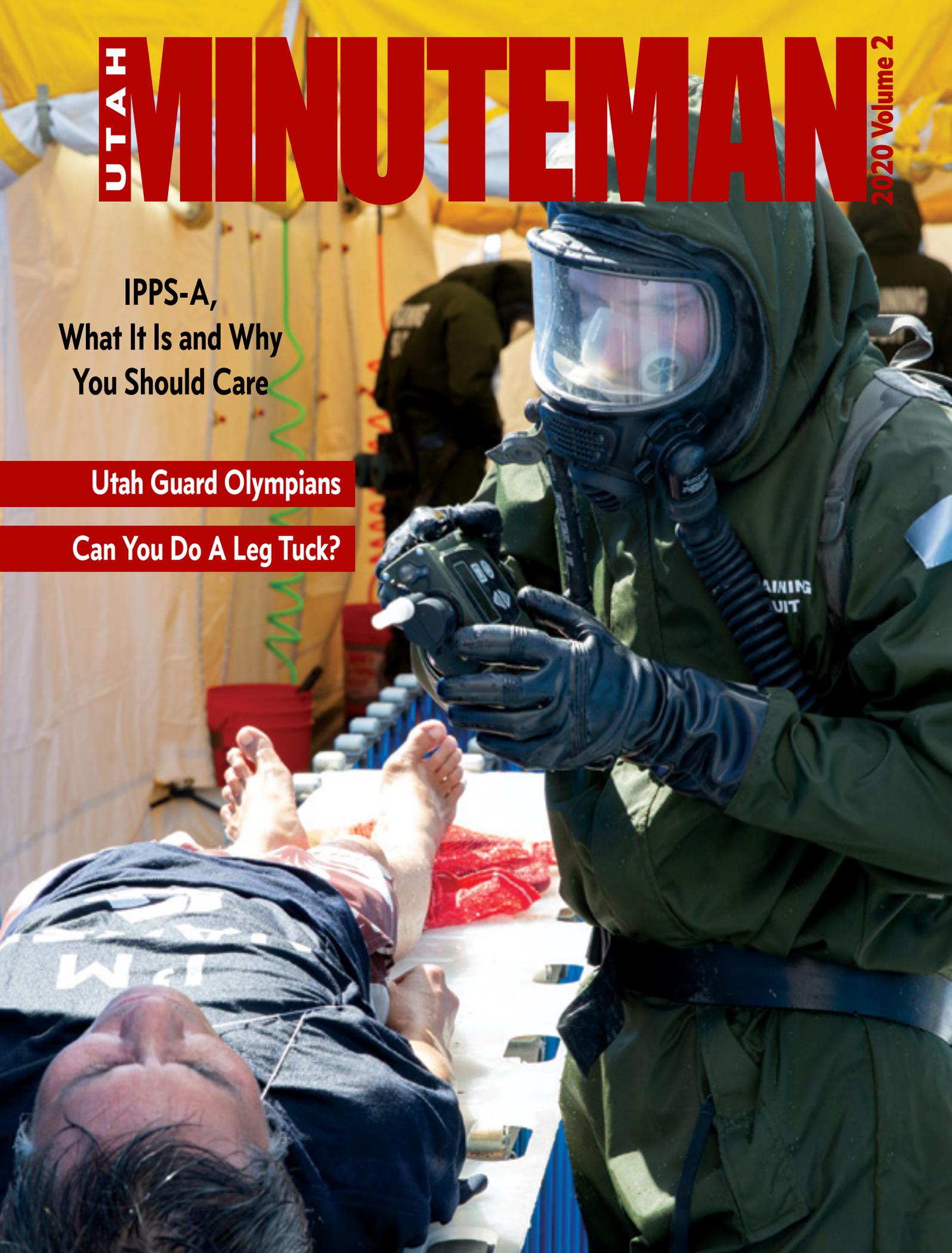
MINUTEMAN

2020 Volume 2

**IPPS-A,
What It Is and Why
You Should Care**

Utah Guard Olympians

Can You Do A Leg Tuck?



Brigadier General Michael J. Turley The Adjutant General



Soldiers and Airmen of the Utah National Guard, it is an honor to be your adjutant general. I emphasize the fact that I am YOUR adjutant general because it is the bedrock of this organization; that our “Guardsmen” (men and women) are what make this organization! My intent is to continue building capability by amplifying your talents, reinforcing your training,

and strengthening your resiliency. We can do that together by understanding the current world as it is, and building strategies for that reality.

As I have mentioned earlier, we live in a complex and dangerous time. While we have been fighting insurgencies over the past 19 years, our global competitors have been building large-scale combat power. While the bravery, warfighting skills, and professionalism we have gained over these years are indispensable, we must shift our efforts to a large scale combat operations. This will require a new mindset of strategic and tactical training. We must think differently about our training and our tempo of operations while in combat.

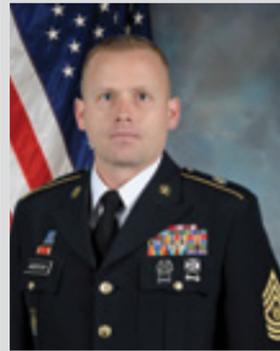
It is the ability to deter our competitors and hold their units at “risk” while we build long-term strategic over-match that will ensure our way of life for our children and grandchildren. This means counter-insurgency operations become less emphasized in our training and maneuver warfare with “deep/strategic,” “medium,” and “close/tactical” air operations become our training focus. Our force structure, equipment, and training will reflect that reality in the near future and we can see our national command authority currently working toward that end.

This requires a to look at all domains (air, land, maritime, space, cyber, information) as spheres of conflict and strategy.

It goes without saying that our service takes its toll on resiliency. I am concerned that as we shift our efforts to large-scale combat operations, you and your families will be able to handle the stress. I see Soldiers and Airmen every day struggling with financial and interpersonal stress that cause despair. We must draw together as teams (large and small) to help each other, support each other, progress together, and become stronger! I ask all of you to engage your fellow Soldiers and Airmen, to directly counsel your subordinates and to build resiliency across our formations. Every person in this organization has value.

Again, thank you for your service and support. I am encouraged by what you do and how you do it. Don’t wait until tomorrow to amplify your talent, to train at the highest level both individually as well as collectively, and to become stronger and more resilient personally. 🇺🇸

Command Sergeant Major Eric Anderson Senior Enlisted Leader



I wish to express my gratitude and thanks for the Soldiers and Airmen of the Utah National Guard. I see your hard work and efforts towards our mission as part of the United States Military. As we welcome Brigadier General Turley as our new Adjutant

General, I know he is fully invested in the members of the UTNG. I am confident in his leadership abilities and excited to serve with him as part of the our Command Team. Expanding upon my last article, which touched on the topic of leadership, recently the Army released the updated Noncommissioned Officers Guide (TC 7-22.7). Through my initial study of it, I found a part in chapter three of particular interest.

Chapter three, paragraph 3.7, states, “Military leaders are responsible for achieving any and all assigned missions. They can do this through either commitment or compliance-focused influence. Compliance-focused is directed at a follower’s behavior. It is generally effective for gaining short-term and immediate results. Long-term and lasting change requires a different focus. Leaders must move beyond compliance-prompted behavioral changes and focus on influencing followers attitudes, beliefs and values in order to gain commitment. Commitment-focused is directed at a follower’s thinking and implies the followers want the organization to succeed and positive changes to occur.”

As leaders of Soldiers and Airmen, NCOs must pro-actively dedicate themselves to a constant self-assessment of the leadership style they are using with their teams. We must also ask ourselves this question, “Am I committed to the mission, or am I compliant? As we assess ourselves, our Soldiers and Airmen will see our efforts to improve and better the team. It requires a leader to have the humility to assess themselves and seek improvement. This humility is critical in the development of lasting, inspiring, and meaningful teams. I highly encourage you all to take time and study the updated Noncommissioned Officers Guide. It’s an honor to be a leader in the Utah National Guard. Your team is counting on you to make the right decision as you lead! 🇺🇸



STATE PARTNERSHIP PROGRAM

In support of the State Partnership Program, Chief Warrant Officer 4 Jared Jones of 1-211th Attack Reconnaissance Battalion and Col. Khalid Samit of the Royal Moroccan Army prepare to fly an AH64-D Apache helicopter during annual training held in Wendover, Utah from July 29 to August 2, 2019. Members of the Utah National Guard and the 1-211th ARB hosted delegates from the Royal Moroccan Army in preparation of Morocco’s purchase of 24 Apache helicopters as approved by the U.S. State Department.

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



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

When I started this position two years ago, I noticed some trouble communicating basic information about the Utah National Guard to the public. Our social media channels were all working, and the local media was connected to our activity, but there was a constant “hum” of questions regarding many

UTNG issues like: how to get a new ID card, employment opportunities, calendar events, community support requests, unit information, educational benefits, phone numbers, etc.

It quickly became obvious the UTNG did not have a functioning public website that worked on smartphones, tablets, or computers. If you have not seen the website, please check it out: ut.ng.mil (no “www” necessary!). Let

me know what you think. If you have suggestions for it, please send them my way. The UTNG has an amazing story to tell from its Soldiers, Airmen, and their families. The website is just one more way to share key information and all those stories in one place for everyone.

Please contact me by email or call me directly:

ng.ut.utarng.list.pao@mail.mil; 801-432-4407. 📧

See additional content and download photos at: ut.ng.mil

INSIDE

- 2 From the Top
- 3 State Partnership Program
- 5 Mark the Calendar
- 6 Family Focus: Sexual Assault Awareness Month
- 8 Health and Fitness
- 10 Benefits: Integrated Personnel and Pay System
- 12 Duffel Bag: Ways to Avoid COVID-19 Coronavirus
- 14 Photos from the Field
- 24 Life Encouraged
- 26 In the News
- 29 Promotions

FEATURE

18 UTAH GUARD OLYMPIANS

Guard Athletic Program

There are currently four Olympic athletes serving in the Utah National Guard.

COVER PHOTO

Utah Guard Soldiers from FEMA Region VIII Homeland Response Force decontamination unit respond to a mock domestic emergency supporting Hawaii National Guard with a role player being processed through decon tents during a training exercise at Barbers Point, Hawaii Jan. 29, 2020.

PHOTO BY Ileen Kennedy

Editorial Board

Commanding General, The Adjutant General **Brig. Gen. Michael Turley**
Editor in Chief, Public Affairs Officer **Lt. Col. D.J. Gibb**
Managing Director, Public Information Officer **Ms. Ileen Kennedy**
Editor, Mass Communications Specialist **Sgt. Nathaniel Free**

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

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

Email submissions to: ng.ut.utarng.list.pao@mail.mil

Coverage: For significant statewide events contact: ng.ut.utarng.list.pao@mail.mil

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

Digital Publication: ut.ng.mil and <https://issuu.com/utngpao>

Additional Photos: www.flickr.com/photos/utahnationalguard/albums

Current Updates: Facebook and Instagram: @utahnationalguard / Twitter: @UTNationalGuard

Website: <https://ut.ng.mil>

UT.NG.MIL/CALENDAR

Calendar events are subject to change do to the guidelines regarding novel coronavirus disease (COVID-19) outbreak. Check with sponsoring agency for updates.

4/25

STEM FEST-MONTH OF MILITARY CHILD EVENT: Utah National Guard Youth Programs' STEM FEST for **ALL AGES** from **10:00 a.m.-1:00 p.m.** at Draper National Guard Headquarters.

4/18

ANNUAL SOS SPRING LUNCHEON: The annual Survivor Outreach Services Spring Luncheon's will be held at Camp Williams Officer's Club with **U.S. Para Olympic Gold Medal Winner, Mike Schlappi** as the keynote speaker, starting at **11:00 am.**

5/6-7

APPLIED SUICIDE INTERVENTION SKILLS TRAINING: ASIST class at Camp Williams. This course is open to any Soldier regardless of rank. Spouses of Utah National Guard service members are also welcomed to sign up.

5/9

HORSEBACK RIDING: Survivor Outreach Services horseback riding with Utah State University Extension Service horse program. **10:00am** at Dimple Dell Park, Sandy, UT.

5/16, 6/10, 7/8, 8/5

JUNIOR MASTER GARDENING KICK OFF EVENT: Utah National Guard Youth Programs offers Junior Master Gardening Kick Off for 6-12 year olds from **10:00 a.m.-12:00 p.m.** at Camp Williams Building 6220. Request an application: conniegene.packer.nfg@mail.mil

5/18

HOGLE ZOO MILITARY APPRECIATION DAY: Military Appreciation Day at Hogle Zoo, Free admission for all military and families.

5/22

UTAH FALLEN HEROES BOOT DISPLAY: Boot display of all Utah Military deaths since 2001. Station Park Mall, Farmington, Utah.

6/6

MILITARY BALL: Utah's all-service military ball. **6:00 pm.**

6/6

DAY OF SERVICE AND BBQ: At Fort Douglas Military Museum and Utah Fallen Warrior Memorial Park at **10:00 am.** Clean-up park and museum then enjoy a BBQ lunch.

6/11

COUNTY FAIR PROJECT DAY: For 8-14 year olds from **9:00-11:30 a.m.**

6/26-27

THUNDERBIRD AIR SHOW: Thunderbird Air Show at HAFB. June 26 for Gold star families, day before show opens to the public on June 27.

7/1

PRESERVING FOOD: For 6-12 year olds from **10:00 am-12:00 pm.** Request an application: conniegene.packer.nfg@mail.mil

7/9

STEM: For 6-8 year olds from **9:00-11:00 am** taught by 4-H.

7/16, 7/23, 7/30

STEM: For 9-12 year olds from **9:00-11:00 am** taught by 4-H.

7/13-14

APPLIED SUICIDE INTERVENTION SKILLS TRAINING: ASIST class at Logan Armory. This course is open to any Soldier regardless of rank. Spouses of Utah National Guard service members are also welcomed to sign up.

7/15-16

FALLEN SOLDIER MEMORIAL TORCH RIDE: Fallen Soldier Memorial Torch Ride comes to honor five fallen heroes in North Ogden and West Jordan. Ride goes from Oregon to Arlington, honoring the fallen across the nation.

7/15, 7/29, 8/12

JMG BRIGHAM CITY OUTREACH: For 6-12 year olds from **11:00 a.m.-1:00 p.m.**

Request an application: conniegene.packer.nfg@mail.mil

DISCOUNT TICKETS: utahmwr.com

Service Member and Family Assistance

The Military Community and Family Services office would like to announce changes to the Family Assistance and Family Readiness Teams. As of Jan. 1, 2020 the programs merged to form the **Service member and Family Assistance Team**. The SFA team is your point of contact for all things regarding Family Assistance and Family Readiness.

This change in programming means the Soldier and Family Readiness Group will be maintained by the commanders of each individual unit, company, team or battery. The SFA team provides training and record maintenance, as well as guidance to command teams.

FAMILY ASSISTANCE CENTERS

SERVICE MEMBER AND FAMILY ASSISTANCE

1. Blanding	435-678-2008
2. Bluffdale	801-878-5959
3. Bluffdale	801-878-5037
4. Cedar City	435-867-6513
5. Draper	801-432-4522
6. Draper	801-432-6513
7. Logan / Ogden	801-476-3811
8. Richfield/Cedar City	435-896-6442
9. SLC (Air Base)	801-245-2524
10. Spanish Fork	801-794-6011
11. St. George/Cedar City	435-986-6705
12. Vernal	435-789-3691

Veterans/Retirees	866-456-4507
-------------------	--------------

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.

Sexual Assault Awareness Month



2019 marks the official 18th anniversary of Sexual Assault Awareness Month —

April is recognized as Sexual Assault Awareness and Prevention Month. Utah's Sexual Assault Prevention and Response team wanted to educate us on what the program does for the Utah National Guard and what all members of the Utah National Guard can do to help eliminate sexual misconduct.

The SAPR team of Victim Advocates and Sexual Assault Response Coordinators are specifically selected and trained to support survivors of sexual assault and other sexual misconduct. The entire SAPR team is trained to be able to provide survivor's centric support and services. Regardless of the circumstances or the barriers survivors may face with others believing them, we start by believing. Many resources available can be provided regardless of the servers reporting status, i.e. restricted or unrestricted.

All Soldiers and Airmen are vital to the capability of the Utah National Guard to be able to successfully accomplish its assigned state and federal missions. Our organization must be able to recruit and retain the best and brightest of our state and our nation. Once we have enlisted these individuals, leadership at all levels are tasked with safeguarding the wellbeing of our Soldiers and Airmen.

Brig. Gen. Michael Turley, adjutant general Utah National Guard, had the following to say on safeguarding the Soldiers and Airmen of the Utah National Guard,

“As an organization, we have a responsibility to take care of the sons and daughters of American citizens who have been entrusted to us.”

“As an organization, we have a responsibility to take care of the sons and daughters of American citizens who have been entrusted to us.”

- Brig. Gen. Michael Turley

How can each of us take action in the prevention of sexual assault and other sexual misconduct?

Prevention requires a comprehensive approach; enforcing the Army Values and treating others with dignity and respect. Simply put, sexual assault prevention starts with you. Each Guard member has the ability and obligation to speak out when they see inappropriate behavior. We can best eliminate the acts that demoralize our people and degrade our readiness by using a holistic approach toward building a better environment in which to live and work. One method is bystander intervention. Bystander intervention can be summarized by the three D's: **Direct, Distract, and Delegate**.

DIRECT:

- Address the perpetrator
- Remove either party from the situation/hostile environment (potential victim or perpetrator)
- Have personal courage to intervene

DISTRACT:

- Anything that distracts the perpetrator
- Change the subject
- Ask either person to go do something

DELEGATE:

- Delegate the intervention to others: have friends, squad/section, or co-workers take either person out of the situation
- Send someone for help to intervene (chain of command, etc.)

Together, utilizing a proactive approaches like bystander intervention, we can take a stance against sexual assault and other sexual misconduct in the Utah National Guard. The goal should be to eliminate all instances from our ranks. Turley has this to say, “If it happens to one person, that is one person to many.”

To those that may be survivors of sexual assault you are believed and you are not alone. 🇺🇸

—Capt. Charles Thomas

HELP IS AVAILABLE 24/7:

Utah Army Sexual Assault Response Coordinator:	801-716-9254
Utah Air Wing Sexual Assault Response Coordinator:	801-245-2960
Department of Defense Safe Helpline, the hotline for members of the DoD community affected by sexual assault:	877-995-5247

Visit us at ut.ng.mil/family

Why You Can't Do a Leg Tuck

The new six event Army Combat Fitness Test is the topic of many water cooler conversations around the Army these days. Some are excited, some are disgusted and many are worried about the impact it will have on the force in terms of injury, retention, etc.

Being a "fitness guy" I am in favor of the new test and I believe it will have the intended effect of creating a force that is more educated about how to train themselves, more resilient to injury because their fitness base is broad, and ultimately more lethal. Of course there will be a learning curve that will take time and as with any major changes there will be some organizational friction along the way.

The one event that seems to be the most concerning is the leg tuck. I have heard many people express frustration with their inability to do this movement. One variation of that frustrated comment sounds a lot like, "Why can I do 40 sit ups but I can't do one leg tuck!" This is concerning to me because most of the people expressing this frustration don't seem to be doing anything to

address the situation. Perhaps it's because there is a lack of understanding of the real issue. So, using laymen's terms as much as possible, let me tell you why you can't do a leg tuck.

The simple answer is that the leg tuck takes actual core/abdominal strength. The current Army Physical Fitness Test sit-up uses a lot of hip flexor (the group of three muscles commonly referred to as the hip flexor are the psoas minor, psoas major, and the Iliacus), particularly when your feet are being held down. The movement performed in this fashion only moderately engages the primary abdominal muscle (Rectus abdominis) and doesn't really touch the rest of that muscle group (Transverses Abdominus, Internal Abdominal Oblique, External Abdominal Oblique, hereafter referred to as the abdominals). Some studies have shown that when performing a sit up without your feet held down you are

using about 68 percent Rectus Abdominus and 38 percent between the two Obliques. When your feet are held down much of that work is transferred to your hip flexors. Result: doing sit ups with your feet held down does little to train your abs. It is also hard on your low back and neck but we'll save that for another article.

Problem number two is that doing sit ups does not require a high degree of abdominal muscle recruitment. For the sake of argument let's say that doing one sit up requires your central nervous system (CNS) to fire 30 percent of the muscle fibers in your abdominals. This means that performing one repetition is relatively easy, and most people can do that multiple times before they start to tire. It

also does not require much abdominal strength to do one. Let's just say that performing one leg tuck requires about 70 percent muscle recruitment and significantly more strength to do one repetition. So if you have not trained in a manner that requires your CNS to fire with a higher degree of efficiency, i.e. more percentage of muscle recruited, and you don't

have high abdominal strength—you will not be able to do a leg tuck.

It's the difference between muscular strength and muscular endurance. Let me use an analogy that most people can relate to. Performing an air squat requires muscular endurance—meaning low muscle recruitment over many repetitions or extended time. Doing a heavy barbell back squat requires muscular strength—high muscle recruitment and more absolute strength needed to perform one repetition of the movement. Anybody can do an air squat, just like anybody can do a sit up. It does not require much strength or muscle efficiency. The leg tuck is the barbell back squat of abdominal training; it requires more strength and more efficiency. Until your training changes to build those two things you still won't be able to do a leg tuck, and the ACFT is coming....

— Lt. Col. Bruce Roberts
MFT, CrossFit level 2, USA Weightlifting National Coach



Find more useful ACFT exercises and tips at ut.ng.mil

CORE STRENGTH	4-6 REPS 3-5 SETS		
Movement	Beginner	Moderate	Advanced
Leg Raises	Knee	Leg	Weighted
Evil Wheel	Quarter length	Half length	Full length
GHD	Parallel	Full	Weighted
Dragon Fly	1 knee to chest	2 knees to chest	Straight leg
Strict toes to bar	Feet above parallel	Strict	Weighted

PULLING STRENGTH	4-6 REPS 3-5 SETS		
Movement	Beginner	Moderate	Advanced
Pullups	Jumping Negatives	Pullups	Weighted
Static Pull Up Hang	15 Seconds	30 Seconds	60 Seconds
Chin Ups	Jumping Negatives	Chin-ups	Weighted
Horizontal Rows	Knees Bent	Body in a straight line	Feet elevated
Bent Over Rows	Weight for movements will determine amount of reps completed.		
Upright Rows	Weight for movements will determine amount of reps completed.		
Pull Downs	Weight for movements will determine amount of reps completed.		

CORE STRENGTH ENDURANCE	8-12 REPS 3 SETS		
Movement	Beginner	Moderate	Advanced
Abmat Sit Up - no foot hold	Body weight	Weight on chest	Weight over head
Sit ups	Weighted	Med ball throw from chest	Med ball over head
V-Ups	Bent knees	Hands placed on the ground	Full Range V-Up
Hanging Feet Raises	Knee raises	Toes to 90 degrees	Weighted
Toes to Bar	Toes to waist	Toes to bar	Strict
Russian Twists	No weights		Weighted

CORE STATIC MOVEMENTS			
Movement	Beginner	Moderate	Advanced
Plank	Elbows	Hands	Weighted
GHD Flexion and Extension	Assisted	Hold	Weighted hold
Dead Bugs	Hold	Alternating foot and hand	Banded
L-Sit for time	Knees	One foot	Two feet
Hollow Body hold	5-15 Seconds	15-30 Seconds	45-90 Seconds
Plank	Bird dog	Plank Box Taps	Weighted Box Taps

If you do not understand any of the movements on this page, feel free to YouTube them.

Combine a pulling movement with a core movement in a super set.

For example: Performed A1-B1, A2-B2, A3-B3 resting after each combo.

Add these to the end of your normal training program for additional assistance in reaching you goals.

A1 - Evil wheel - moderate
A2 - Leg Raises - advanced
A3 - Dragon Fly - beginner
B1 - Bent Over Rows - 45 lbs.
B2 - Horizontal Rows - Beginner
B3 - Pullups - Beginner

* Be sure to properly warm-up prior to exercise

** If you have any questions please email: LUCAS.W.CALL.MIL@MAIL.MIL

IPPS-A

What It Is and Why You Should Care



Have you ever experienced a pay problem in the military because something didn't get updated correctly? Or maybe you've turned in a document to your unit and it's still not in your records? Did you know that the Army currently has as many as 200 different human resources and pay systems – most of which don't talk to each other? When you look at it that way, it's actually fairly impressive that we get it right as often as we do.

We can be doing better.

The Integrated Personnel and Pay System – Army (IPPS-A) is the Army's way of bringing their personnel and pay systems up-to-date. They will be rolling it out over the next few years, but the National Guard is getting it first. At 54 states and territories, with each one doing things their own way, it gives IPPS-A a chance to work out the bugs. As it stands, things are looking promising. Utah is on the last rotation of National Guard entities to transition to IPPS-A, which means there are already

27 other states and territories that have been ironing out the bugs before the rest of us go online in March 2020. The regular Army and Reserves will follow over the next couple of years.

Last October, the Army introduced what they call "The Army People Strategy." Basically, it's a shift in focus from "simply distributing personnel, to more deliberately managing the talents of our Soldiers and Civilians."

You can download the 15-page strategy at <https://people.army.mil/>

Gen. James C. McConville, Army Chief of Staff, said, "What we want to do is start treating people like they're not interchangeable parts and start aligning them by their talents with the right jobs."

IPPS-A has become the administrative face of this movement because, as McConville describes it, "Since its inception, the IPPS-A program has made significant progress

towards building a system that will usher in a new era of HR and talent management in the Army."

Our current system is not auditable, it's not fully compliant with Information Assurance or Cyber security needs, and it suffers approximately 5500 hours of downtime each year, across the various systems.

The goal for IPPS-A is to have a fully auditable and compliant system with zero downtime, on-demand online access, and mobile capability. Which means you, me, and every other Soldier on the ground will have some level of visibility and access to our records through an app on our phones.

Maj. Lee Baklarz, Sustainment Lead for the IPPS-A Release 2, describes our very near future by saying, "I can take a picture of my record or jump log, put it in IPPS-A and it will route to the battalion S-1."

Right now, many personnel and pay transactions happen manually and are untraceable.

Baklarz says, "IPPS-A changes that by automating steps within the system. We're the first in the Army to allow mobile access to the HR system."

So what does this mean for you? Well, to be honest, maybe some initial hiccups as all the human resources personnel here in Draper and at the Army Guard armories throughout Utah get trained and spun up on the new processes. But, ultimately? For one thing, accurate and timely pay. IPPS-A has a 98 percent accuracy rate over 26 different pay transactions. Even better, it brings visibility down to the level where it matters most – to the people each personnel or pay transaction affects the most – the individual Soldier. You, me, your battle, your spouse. For years we've been told we're in charge of our own careers, now we're finally going to have the tools to manage it.

— Sgt. 1st Class Nichole Bonham



Members of Joint Force Headquarter Utah National Guard's G1-Mobile Readiness Division preparing for the transition from the legacy human resources program (SIDPERS) to the new Integrated Personnel and Pay System – Army (IPPS-A).

Group picture: Back Row (L to R): Master Sgt. Eldon Davis, Chief Warrant Officer 4 David Parke, Sgt. 1st Class Andrew Blunt, 1st Lt. Justin Zufelt, Spc. Chandler Garrick; Front Row: Warrant Officer Candidate Tyler Warren, Sgt. 1st Class Shannee Davidson, Sgt. Hannah Rogers, Staff Sgt. Kim Osman, Staff Sgt. Jake Galloway.

Always stay connected.



Connect with us online to stay updated on the latest IPPS-A news, events, releases and upgrades.

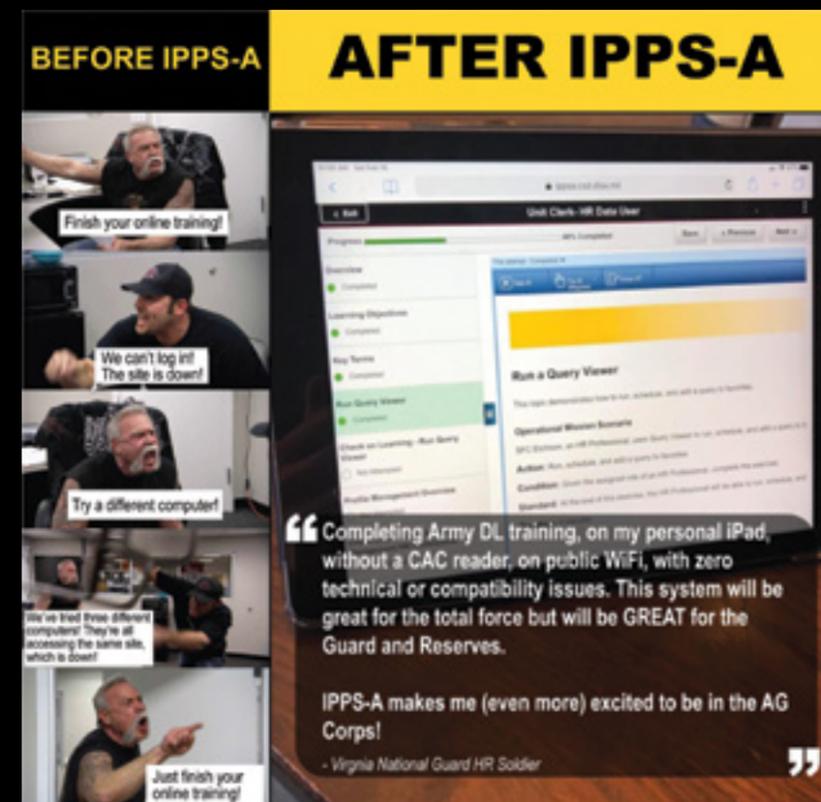
- Facebook.com/armyippsa
- Twitter.com/IPPSArmy
- Instagram.com/usarmy_ippsa
- YouTube.com/c/IPPSA
- LinkedIn.com/company/ipps-a/
- ipps-a.army.mil



One Soldier ★ One Record ★ One Army



IPPS-A Social Media Poster



Before and After Meme

<https://ut.ng.mil/COVID19/>



6 WAYS TO AVOID COVID-19 (CORONAVIRUS)



and other Influenza Like Illnesses (ILI)

1. Get Vaccinated

The immediate health risk from COVID-19 is still considered LOW. The flu remains the biggest threat to personnel and their families. Get the flu shot if you haven't already.



2. Wash Hands

Wash hands with soap and water for at least 20 seconds especially after going to the bathroom, before eating, after blowing your nose, coughing, and/or sneezing. If soap and water aren't available, use a hand sanitizer with at least 60% alcohol.



3. Social Distancing

The virus that causes COVID-19 spreads person-to-person. Maintain your distance from others (about 6 ft) when possible in public. Avoid close contact with sick people. Avoid large gatherings whenever possible.



4. Don't Touch!

Out in the community, the virus may survive from a few hours to 9 days on hard surfaces. Common disinfectants and heat can render the virus inactive. Clean and disinfect frequently touched objects and surfaces and refrain from touching your face, eyes, nose, and mouth with unwashed hands.



5. Stay home

If you feel ill or have a fever, STAY HOME. Do not return to work until you've been fever-free without anti-fever medications for 24 hrs or cleared by your doctor. If your work allows, telecommute or request sick leave. Wipe down your work area daily. Do NOT share communal food.



6. Maintain Healthy Habits

Eat a balanced, healthy diet, follow a regular exercise routine, get adequate sleep, skip the alcohol, find healthy ways to relieve stress, and don't share personal items such as water bottles, towels, toothbrushes, or utensils.



For More Information:

CDC Coronavirus Prevention <https://www.cdc.gov/coronavirus/about/prevention.html>

Army Public Health Command <https://phc.amedd.army.mil/topics/discond/diseases/Pages/2019-nCoVChina.aspx>

Department of Defense <https://www.defense.gov/Explore/Spotlight/Coronavirus/>



Updated 04 MAR 2020

UTAH AIR NATIONAL GUARD

[f](#) [i](#) [t](#) @UtahAirGuard



Serve your state AND your country!

Secure our homeland by being ready to respond when disaster strikes. Defend our country when the nation calls.

Work part-time, one weekend a month, two weeks a year

Educational benefits

- State Tuition Assistance up to \$6,000/year
- Montgomery GI Bill: \$392/month (tax free)
- GI Bill Kicker for eligible careers: \$350/month
- College credit exams
- Community College of the Air Force: Earn college credits while training

Additional Benefits

- Medical and Dental
- Paid training
- Life insurance up to \$400K
- 401K plan / Retirement
- Full-time opportunities
- On-base fitness center ...and more!

Multiple career opportunities

Careers in information technology, law enforcement, vehicle maintenance, medical technicians, civil engineers, finance and personnel, linguists and intel, aircraft maintenance and more!

CALL 801-245-2246 to speak with a recruiter today!

www.GoANG.com/UT

EXTEND IN THE UTAH ARMY NATIONAL GUARD

ETS DATE APPROACHING AND NOT SURE WHAT TO DO?
HOW DOES YOUR CHOICE EFFECT YOUR FUTURE?
COME EXPLORE YOUR OPTIONS AND STAY IN THE
UTAH ARMY NATIONAL GUARD.



EXPLORE YOUR OPTIONS APRIL 18 OR AUG. 8, 2020
WARRIOR CROSSROADS ASSEMBLY

FOR MORE INFORMATION CONTACT YOUR READINESS NCO

Regional Biathlon Competition - Biathlon team members from various states shoot Oreo-sized targets at a range of 50 meters at the Soldier Hollow Nordic Center in Midway, Utah, during the 2020 National Guard Bureau Western Regional Biathlon Championship, Jan. 11, 2020. Biathlon is a unique race that combines Nordic skiing and precision marksmanship.

The Utah National Guard hosted biathlon athletes from Alaska, California, Colorado, Idaho, Montana, Nevada, North Dakota and Oregon for the Western Regional National Guard Bureau Biathlon Championship at Soldier Hollow Nordic Center, in Midway, Utah, January 10-11, 2020. Biathlon is a unique race that combines Nordic skiing and precision marksmanship, which translate directly to key battlefield proficiencies like shoot, move and communicate.

UTAH ARMY NATIONAL GUARD PHOTO BY Sgt. Nathaniel Free
VIEW ENTIRE STORY [UTNG.MIL](#)





Homeland Response Force:

Soldiers from the HRF Decontamination Team respond to a mock-domestic emergency supporting the Hawaii National Guard by spraying off a role player in a decontamination tent during a training exercise at Barbers Point, Hawaii.

More than 150 members of Utah's HRF; Chemical, Biological, Radiological, Nuclear and Explosive Task Force (CBRN-TF); CBRNE Assist Support Element (CASE); Decontamination Team; and medical element were transported on military aircraft to the island of Oahu, Hawaii to assist and train alongside Hawaii's counterpart teams during a relief-in-place exercise Jan. 28-30, 2020.

UTAH NATIONAL GUARD PHOTO BY
Ileen Kennedy

VIEW ENTIRE STORY
[UT.NG.MIL](https://ut.ng.mil)

UTAH GUARD OLYMPIANS

Utah is well known for its “Greatest Snow on Earth,” but it also has claim to the healthiest Soldiers in the country, according to a 2018 Health of the Force Report. It should come as no surprise that there are currently four Olympic athletes serving in the Utah National Guard.

These are their stories.

Sgt. 1st Class Jeremy Teela

Two-time Olympian and Army World Class Athlete Jeremy Teela is from Anchorage, Alaska. In high school he raced on a cross-country ski team. As a junior, he raced in a national competition, and as a senior he was invited to Jericho, Vermont, to try out for the U.S. National Team for the sport of biathlon. He spent the summer at the Camp Ethan Allen Training Site with the Junior National Team. At the end of the camp, the coaches of the National Guard Biathlon Team sat down with Teela in their office.

“Looking back, it was a really good sales pitch,” Teela admits. “They had two athletes, coaches, and a recruiter. They told me about the National Guard, career opportunities, health insurance, free school. I didn’t stand a chance.”

Those same benefits and opportunities from 1996 exist for athletes today.

“It was the best choice in my life,” Teela said about joining the Guard.

He enlisted in the Vermont National Guard in 1996 with a military occupational specialty of 11B, infantryman, and moved from Alaska. Two years later, he joined the U.S. Army’s World Class Athlete Program, which was then in Fort Carson, Colorado.

The WCAP allowed top-ranked Soldier-athletes to perform at the international level while also serving their nation in the military. Members of the WCAP train and compete throughout the year for the Olympic and Paralympic Games.

According to the WCAP website, Soldiers come from the Active, Reserve and National Guard components, and are selected for their ability to perform at the highest level of their sports. After joining the unit, they hone their skills with elite civilian and military coaches at America’s best facilities. Meanwhile, they keep current with Army requirements, attend military schools and stay competitive with their uniformed counterparts.

“My main goal was to make an Olympic team and then to win a medal,” said Teela. “In the sport

of biathlon, we have never won an Olympic medal. We’ve won world championship medals, world cup medals, but the goal was an Olympic medal.”

Teela was a Top 10 finisher in the 2001 Biathlon World Championships Sprint competition. He moved to Park City the following year with the U.S. National Team to take advantage of altitude training and the brand-new Soldier Hollow facilities. He made the Olympic team in 2002 where he placed 14th in the 2002 Olympic Individual Competition, second best ever U.S. finish in Olympic Winter Games.

“I like the mountains, I like the snow, I like the dry climate, so ended up staying in Utah,” Teela said.

He transferred to the Utah National Guard, where he continued to compete, and at the 2006 Winter Olympics in Turin, he participated in the men’s 4 × 7.5 km relay team, finishing 9th. Later that year, Teela was hailed as the “sensation of the day” when he entered the stadium in third place in the Ruhpolding World Cup Relay.

At the 2010 Winter Olympics in Vancouver, Teela finished 9th in the 10 km sprint, the best individual American result at the time in biathlon sport.

“I was done. I was ready.” Teela said with a smile. “Your body will let you know when you’re done. It was a good time to be done, and the next generation of kids were really good.”

Teela continued to compete and coach on the Utah Guard’s Biathlon Team. He wrote a training program for the WCAP and would go on to coach cross-country at the Winter Sports School in Park City, where he would have a major impact on future Olympians and Utah Guard members.



U.S. Army World Class Athlete Program biathlete Sgt. Jeremy Teela, a three-time Olympian, practices shooting from the standing position Oct. 21, 2010 at Soldier Hollow, Utah. Teela will compete for Team USA at the XXI Olympic Winter Games in Whistler, British Columbia, Canada. ((Photo by Tim Hipps, FMWRC Public Affairs)

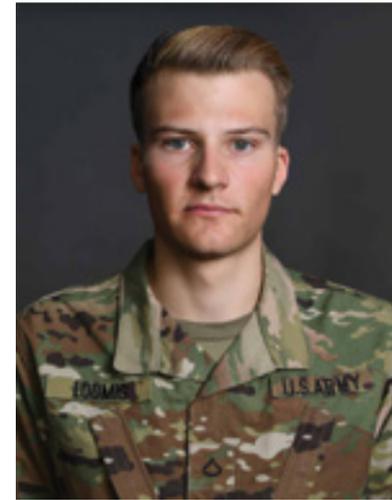


Above: Spc. Jeremy Teela enters the stadium at Soldier Hollow after completing his first trip around the course during the men's 10km Sprint Biathlon Race at the 2002 Winter Olympic Games, Feb. 13, 2002. (U.S. Navy photo by Petty Officer 1st Class Preston Keres)

Pvt. 1st Class Benjamin Loomis competes at the 2019 World Championships in Innsbruck, Austria.

Pvt. 1st Class Benjamin Loomis

Benjamin was born for winter sports. He started cross-country skiing in Wisconsin at two-years-old and ski jumping at age five. He fell in love with both cross country skiing and jumping, but since he couldn't choose between them, he decided to focus on Nordic combined, which blends ski jumping and cross-country racing. Nordic combined events have been featured in every Olympic Games since the first Winter Olympics in Chamonix, 1924 and include both individual and team events. Loomis moved



Pvt. 1st Class Benjamin Loomis

Right: Pvt. 1st Class Benjamin Loomis competes in Seefeld, Austria during February 2019 World Championships.

Below: In March, during the 2018 World Cup Pvt. 1st Class Benjamin Loomis flies through the air in Lahti, Finland.

from Eau Claire, Wisconsin, during his freshman year to attend the Winter Sports School in Park City, Utah. In 2016, he won a silver medal at the Youth Olympic Games in Lillehammer, Norway. While attending the Winter Sports School, he met Teela, who was the new cross-country ski coach.

“By the summer of 2018, I started looking into joining the Guard, talking to Teela, and it really made sense. By the end of that year, I had made up my mind. I wanted to join.”



Since graduating from high school, Loomis committed completely to Nordic combined, a sport which unites cross-country skiing and ski jumping, traveling and training for the sport full-time, and in 2018, he was nominated to the Winter Olympic Team.

Loomis enlisted in March 2019 with the military occupational specialty of 88M, motor transport operator.

“I wanted to get in and out of basic training as quickly as possible so we could get back to training,” Loomis said, “and that MOS was just one of the options. My focus was on skiing.”

Going to basic combat training as an athlete definitely made the physical aspects a lot easier than he expected.

“The mental aspect was a good challenge, and it was a lot of fun,” Loomis said.

Loomis' platoon in basic training didn't know he was an Olympic athlete until it was “leaked” about halfway through the training cycle. According to Loomis, he received a photo in the mail, which was then seen by his drill sergeant and the other Soldiers.

The photo was of Loomis with his friend and fellow Olympian, Jasper Good.

“We joined the Utah National Guard together,” he explained.

Not only did Loomis and Good swear in together, but they also shipped to basic combat training at the same time, were assigned to the same company, and later the same platoon during advanced individual training.

Their secret was out, but the drill sergeants and trainees took it a lot better than expected.

“Everyone, even the drill sergeants, thought it was really cool.”

To anyone who may be considering joining the Utah National Guard Loomis said, “Definitely do it. I've been very happy with my decision, especially with the community, the friends I've made, and how supportive everyone is. The Guard has exceeded my expectations. There's no downside.”

Loomis continues to pursue his Olympic goals as a Soldier-athlete and hopes to be nominated for the 2020 Winter Olympic Team.

“I am humbled and very proud to be representing the United States of America as both a Soldier and an athlete. Representing this country is a true honor and something I hope will inspire future generations.”

Below: Pvt. 1st Class Jasper Good, front, and Pvt. 1st Class Benjamin Loomis, center, at the World Cup in Klingenthal, Germany.

(Photo by Romina Eggert)





Pvt. 1st Class Jasper Good

Pvt. 1st Class Jasper Good

Jasper Good started skiing when he was four years old in Colorado and began his winter sports career at the age of nine. His love of Nordic combined, intensified while attending Steamboat Springs High School. He gained focus after qualifying for his first international competitions and traveling to the World Junior Championships. He was the Junior National Champion in 2013 and by 2016, he moved to Utah to start training with the U.S. National Team. In 2018 he was nominated to the Winter Olympic Team.

“At no point did I think I could pursue a professional skiing career and also be part of the Army or the National Guard,” Good said.

That is, until he met Teela, who introduced him to the Army World Class Athlete Program.

“It’s actually a really cool program,” Good said. “Essentially, we’re in the National Guard, but we get to compete in our respective sports, with the end goal of representing the Utah Guard and the Army in the Olympics.”

He enlisted in March 2019 alongside Loomis, with the same MOS of 88M, motor transport operator.

A big part of the reason why Good was willing to take this “leap of faith” as he called it, was the fact that he was



Pvt. 1st Class Jasper Good competes at the 2019 World Cup in Trondheim, Norway. (Photo by Sandra Volk)

able to do it with his friend Loomis.

“By joining the Utah National Guard, I learned discipline and new skills that will help me through my whole career.”

Now a Soldier-athlete with Army WCAP, Jasper is preparing to take another shot at Olympic gold in 2022.

“I love Nordic combined – it’s a unique combination of endurance and technical skills. It takes time and hard work to see rewarding improvements.”



Pvt. 1st Class Jasper Good at the World Championships in Seefeld, Austria.

Staff Sgt. Shauna Rohbock

Shauna Rohbock is a multi-sport athlete. She attained All-American status at Mountain View High School in Orem, Utah, then again in both track and soccer at Brigham Young University. In 1999, she heard the Bobsled Federation would hold tryouts that weekend in nearby Park City, Utah. She knew the next winter Olympics were slated for Utah and couldn’t



Staff Sgt. Shauna Rohbock

help dreaming about competing at the Olympics in her home state.

She enlisted in the Utah National Guard in February 2000, with the military occupational specialty of 25U, signal support systems specialists.

Though she did not qualify for the 2002 Winter Games, she won a silver medal

at the 2006 Olympics. In addition to other recognition, she is a four-time world champion and the coach of a silver medalist in the 2018 Olympics.

“I never got nervous walking on a soccer field for practice,” Rohbock said. “I get nervous before every bobsled practice.”

In 2019, Rohbock was inducted to the Utah Sports Hall of Fame in Salt Lake City, Utah.

She currently serves as the WCAP Women’s Bobsled Driving Coach. 🇺🇸

— BY Sgt. Nathaniel Free



Left: Sgt. Shauna Rohbock holds her 2010 Olympic Silver Medal. (Photo by Chief Oneal Williams)



Army National Guard Outstanding Athlete Program bobsled pilot Sgt. Shauna Rohbock (right) teams with Michelle Rzepka for a start time of 5.19 seconds en route to a run of 53.36 seconds in the second heat of the Olympic women's bobsled event at Whistler Sliding Centre in British Columbia. (Photo by Tim Higgs, FMWRC Public Affairs)

Reclaiming Our Emotional Investment

Life is full of different seasons. Season for adventure and quiet. Season of direction and confusion. Seasons of children running around the house and seasons of silence with small reminders of what once was.

Then change happens. Change does not always ask our permission or consent. If we are lucky, we get to participate in that change.

Many of us are averse to change; meaning, we would prefer to sit in a heaping pile of burning trash than brush ourselves off and set out in a new direction. We love the trash we know, right?

This adversity to change shows up in most areas of life; relationships, jobs, school, living arrangements, diet, exercise, finances. You get the picture. Changing any one of those circumstances can be entirely too scary to address, so we don't. And we suffer tremendously because who doesn't love a pile of burning trash???

Change is difficult but not impossible. Here's a quick tutorial on how to deal with it in a healthy way:

Regardless of the commitment (gym membership, date with your girlfriend, contract with the military, marrying a service member) emotional energy of some sort is spent nurturing that obligation. It's like water in a glass: every commitment to something or someone adds water (emotional energy) to the glass. Depending on the size of commitment, that glass may fill quickly!

Typically, when something is new and exciting we pour enormous amounts of emotional energy into it. Joining the military is usually one of those circumstances. A new partner or having a child is another. This process is called "cathect" which means to invest emotional energy.

Gradually, however, change steps in either by our choice or someone else's (deployment, child leaving the home, employment issues, etc.). What does one do? Fortunately, there is an equal and opposite process called "decathect" which Webster defines: "to withdraw one's feelings of attachment from a person, idea, or object." Decathecting allows one to retrieve the emotional energy invested in something previously important to them. Failure to do this results in feelings of being stuck, despondent or depressed. Think Uncle Ricco in Napoleon Dynamite who couldn't "decathect" from his high school football glory days!

You own the energy invested in life. It doesn't belong to another person, a place, or a thing. It belongs to you. Working through the process of recapturing that emotional energy by withdrawing attachment to things that are changing in life takes work, and is absolutely worth it! It gives you the strength to endure and thrive during change as it happens and into the future.

You own the energy invested in life. It doesn't belong to another person, a place, or a thing. It belongs to you.

Reclaiming your emotional energy does not mean that you don't love, respect, or appreciate the object or situation that is changing (the person, the job, the house, or the children), it just means it's time for change. The past will always be there with the experience and memories that accompany it, leaving a lasting imprint on the heart and mind. So walk away from whatever makes up your heaping pile of burning trash and DECATHECT!!!! Celebrate and let go of "what was" so you have the energy and vigor to create "what will be!"

This is Life Encouraged. 🇺🇸

—Andrea Phillips, LCSW Program Manager



Staff Sgt. Alfer Thompson, a radio frequency transmission systems journeyman, assigned to the 130th Engineering and Installation Squadron, is greeted by friends and family at Salt Lake International Airport January 23, 2020. Thompson, along with other members of his unit, returned home after a six month deployment in the Middle East. — U.S. Air National Guard photo by Tech. Sgt. John Winn

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

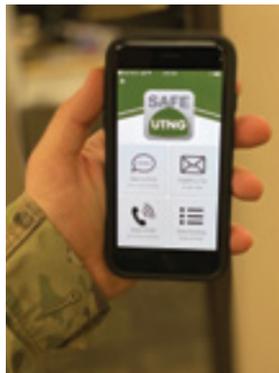
Jake Vickrey: 801-716-9228 Draper and Camp Williams
CJ Gibbs: 435-867-6518 Cedar City and St. George



The Best Warriors of Fire and Sword

CAMP WILLIAMS, UTAH— Staff Sgt. Homer successfully engages targets by calling for artillery fire as part of the battalion-level Best Warrior Competition held for members of the 640th Regiment, Regional Training Institutes BWC Jan. 4, 2020. 📷

— ARTICLE AND PHOTO BY Master Sgt. Clint Markland



In Safe Hands

DRAPER, UTAH —A new suicide prevention and awareness app is now live, designed to support Utah National Guard service members and families in crisis. The SafeUTNG app is free to download from the Android and Apple app stores, providing service members and their families with a safe, confidential platform to communicate with a crisis counselor 24/7. 📷

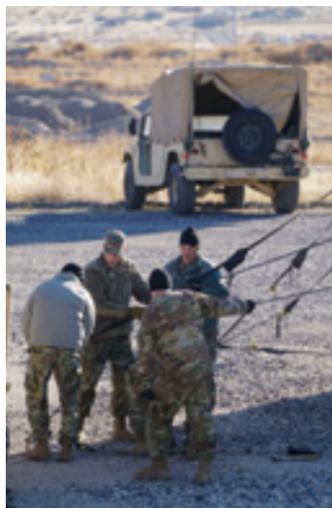
Download via Google Play: [Here](#)
Download via Apple App Store: [Here](#)



Utah Military Stores, Recreation Facilities Now Open to Veterans

SALT LAKE CITY — Military commissaries, exchanges and recreation facilities now available to eligible Utah Veterans, beginning on Jan. 1, 2020. The Department of Defense recently announced expanded commissary, exchange and morale, welfare and recreation retail eligibility beginning Jan. 1, 2020. Veterans include former members of any of the uniformed services 📷

— ARTICLE AND PHOTO BY Utah’s Department of Veterans and Military Affairs



The 204th MEB Slotted for Two Annual Training Events in 2020

CAMP WILLIAMS, UTAH— Soldiers assigned to HHC, 204th Maneuver Enhancement Brigade, Utah National Guard, set up a mobile command operations center in support of the brigade’s mission during field training at Camp Williams, Utah, Nov. 2, 2019. The mobile command center will be housed in a rapidly deployed tent-like structure called the Standard Integrated Command Post System. 📷

— ARTICLE BY Sgt. Nathaniel Free / PHOTO BY Sgt. 1st Class Rich Stowell



Veteran Swears Oath of Enlistment at Age 79

DRAPER, UTAH —At the age of 79, David Jager is likely the oldest enlistment in Utah National Guard history. Jager’s military record states that his Utah Guard career began on May 6, 1963 in Salt Lake City, at the age of 21, but he didn’t actually swear-in until Feb. 20, 2020, almost 57 years later. 📷

— ARTICLE AND PHOTO BY Sgt. Nathaniel Free



Utah Guard Soldier Offers Critical Assistance to SLC Police Department

SALT LAKE CITY, UTAH— Capt. Charles Thompson, a full-time victim advocate for Utah National Guard’s Family Programs was recognized by Salt Lake City Police Department Chief Mike Brown during a command staff meeting at the Public Safety Building in Salt Lake City, “for going beyond the call of duty,” Feb. 12, 2020. Thomson assisted SLCPD Detective Daren Sipes in taking a suspect into custody on December 6, 2019. 📷

— ARTICLE AND PHOTO BY Sgt. Nathaniel Free



Utah Guard Hosts 2020 Chief, National Guard Bureau Biathlon Championships

MIDWAY, UTAH — Teams of Soldier-biathlete teams from 21 states compete in the patrol event during the 2020 Chief, National Guard Bureau Biathlon Championship at the Soldier Hollow Nordic Center in Midway, Utah, March 1, 2020. The patrol event requires biathletes to shoot, move and communicate as a team. 📷

— ARTICLE BY Staff Sgt. Tim Beery / PHOTO BY Sgt. Nathaniel Free



Jazz Vet of the Game - Honorary Recognition of Sgt. 1st Class Sandberg

SALT LAKE CITY, UTAH — The Utah Jazz, in partnership with Larkin Mortuary, took a moment to recognize a local hero and member the Utah National Guard, Sgt. 1st Class Steven Sandberg, during the NBA game at Vivint Smart Home Arena in Salt Lake City, Feb. 5, 2020. Sandberg currently serves as the human resources non-commissioned officer for the 204th Maneuver Enhancement Brigade at Camp Williams, Utah. 📷

— ARTICLE BY Sgt. Nathaniel Free
PHOTO BY Utah Jazz, Larry H. Miller Sports & Entertainment

Operation: Guardian Support

DRAPER, UTAH — On Oct. 1, 2018, the 141st and 142nd Military Intelligence Battalion mobilized 35 Soldiers as part of a larger National Guard mission to support the Department of Homeland Security in securing the Southwest border.

In a presidential memorandum issued on April 4, 2018, President Donald J. Trump authorized the National Guard, with the affected governors' approval, to enhance its support to U.S. Customs and Border Protection along the southern U.S. border.

According to Lt. Col. Scott Chalmers, 300th Military Intelligence Brigade administrative officer and 142nd Military Intelligence Battalion commander, our Soldiers will work only in operational support missions and will not include roles in which they would interact with migrants or other people detained by DHS.

"They will not perform law enforcement functions during this deployment, and they will not be placed in direct contact with personnel coming to the border," Chalmers explained. "Our Soldiers are primarily working out of CBP headquarters offices and are utilizing their intelligence and analytical capabilities in support of CBP agents."

"Our Soldiers are able to use their background and skills of processing and analyzing information to deliver actionable intelligence to drive operations," added Maj. Aaron Sutliff, operations officer for the 141st Military Intelligence Battalion.

"In the Intel community, if you can only explain that an incident happened, you're not a force multiplier," Sutliff explained. "You need to be able to take information, conduct analysis, and actually turn it into actionable intelligence through predictive analysis. Predictive analytics is the value that we have been able to provide to the border mission."

The mobilized Soldiers are supporting three locations in Texas working in CBP offices, and in a "reach back" capacity, which allows intelligence professionals located in Utah to exercise their intelligence skills while providing real-world mission support without having to be physically on the ground.

"The operational reach back is a big piece of this mission," said Sutliff. "With the advances in today's technology, our intel professionals located in Utah are able to support the President's mission and actually provide anticipatory intelligence for CBP agents to drive operations in Texas."

National Guard units supporting the Operation Guardian Support mission through reach back increases the pool of available intelligence professionals across National

Guard units to support ongoing mission requirements, enhances the sustainability of intelligence skills, and minimizes mission cost since most members will be working within the commuting distance of their home unit.

The mission, originally planned for six months, was extended to two years at the request of the CBP.

"Once we came in and were able to actually provide predictive analysis and actually start delivering tangible products to Custom and Border Protection, they immediately saw capabilities that we brought to the border mission and they said this is a resource that we can't lose," said Sutliff.

"Having ready, capable forces to fill any need within the intelligence community, that's business as usual for the 300th," Sutliff added. "We can augment any operational force with a complex suite of intelligence capabilities."



Utah National Guard Soldiers with the 142nd Military Intelligence Battalion support Operation Guardian at the Southwestern U.S. border in Texas.

While the Soldiers mission is focused on homeland security, it also enhances the Soldiers ability to be more combat ready.

"The analytical support our Soldiers provide aligns with the mission essential tasks assigned to our unit and replicates what our Soldiers are expected to provide in any theater in the world," said Chalmers. "Readiness is our number one priority. Our Soldiers are getting an opportunity to serve their nation by improving the effectiveness of the Customs and Border Protection intelligence capabilities, while also honing their skills as intelligence professionals. Our support to CBP truly improves National Guard readiness."

"It's always impressive to me to watch our Soldiers fall in on a task that is not well defined," added Chalmers. "Our Soldiers are committed to the mission, they're flexible, they're professional, and they use their skills, training and experience to improve the capabilities of any organization that we support, whether that be fighting our nations wars or protecting our homeland."

Our Soldiers are 100 percent committed to the protection of this nation regardless of what shape or form the threat takes on," added Sutliff. "That's why we wear the uniform is to protect this country. Our Soldiers don't need much more than that for motivation." 🇺🇸

— ARTICLE BY Lt. Col. Ryan Sutherland
PHOTO COURTESY OF
142nd Military Intelligence Battalion



Brig. Gen. Tyler B. Smith views the river portion of the Southwestern U.S. border while visiting 142nd MI Soldiers as part of Operation Guardian Support in Texas.



Brig. Gen. Tyler Smith (pictured third from right) visits Soldiers with the 142nd MI as they supports the Southwest Border mission in Texas in 2020.

AIR PROMOTIONS

LIEUTENANT COLONEL

Stahl, Kathleen M

CAPTAIN

Batura, Nicholas M
Brady, Macklin Judd
Gale, Scyler A
Healey, Chyane J
Hendrickson, David M

2ND LIEUTENANT

Baker, Jaycee L
Matheny, Robert O
Scharman, Bryan G
Scherbel, Matthew W
Worsencroft, Gordon O

CHIEF MASTER SERGEANT

Lilya, Sandy S
Ombach, Rik W

SENIOR MASTER SERGEANT

Carter, Megan B

Dix, Fredric Bahey

Hottel, Aaron L
Kachold, Kenneth J
Ranger, Marc A
Recksiek, Brenda Jeanne
Stevens, Jason Lynn
Uberti, Jeffrey John

MASTER SERGEANT

Elsmore, Adam William
Flanders, James Robert
Groberg, David J
Hale, David M
Harward, Quinton Kade
Jones, Mavin Dee
Sagato, Milan Natalie
Smellie, Steven D
Valadez, Cindy

TECHNICAL SERGEANT

Carlson, Daniel H
Chadwick, Nicholas W

Christensen, Timothy B
Compton, Hilary Renee
Crowton, Daren G
Denoyer, Jesse Michael
Dew, Brandon
Donnelly, Sean Michael
Garff, Ryan H
Gibson, David A
Hansen, Kyle A
Higbee, Michael S
Hirshfeld, Tyler Raymond
Johnson, Brian G
Kreutzer, David Michael
Magee, Brandon Terrence
McClelland, Holly Marie
Miller, Casey J
Moghtader, Amber B
Mourtgos, Shane W
Mulcahy, Isaac T
Ramirez, Raul Victor Jr
Silva, Oliver Armando

STAFF SERGEANT

Carpenter, Michael A
De Leon, Joshua Lawrence
Ettinger, Solomon G
Fisher, Kevin T
Garlick, Amber E
Girts, Marc A
Healey, Matthew C
Johnson, Dalten M
Kinney, Bryan Michael
Larsen, Amber M
Pepe, Jami C
Richardson, Amanda L
Sheffield, Parker D
Shupe, Colton Jeffery
Wallace, Branden M
Weidler, David C
Whipple, Max J
Whitehead, Chasen D

SENIOR AIRMAN

Alofipo, Centennial V

Brandow, Warren F V
Byler, Trey Christian
Carr, Talin L
Drake, Caleb D
Fontaine, Garrett H
Green, Jason D
Lane, Michael T
Mecham, Trevor K
Narra, Nathan Jordan
Ormsbee, Zackary G
Pitts, Ashley T
Tholen, Adam T

AIRMAN 1st CLASS

Blood, Branson J

AIRMAN

Bailey, Tyson L
Chenworth, Dalton A
Hansen, Alex N
Martinez, Jensen C
Smith, Riley L

ARMY PROMOTIONS

LIEUTENANT COLONEL

Gatrell Deborah Lynne
Neff Chamberlin Wayne III
Warden Robert Ramage

MAJOR

Bandy Boyd Collon
Dagostini Adam Shaun
Jewkes Andrew James
Sorensen Shane Tucker
Spencer Douglas James

CAPTAIN

Green Steven Andrew
Ricks Tanner Emerson
Bybee Johnathan Aaron
Defriez David Paul
Duke Taylor Hatch
Kramer Scott Philip

FIRST LIEUTENANT

Hansen Rory John

SECOND LIEUTENANT

Hughes Kyle Christopher
Jonas Skyler Nelson
May Matthew Scott
Nicholls Dakota James
Steffenhagen Casey Wade
Strait Jarred Boyd
Tom Elizabeth Enoch
Tsukamoto Jacob Jun

CHIEF WARRANT 3

Chatwin Scott Anthony

CHIEF WARRANT 2

Peck Phillip Jaymes

CHIEF WARRANT 1

Malachowski Samuel Benjamin
Massey Lewis Nathan

SERGEANT MAJOR

Anderson Rawlin Daniel
Fellingham Daniel Warren
Harrison Kyle Barry
Lawrence Thomas Allen
Oldroyd John Wayne
Taylor William Allen II

FIRST SERGEANT

Holm Michael Steven

MASTER SERGEANT

Bastiani Justin Alexander
Beveridge Zachary Kay
Bybee Corey Roderick
Campbell Cody Simcox
Dahl Benjamin
Hernandez Gabriel Jr
Lyday Jason Adam

Maltsbarger Luke Allistair
Mecham Paul Devern
Millward Stephen Anthony
Richards Shaime Thomas
Smith Jeremy Clarence
Withers Jacob Theran

SERGEANT FIRST CLASS

Adams Kenneth Thomas II
Clewley Matthew Lewis
Davidson Shannee June
Ferguson Donald Kirk
Giles Cahugh Crook
Hardy Jerry Lee III
Howlett Justin Samuel
Irons Michael Paul
Klippenstein Adam
Madsen Russell Charles
Malichanh Chandler Douglas
Mock Darrel Ray
Nelligan Jason Dennis
Peiffer Kenneth Raymond
Ray Daniel Lemoine III
Rice Kevin Ira
Slaughter Leland Hardin
Smuin Jeremy Hyrum
Soelberg Janelle Kay
Stebbins Michael Carl
Sullivan Kasey Clayne
Wilcox Cody Ernest

STAFF SERGEANT

Bell Hans Peter
Bell Keith Brandon
Bishop Tyler Kenneth
Bowden Jordan Paul
Broadway Jacob Scott
Christensen Jacob Kelly
Condie Ron Rex
Day Shayne Michael
Dukes Richard Ray
Egan Sydney Thomas
Elison Ammon Aaron
Everly Christopher Marshall
Gibson Anthony Michael
Heinzig Kameron Lee
Hennessy Yuliya Valeriyivna
Holtman Shane Troy
Hudak Alex Edward
Hulseby Brandon Lee
Jacobs Troy David
Jenson Lars Erik
Jolley Samuel Christian
Kringlie Michael Thomas
Lamprecht Jefery Lance
Limburg Briton James
Lowe John Walter
Massey Kim Ly
Masterson Bryan Lee
Merkley Brett Calvin
Novosel Joseph Michael
Oneal Jerred Eugene

Packard Richard Lee
Pogue Rachael Ann
Prisbrey Preston Devin
Saiz Sterling Langdon
Simmons Marc Ben
Smith Austin Nikolas
Sorensen Kendall James
Southern Steven James
Staples Michael Brent
Thomas Anton Stephen
Thompson James Alexander
Toddy Jack Edward
Torgerson Richard Knighton
Torrestamai Alejandro Moron
Toscano Shyanna Jo
White Ryan Lynn
Zitting Stephen Clayne

SERGEANT

Adams Kyler John
Alder Ben Holden
Ambrose David Lafollette
Anderson Ryan Roy
Anderson Tyler James
Babbel Nathan Shan
Barton Cash Derrel
Bishop Levi Loss
Bradford Randall Scott
Brown Chasen Daniel
Burnside Kamryn Grace
Bush Robert Jonas
Butikofer Joshua Dwight
Butterfield Danny Robert
Bybee Kody Grant
Calchera Shawn Thomas
Campbell Anthony Daniel
Carter Caden
Carter Spencer Perry
Castrillo Martin Daniel
Castrovargas Sandra Catalin
Chapman London Dean
Childers Zachary Wade
Choe Mi Nam II
Clark Jesse Levi
Cloward Ryan Tanner
Cobb Dylan Richard
Conkling Alexander James
Cook Joshua Cho
Davis Andrew Jd
Denos Mason Samuel
Despain Cody Nathaniel
Drouet Antonio Dante
Dye Jordan Lyman
Evans Dakota Richard
Fails Keaton Scott
Francis Sydney
Friend Courtland Raymond
Gardner Rick James
Garner Carson Matthew
Gates Stetson Lee
Goodin Kenneth Michael
Gootee Nathan Scott

Gordon David Winfield
Gordon Ryan James
Haight Wesley William
Hardy Chanson Kenneth
Haws Gary Nathan
Hernandez Simon Edward
Hess Jonathan David
Howell Andrew Merrick
Hunsaker Jordan Alan
Hymas Steven Joseph
Jacox Tyler Brent
Jensen David Tyler
Jessop Derek Cole
Joens Zachary Adam
Johnson Kyle Vaughann
Johnson Nathan Samuel
Johnson Ryan David
Jorgensen Dru Hardy
Kelly Aaron Jacob
Kern Ryan Daniel
Kidd Chance Colton
Lalick Jay Michael Jr
Lanier Jared Wright
Lechtenberg James Wyatt
Lundberg Russell Jacob
Lynch Kevin Michael
Madsen Levi Caleb
Maia Tiago Sa

Matizrubio Victor Manuel
McDonald Chase John
Mellor Carson James
Merrill Arin Kay
Merrill Benjamin Neal
Middleton Devon K
Minion Tommy James
Mohler Michael Gary
Moore Robert Josephlige
Newkirk Tyson George
Olsen Ethan Scott
Oreilly Victoria Grace
Parham Matthew Eric
Passey Tyler Matthew
Paxton Neil Benjamin
Peahl Christian Frank
Qaisar Ahmed Mohammed
Ramchandani Ravi Daulat
Reeder John Scott
Reid Jordan Neil
Reyessanchez Airan Jesus
Rich Laramie Cole
Romo Roberto
Ruizcamacho Melissa A
Sand Mary Clare
Schroemges John Quinten
Scott Joshua Curtis
Sinthavy Vinai Penn
Sowards Thomas Kelly
Streuling Michael Dylan
Strunk Daniel Lee
Tanner Weston Duane
Thomas Martina Marie
Toyn Jordan Kent

Vanroosendaal Jacob C
Vickers Kaylen Joseph
Welch Jon David
Welcker Christopher Paul
West Stetson D
Whatcott Benjamin Gary
Wiedmeier Caleb Randall
Wight Dominic James
Willard Dexter Rex
Wirkus Branden Dave
Wiscombe Konner Karl
Wood Rory Teancumbrett
Zumwalt Khamchaunh Jacoblee

SPECIALIST

Adams Shelton Hayes
Alcantara Edwin
Anderson Carter Danny
Babcock Jonathan Robert
Barton Justin R
Bass Andrew David
Bass Kenneth William
Bavaro Antonio Vincent
Bedell Kalani Edward
Benson Robert Benjamin
Bettridge Megyn Rae
Black Adam Conley
Black Wyatt Norman
Brinkerhoff Benjamin Tyler
Brown Christopher Youngjune
Bruderer Brayden Lane
Burnham Patrick Clayton
Christensen Cody Merrill
Clonts Rebekah Faye
Cook Westley Collins
Copeland Preston Scott
Corbit Jacklyn Deann
Cowley Joshua Holmes
Craner Austin Kinkead
Davis Daniel Nicholas
Dayton David Michael
Dearing Avory Ryan
Decker Charles Harrison
Dequeiroz Justyn Ryan
Draskovich Ivan Mitchell
Ewart Jared Micah
Flint Scott Daniel
Fowkes Preston Michael
Gerber Nicholas Roy
Glad Connor David
Goble Ty Austin
Gochnour Gustav Lowell
Golding Jake Lawrence
Griffin Angela
Henry Eric Scott
Herbst Kenneth Duncan
Hernandezalmazan Brandon R
Holt Geoffrey Daniel
Hoskins Chrsitine Mae
Humphries Trevor Jonathan
James Devin Louis
Jarman Wyatt Keith

Jespersion Jacob Reed
Jewkes Jacob Allen
Johnson Jarom Carlon
Johnson Ryan England
Jordan Brian Alan
Judd Braden Robert
Jurado Lopez Luisraymundo
Kammerman Jared Calton
Kenworthy Joshua William
Latham Jonathan Richard
Lau Zachary David
Ledward Kyle Jason
Lee Alexander Steven
Lee Christian Gerard
Leo Garrett Robert
Leon Kaden Humberto
Lewis Parker Shay
Lobatoyanez Angel
Mafoa Filivalea
Marsh Landon Laine
McDonald Mateo Brendon
Mendoza Katie Granados
Menzies David Stuartc
Miner Jared Dotson
Moon Eric Euncheon
Moore Quentel Milano
Moore Ryker Richard
Morris Hunter Keith
Nicholes Kade Jason
Nielson Kyle Andrew
Nordin Joseph Ammon
Ochoa Jayden Gwen
Orozcodelvalle Jesus E
Osborn Tyler Stanley
Pantaleon Geronimo Medel
Petersen Jaden Mark
Pintor Andres
Price Luke Powell
Prigmore Shad Robert
Quinteroduran Marco A
Rice Britton Lenox
Rotering Christopher Joseph
Rowley Benjamin Christian
Ruiz Angel Leonires
Ryoo Wonjong
Salerno Gianna Summer
Schick Bailey Don
Seegmiller Joseph Edward
Sepulveda Cristal
Sinon Kevin Scott
Sipe Rebecca Marie
Smith Daniel Paul
Smith Jared Douglas
Smith Samuel Rey
Smithchecketts Micheal W
Sotoandrade Diana Faviola
Spencer Nathaniel Morgan
Stark Jacob Chase
Suaste Chavez Fernanda
Tengono Christopher Alexand
Tolman Brennan James
Torres Angel Roxann

Vanderlinden Kierra Jayden
Wadsworth Simon Skipper
Weatherwalk Curtis Joseph
Wenkel Ashton Kevin
Williamson Jay Michael
Womack Jaxson Allen
Wood Andrew Beyer
Wright Christopher Edward
Zimmerman Katie Heather

PRIVATE FIRST CLASS

Abelhouzen Chandler Ridge
Ahkuoi Mikaylah Moenique
Alba Chaz
Alleman Garrett Andrew
Alvarenga Zachary Tyler
Anderson Cole Thomas
Anderson Hyrum Riley
Barker Brady Harrison
Bentley Joseph Matthewr
Berry Jessica K
Berry Joseph K
Black Parker Jens
Bohm Tanner Lee
Brandt Marc Edward
Brarin Jaeden Michael
Carhuaricra Riveros Bryant
Carter Dexton Shane
Carver Jason Philip
Cervantes Felipe Garcia
Choi Brandon
Christensen George Douglas
Christensen Matthew Steven
Christensen Stetson Adam
Clark Brenden Spencer
Cly Christian Jimmy
Cooper Cenedra Lee
Cuch Joon Conner
Cummins Jonathan Randall
Davey Gavin Zachary
Dreyer Megan Rylee
Faleseu Pelesala Juevon
Ford Joshua Kim
Fordham Braycen Lowell
Frampton Taylor Rodney
Frischknecht Dakota Shay
Furniss Holbrook Alan
Galley Victoria Kathleen
Goldtooth Ruben Garrett
Goodrich Garret Andrew
Gorringe Braxton Keith
Groves Hunter Patrick
Hattaway Tj Allen
Heath Ian Clifford
Henderson Bryson Edger
Hernandez Miguel Gaspar
Howard Isaac Lawrence
Huber Daniel Dale
Ihde Jared Allen
Jacobsen Dakota Chavez
Jacobson Karsten Andrew
Jeffery Sierra Nicole

Johnson Starla Shawnon
Jones Taylor Robert
Judd Austin Nicholashehn
Karren Gage Michael
Kent Chandler Michael
Krashowetz Michael Kailen
Lake Kyndra Leanne
Laney Sheldon Scott
Lierd Weston Jamesluttmer
Linville Rebecca Vignette
Low Gregory Richard
Lunt Hunter Chad
Magleby Mikeal Russell
Malles Kevin Daleorion
Mangrum Ross Patrick
Manns Maurice Mondrae II
McKenna Morgan David
Meier McKay Craig
Midgley Daryl Rex Jr
Miller Rose Marie
Morales Omar Antony
Munns Martee C
Oldham Alexis Nicole
Pantojavarela Anthony
Phillips Thomas Wayne
Pia Justin Todd
Pierro Randall Williamj
Poole Christopher Robert
Putnam Tanner Lynn
Reyes Ybarra Josephsergio
Rodriguez Carson Steven
Salazarcastillo Jesse J
Schick Talon Washington
Shafor Lauren Elizabeth
Shumway Marshall Burdett
Tippets Dalton Scott
Valdiviezobalderrama Jesus
Warnecke Grayce Dorothy
Wilcock Micah James
Willden Mackenzie Lynn
Willey Elizabeth Marie
Willson Tyler Curtis
Wiseman Colby Guy
Wolfe Darby Lyle
Yeagley Jackson Alan
Young Kody Corwin

PRIVATE (PV2)

Acker Teryn Ann
Allen Connor Lee
Andersen Liesel Josie
Anderson Shannon Marie
Angell Joey
Baggett Charlie Carl IV
Barber Joshua Thomas
Barney Kaleb Miles
Baumgartner Zakary Taylor
Bias Tereqe Oshea
Bizier Brandon Jerry
Brice Ashton James
Broadbent Timothy Howard
Burnside McKay Allen

Butler Westin Ryan
Campbell Brayden Matthew
Christensen Charles Jon
Deleondeleon Escarlet A
Doman Coletan Michael
Edgel Laith Wyatt
Fielding Nathan Paul
Figueroaornelas Manuel L
Garcia Diego Israel
Gayler Tucker Scott
George Derek K Jr
Grundy Addison Maelynn
Haight Connor James
Harris Wyatt McGee
Hayes Finnegan Cyril
Hernandez Ismael Jr
Horn Robert James
Huntsman Bruce Robert
Jenkins Cedric Hardy
Johnson Braden Paul
Johnson James Hadlandh
Jones Jens Shumway
Kimball Audrey
King Jordan Richard
Lefau Saitaua Christopher
Lindow Jacob Carlgunnar
Lucas Drake Gage
Martinezacuna Fabrizzio
Miller Violet May
Moo Taw Nay
Morton Daniel Zaynejoseph
Padilla Gonzalez Oscarjosh
Perkins Benjamin Joseph
Peterson Emilee Madisen
Peterson Ernest Connor
Putnam Michael Wyatt
Repp Casey Austin
Ringgold Ariyana Kaiera
Rose Ashley Grace
Rowley Samuel Luke
Sheeran Isaiiah Daniel
Smith Ethan Kaleb
Stafford Radi
Stephens Kade Samuel
Stewart Natasha Grace
Stockdale Camden Dee
Thorpe Devyn Jay
Turner Joshua Michael
Tuttle Jakoby Bojames
Walker Briston Gary
Ward Staton Bradley

PRIVATE

Alfaro Josue
Argyle Kimberlyn
Baird Bryce James
Barnes Christian James
Chhe Luke Thaisan
Dahlia Matthew Anthony
Davis Joshua Brian
Decker Issac Asher
Doty Aaron James

Fike William James
Frandsen Cierra Marie
Gibson Clint Darren
Gibson Terrance R
Grant Parker Wells
Gribble Jesse Artemus
Hailstone Jasmine Rebekah
Hansen Koby Jonn
Hunsaker Christian Garth
Johnson Logan Eric
Kleinsmith Jack Butler
Kramer Ewan Thomas
Marshall Tyler Wayne
Matheny Lita Rose
McDaniel Trevor Neal
McDonough Michael Kerry
Michel Luis Antonio
Montoyaruiz Francisco E
Moore Tyler Hampton
Murray Austin Joseph
Neilson Jesse
Overbey Donald Louis
Pflueger Jared Robert
Phillips Logan Jay
Riddle Casey Nolan
Robinson Jaxson Colton
Rodriguezruiz Erica Ibet
Sibal Enya Monetautumn
Singleton McKade Parker
Sloan Megan
Smith Talmage Fielding
Sotelovasquez Wendy
Sproul Nathan Robert
Stafford Elijah
Thompson Robbie Makoa
Toledo Dallin Christian
Tweddell Dallen Christopher
Vande Sluis Ryanscott
Washburn Alice Curcio
Wilcox Ethan Jess
Wirz Kiegan Harris

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

FLASHBACK PHOTO

Brig. Gen. William G. Williams

100 years ago, Brig. Gen. William Grey Williams, a veteran of the Spanish-American War, Mexican Border War, and World War I, was appointed Adjutant General of the Utah National Guard for the second time. He was first appointed adjutant general in 1917, but had to resign his command to volunteer for active duty in World War I. After returning from WWI, Williams was again appointed as adjutant general in 1920.

In 1928, Camp Jordan Narrows was renamed Camp W. G. Williams, in honor of his efforts to establish the permanent training site for "intensive training in every duty that may be expected in an artillery regiment on active service against an enemy."

Williams died Jan. 29, 1947. He is buried with his wife, Jessie Melissa Williams, in the Utah State Veterans Memorial Park, located adjacent to Camp W. G. Williams.

