



WASHINGTON MILITARY DEPARTMENT

EVERGREEN

MAGAZINE

SPRING 2018

NO REST IN SIGHT

The Washington National Guard's 10th Civil Support Team has been non-stop since the start of 2017, will 2018 bring any relief for the 22-man unit?



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RIGHT PLACE

JOINT BASE ELMENDORF-RICHARDSON, Alaska-- While in Valdez, taking part in Exercise Arctic Eagle 2018, Guard members from the 103rd Civil Support Team, Alaska National Guard, and Washington National Guard Homeland Response Force worked with first responders after a real-life diesel fuel tanker truck crashed near a water way.

The tanker truck exited the roadway and crashed, overturning a tank, which began to spill diesel fuel. Teams were called to dig trenches and lay down chemical quick dry to keep the fuel from reaching a fresh water stream that is used for fishing. Water samples were tested and no chemical substance was detected.

"The Valdez Fire Department asked for our assistance in containing a fuel spill from a diesel tanker truck that tipped over, went off the road and ruptured a tank," said Lt. Col. Steve Wilson, assistant director of the exercise.

Guard members were in Valdez for Arctic Eagle 2018, a statewide exercise involving national, state and local agencies designed to provide opportunities for 1,100 participants to conduct sustained operations in arctic conditions.

"We were proud to serve our neighbors here in Alaska and welcome every opportunity to engage in extending a helping hand to mitigate potential hazards and safeguard the safety of all citizens," said 1st Lt. Shawnta DiFalco, commander, 792nd Chemical Company, Washington National Guard.

Story by Joseph Siemandel



RIGHT TIME

"It was like, 'Holy cow! How ironic, We are here. We are chemical specialists. We are trained in mitigating this type of spill — this type of disaster.'"

- Capt. Jim Hopkins

photos by 2nd Lt. Marisa Lindsey, Alaska National Guard



GUARDSMEN GAIN VALUABLE SKILLS AT COLLEGE OF NURSING

FAIRCHILD AIR FORCE BASE, Wash. -- With one smooth and calculated motion, an IV needle is inserted into the arm of Capt. Neal Alexander, maternal child flight manager at the 92nd Medical Group, by Airman 1st Class Jessica Schiller, an aerospace medical service apprentice at 141st Medical Group (MDG), during IV and laboratory draw training at the simulation lab at the Washington State University College of Nursing Riverpoint Campus in Spokane, Washington.

More than 45 nurses, medics and medical providers from the 141st MDG as well as seven medical personnel assigned to the 92nd MDG teamed up for the combined training.

"We are incredibly fortunate to have a relationship with WSU," said Capt. Kandace Kannberg, the staff development nurse at the 141st MDG. "We probably get our most meaningful training here because many of our members do not work in the medical field as civilians. This is their chance to get hands-on experience to accomplish those skills to be ready when the call comes that we're needed for support."

The 141st MDG gets the opportunity to train three to four times a year at the WSU Riverpoint campus on a number of skills and techniques. Past trainings have included teachings on orthopedic trauma, massive blood transfusions, treatment for different kinds of shock, and gunshot wound treatment and care.

Each training event has a theme and objective for the group. The first portion consists of lecture sessions that go over a range of topics and training objectives for the weekend. Local medical providers, often prior military members, may volunteer their time to deliver lessons as well.

For the simulation portion, the larger group is split up into smaller teams who then rotate through different stations. The simulations are built from past training lessons, new training objectives, or can be pulled from scenarios WSU uses with their nursing students.

The training schedule runs on a 24-month cycle that follows a comprehensive medical readiness training plan that's required for all medics, nurses and providers to maintain their currency for their medical certifications.

Airman 1st Class Mariah Kroeze, a medical technician for the 141st MDG, is a traditional Guardsman, a full-time student and was a participant in this weekend's training.

"It's an important experience," said Kroeze. "I enjoyed the lecture portion, but actually practicing the skills, getting hands on experience, and being able to get in there and place an IV successfully helps me to be proficient at the skills that I'm expected to know."

The next training is slated to take place in June and Guardsmen will get the chance to receive hands on training with multi-patient trauma, much like an emergency room setting. Participants will be learning about cardiac disorders, practicing electrocardiogram interpretations, and needle decompressions for a collapsed lung.

"It's been great to watch our new medics learn and take the lead over the years," said Kannberg. "If this training can give them the confidence to try something that the thought they couldn't do and take something that they've learned, I feel like I've done my job."



SHE SAVED THE CHILD'S LIFE QUICK REACTION BY ONE WASHINGTON NATIONAL GUARDSMAN SAVED THE LIFE OF A YOUNG GIRL DURING A ROUTINE FUEL STOP

Camp Murray, Wash. -- A small child in the North Bend area was on the verge of death, if not for heroic actions of a medic from the Washington National Guard and her team, who spotted the child in the back of a sport utility vehicle and quickly went to her aid.

"It was clear that if it had not been for the efforts of Pvt. Hilinski, the young child would not have survived," said Sgt. 1st Class Jesus Garcia.

It was just a normal convoy from the Olympia Armory to the Yakima Training Center for Headquarters Battery 2nd Battalion, 146th Field Artillery Regiment; typical Friday traffic in Western Washington, and fuel stops in North Bend before heading over Snoqualmie Pass.

"We just made our regular fuel stop at the TA truck stop in North Bend," Garcia said. "While we were there, I observed a black sport utility vehicle

with a lot of movement going on."

Garcia was witnessing a young girl in the rear passenger seat who had stopped breathing, became non-responsive and had no pulse, according to after action reports from the incident.

"I heard a shout for a medic," said Spc. Brandon Issacson, medic specialist. "I was searching for the reason, when I looked over into the parking lot, I saw Pvt. Hilinski's already by an approximately 3 to 4 year old child's side with two or three other soldiers."

Pvt. Gracie Hilinski, a medic with the unit, was the first medic to arrive on the scene. After not detecting a pulse she began administering CPR.

"The patient had been laid down on the asphalt with an Army Combat Uniform top behind her head, and had evidence of vomit around her

mouth and down her chest," said Issacson. "I ran over, and Hilinski quickly told me that she had been unable to find a pulse and so had started CPR."

After several rounds of CPR, Hilinski took a pause for rescue breaths.

"I felt a pulse, but it was weak," Issacson said. "I confirmed with another soldier that 911 had been called and civilian medics were in route." Hilinski began CPR again with the assistance of her fellow Guardsmen.

"I felt a radial pulse, and found it getting stronger," said Issacson. "Sgt. Schutt found a radial pulse and agreed."

After another round of compressions by Hilinski, the patient began making sounds as if she was trying to breathe. They turned the young girl to her side, and began patting her on the back.

She was breathing and it was getting stronger, then tears came from the little girl.

"At this time, most patient care was completed," said Issacson "The patient's mother was attempting to calm the child."

Many of the soldiers returned to filling up the vehicles, cleaning up the area and talking with the family until the ambulance arrived.

"Hilinski's actions were immediate and confident, showing all the aspects necessary in a competent and effective medic," said Issacson. "Jumping into a scene that terrifies many new EMTs, her actions saved the life of a child."

Emergency Medical Services arrived shortly after and escorted the family to a treatment facility.

"Based on my experience I can say that Pvt. Hilinski saved that child's life that day," Garcia said.



NEW GRAPHIC HELPS PUBLIC TELL DIFFERENCE BETWEEN TSUNAMI ALERTS

TSUNAMI SCIENTISTS AND EMERGENCY PREPAREDNESS PRESENTATIONS ON THE

MANAGEMENT PROFESSIONALS ALSO RECENTLY WRAPPED UP A SERIES OF TSUNAMI WASHINGTON COAST, WHICH DREW ABOUT 1,000 PEOPLE AT EIGHT EVENTS.



The Washington Emergency Management Division unveiled a new tsunami alert graphic during presentations with the public on the coast and emergency managers during recent events.

The graphic, created with input from local jurisdictions, provides more details to help the public better understand the differences between a Tsunami Watch, Advisory and Warning and is based on an existing template created by the National Oceanic and Atmospheric Administration.

Maximilian Dixon, the earthquake program manager for the Washington Emergency Management Division, said it's important to clearly explain the differences between the various tsunami alerts. In January, there was a 7.9 earthquake in Alaska that hit in the middle of the night. The earthquake triggered a tsunami watch in Washington state, but that was lifted after a couple of hours.

Still, Dixon says there was confusion from the public as to what to do during a watch, hence an increased public awareness campaign, including public presentations and working with local emergency managers.

On April 4, the Washington Emergency Management Division conducted a tabletop exercise with dozens of emergency managers from the coast, including representatives from local tribes, county and city governments and the U.S. Coast Guard. An official from the province of British Columbia was even an observer.

“It really is a timely topic to come together and sit down and how we’re going to address these issues better,” Washington Emergency Management Director Robert Ezelle told the group during the meeting.



Story and Photos by Steven Friederich

“We’ve had a couple wake up calls in recent history. I mean, literal wake up calls where our team has actually been woken up. We’re looking at making this a regular event going forward where we can continue to chip off the rust and make sure we’re sharp and focused and ready to deal with this when it does happen again.”

The event in Ocean Shores was broadcast on TVW and is still available for viewing now.

“We’re going to give you the information that we can, but when we say get inland, get to high ground and keep going if you can, we mean it,” Dixon told attendees. “A tsunami is a series of waves that are coming in and the first wave is not necessarily the highest.”

Dixon notes that during the devastating tsunami in 2011 in Japan, “The fifth wave actually ended up being the highest.”

Scientists covered the difference between a distant tsunami (like from Japan or Alaska) and a local tsunami, which could come from a huge 9.0 earthquake in what's called the Cascadia Subduction Zone off the coast of Oregon and Washington.

A distant tsunami could trigger a watch, like what happened in January. At that point, scientists with the U.S. National Tsunami Warning Center review data to decide whether to increase the alert level.

As waves move over “DART” (Deep-ocean Assessment and Reporting of Tsunami) buoys and special gauges, scientists are able to get a clearer picture and either drop the watch completely or else raise it to an advisory or a warning.

“An advisory has powerful currents potentially coming in with inundation up to three feet,” Dixon said. “There could be strong currents for the maritime community, for boats and for those in water. Stay away from the shore. This is just a small potential tsunami, but even a really small tsunami has the potential to push boats and cars and cause damage. This is the whole ocean moving. It’s very powerful. There is 1-3 feet of tsunami waves.”

“Anything above three feet is a warning and a warning goes out. Now, you’re talking about really powerful currents, potentially high waves and this is when you really want to get everyone out of the inundation zones and immediately to high ground.”

Coastal sirens, meant to be heard for those outside, will automatically go off when a warning is issued and NOAA Weather Alert Radios will go off, as well.



A warning will also be issued automatically if there’s only less than three hours between when a tsunami wave is expected to hit the coastline and when the earthquake occurred. Dixon explained that the warning is issued because scientists want to be extra cautious since their time to review buoy data and other information has a compressed timeframe.

During the January 7.9 earthquake in Alaska, a warning was issued in British Columbia because the province was less than three hours from potential waves (which never really emerged) compared to a longer timeframe for the Washington coast, where just a watch existed for a couple of hours.

Meantime, if residents are on the coast and feel an earthquake, don’t wait for the sirens to go off. Start walking to high ground immediately.



The earthquake is your alert.

“The models we see is based on scientific information that gets inputted,” said Chuck Wallace, the Grays Harbor Emergency Management director. “It could be better than this or worse than this. When you look at these models, don’t look at them and say, ‘This is what’s going to happen. My world is over.’ Most of these events won’t be the worst case scenario but somewhere in the middle and if we prepare, we have a really good chance to survive these things.”

STAY INFORMED LINKS

The U.S. National Tsunami Warning Center issues tsunami information for the continental U.S. and Canada. They have a Twitter account where they post official notices at twitter.com/NWS_NTWC

You can follow their account on Twitter. However, if you do not have a Twitter account, you can still follow the account via text messages. For tsunami notifications, send a text message to 40404 with the words “Follow NWS_NTWC” as the message. You can also sign up for emails at tsunami-information-ioc@lists.unesco.org.

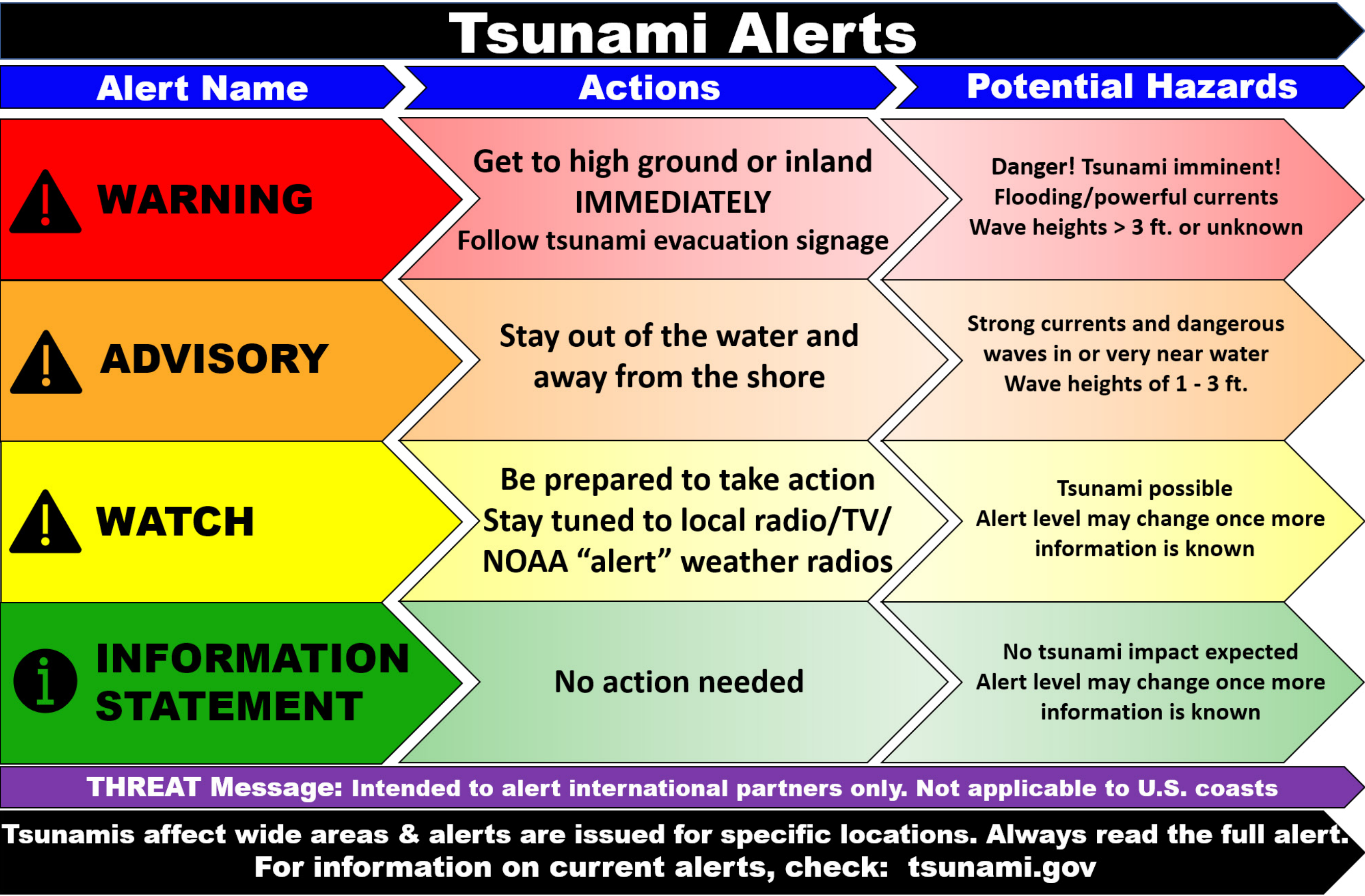
For more preparedness tips about tsunamis and to view information about vertical evacuation structures, visit mil.wa.gov/tsunami

For preparedness tips and to download material from the tsunami workshops or sign up for local alerts, visit mil.wa.gov/preparedness

For an interactive geology map, visit www.dnr.wa.gov/geologyportal

For geologic hazard maps, visit www.dnr.wa.gov/programs-and-services/geology/geologic-hazards/geologic-hazard-maps

For tsunami information, visit tsunami.gov/



The graphic, created with input from local jurisdictions, provides more details to help the public better understand the differences between a Tsunami Watch, Advisory and Warning and is based on an existing template created by the National Oceanic and Atmospheric Administration.



NO REST FOR THE 10TH CIVIL SUPPORT TEAM

Camp Murray, Wash. -- Lt. Col. Ricky Thomas jokes that since taking command of 10th Civil Support Team (CST) 18 months ago, he has yet to unpack his suitcase. Looking at his calendar, his bags will remain packed for a while.

"When I first came to the CST, we didn't have as much going on," he says. "But we made it a point to start doing outreach in the community, and not just Washington communities but across the first responders everywhere."

In his time with the 22-person team, Thomas has been all over the world. His team's primary focus has been at home in Washington. Trips to Saipan, Guam, Alaska, Hawaii, Florida and Washington, D.C., among many others, has put an emphasis on the importance of the CST. The team specializes in identifying and assessing suspected Weapons of Mass Destruction hazards, advises civilian responders on appropriate actions through on-site consultation, and facilitates the arrival of additional state and federal military forces.

"When we aren't on site for an incident, we are training and teaching," said Thomas. "We are always training."

The requirements to be on the CST are just like many other jobs in the military. You have to obtain the proper military occupation specialty. However that's not where the training stops. In just two years the CST has invested more than \$4 million into training its members.



ALWAYS TRAINING FOR FUTURE DISASTERS

Thousands of people file into CenturyLink Stadium as they watch their hometown Seattle Seahawks. Outside the stadium is another team, working hard to win as well. The only exception is that team does not have the option to lose. They won't be seen with flashy uniforms and electrifying intros but more likely driving dark-blue trucks, wearing khakis and combat boots.

The "other team" is the Washington National Guard's 10th Civil Support Team (10th CST), and they are vital to ensuring the safety of everyone in attendance. The 10th CST works hand in hand with first-responders to detect and identify Weapons of Mass Destruction hazards, advise civilian responders on appropriate actions by on-site testing and expert consultation, and facilitates the arrival of additional state and federal military forces.

"Our team is highly trained, and ready to go when called to assist first responders and local law enforcement," said Capt. Ryan Dykes, Operations officer, 10th CST. "We know that the first few minutes after a disaster are the most dire, and we have to be prepared for anything."

The team can also be mobilized within three hours to any call to action. The events extend much further than just sports, the team also supported the Presidential Inauguration in D.C. this past year. As well as countless other exercises.

This amount of responsibility is not just given but it is earned. Every Civil Support Team in the country has to stay current with their training and pass an evaluation to keep their status.

"If we do not pass one of these every 18 months, it prevents us from doing our job and would make us have to call in a CST from another state," said Staff Sgt. James Hanrahan, WMD CST. "The training and evaluations are invaluable because they demonstrate why it is important to be steps ahead of all possible threats. As well as making sure the first time you encounter a threat or situation should be in training and not a real-world scenario."

"We work with first-responders on a regular basis. It is important so that we know their capabilities, but also so they know our scope of work and what we're able to do." Hanrahan added.

Building on their partnerships with state and federal agencies is key in everything they do. Cross-training has even carried into their evaluation, where they were able to train with local fire departments, police departments and some FBI components through various exercises and tests. This gave both sides an opportunity to network and get familiarized with one another. In case of an emergency, crucial time would be saved because of an organization's rapport and knowing the strengths of one another.

The 10th Civil Support Team is able to function at such a high level because of its importance of teamwork and professionalism.

"Be flexible," Hanrahan said. "Things are always changing and just because you may have a solution does not mean it is the only way."

It is this mentality of always adapting and being able to learn through collective efforts that has kept the team on the winning side of their missions.

"It's an honor to be considered one of the premier civil support teams in the country," Thomas says. "We work hard to build and maintain our relationships."

All the travel doesn't mean the CST has lost focus of the mission at home. In the last six months they have been assisting in the battle against the latest drug craze – fentanyl.

Fentanyl is an opioid used as a pain medication and together with other medications for anesthesia. However, the synthetic drug is deadly because it's so much stronger than heroin. According to the Centers for Disease Control and Prevention, it's up to 100 times more potent than morphine and many times that of heroin.

One fentanyl call in the middle of the evening required the CST to travel to central Washington and set up shop before police could go in to investigate and do their jobs.

"We have the only mobile lab in the state that can even detect fentanyl," said Thomas. "It is so new to many first responders in the field and is popping up everywhere that we need to come in and test the area before they can do their jobs."

Whether it's supporting local authorities with illicit drug busts, monitoring the air quality at sporting events or teaching other Chemical, Biological, Radiological, Nuclear professionals, the 10th CST has proven one thing – they show no signs of slowing down.

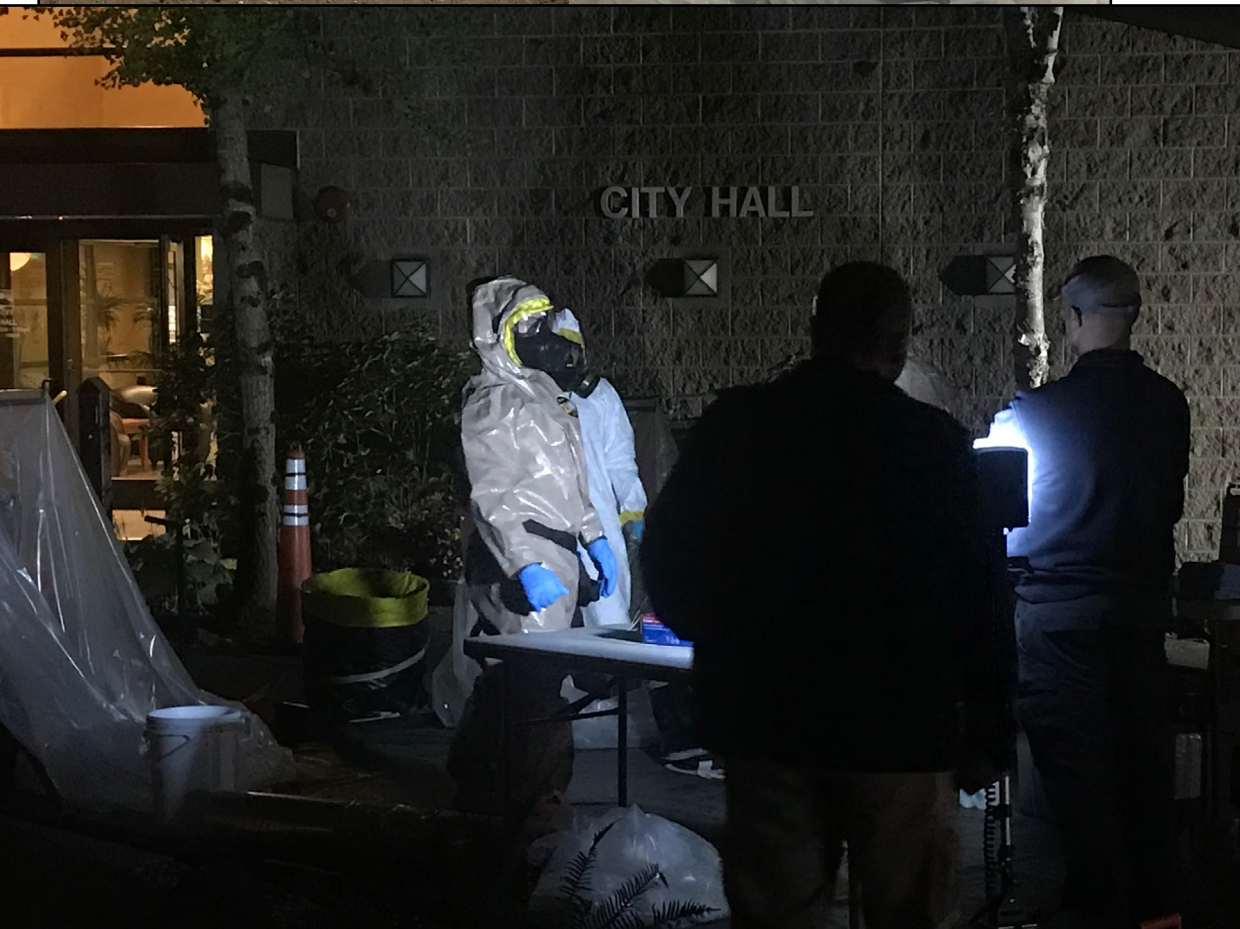
"We are ready to take on missions and continue to build relationships," said Thomas. "I think everyone here likes being busy and having a full schedule. It shows how important this job truly is."

"It can take a minimum of three years to get qualified for our positions and trained up to do the job in the field," said Thomas. "We have had a lot of turn-over the last few years. Part of that is people being promoted, people taking different jobs in the Guard or moving on to the civilian sector, but we find a way to still accomplish the mission with less."

In 2017 the CST supported the Presidential Inauguration, the Governor's Inaugural Ball, worked with Seattle Fire and Police at every Seattle Seahawks home game, responded to numerous suspicious packages and assisted with illicit drug investigations. The new year has already pulled the unit in numerous directions.

"In January and February we had the honor of working at Super Bowl 52 in Minneapolis alongside other CSTs, and we have members heading to Hawaii and Guam, Louisiana, Nevada and conducting training here at home, all before the end of March," said Thomas. "Our schedule has a return trip to Saipan and a trip to Thailand before the end of the year as well."

Super Bowl 52 marked the second time in three years the CST has supported one of the biggest sporting events in the world. The team has been invited to join the Georgia National Guard's 4th Civil Support Team for Super Bowl 53.



Around the Department

During March's drill a group from the Washington State University History Department came to the Camp Murray museum to officially unveil a year-long project on the 161st Infantry Regiment during World War II.

The project was funded by Lt. Col. (Ret) Edwin Park, a member of the 161st Infantry during World War II and WSU Alumnus. The project was broken into three separate sections, a manuscript, a video and graphic history.



The Washington National Guard's Environmental program was awarded 1st place at the National Guard Environmental Security Awards for sustainability at Industrial Installations.

In March, Guardsmen from the Medical Command partnered with West Thurston Fire District to conduct a massive casualty exercise. The training allowed Guardsmen and first responders to partner together prior to a disaster.



Members from all over the Washington Military Department teamed up in an effort to give back to the community. The result: more than 800 pounds of food donated to the food bank at the Tillicum/American Lake Gardens Community Service Center.



Guardsmen from the 81st Stryker Brigade Combat Team are joined by members of the Royal Thai Army by the "Minuteman Fred" statue on Camp Murray prior to a subject matter exchange between the two partner units. The 81st Brigade and the Royal Thai Army have conducted multiple partnership exchanges in the last year.



Staff Sgt. Richard Knutsen, Western Air Defense Sector, helped break in the new grass at Safeco Field for the Seattle Mariners. He joined first responders, fire fighters and fellow service members to try out the new field.





Gov. Jay Inslee is joined by Washington Air and Army National Guard youth council as he signs the proclamation for "Purple Up Day" April 11, 2018.



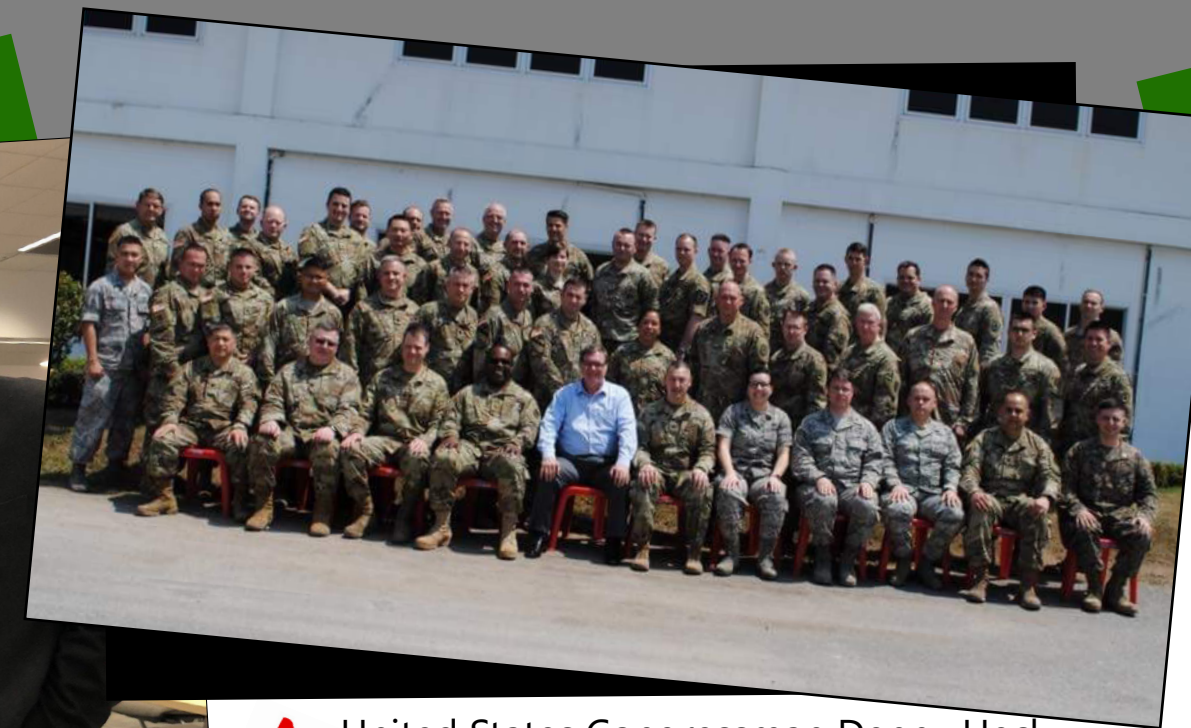
Jackie, the wife of Col. Matthew Yakely, commander of the 141st Operations Group, looks on as he laughs while celebrating his fini-flight February 23, 2018 at Fairchild Air Force Base, Wash. The fini-flight, or final flight, is a tradition among pilots and air crew to celebrate one's last flight with their unit or on a certain airframe.



In April, Col. Gerald Dezsofi, commander, 56th Theater Information Operations Group, Col. Roger Wold, commander, 205th Regional Training Institute, and Col. Adam Iwaszuk, Joint Force Headquarters, celebrated their promotions together in a ceremony at Eagle's Pride Golf Course in Dupont.



Brig. Gen. Jeremy "Java" Horn, commander, Washington Air National Guard with Lt. Col. Charles Randolph, commander, 156th Information Operations Battalion, provided the opening comments for the Department of Homeland Security Security Symposium hosted by Microsoft Global Security at the Redmond, Wash. campus.

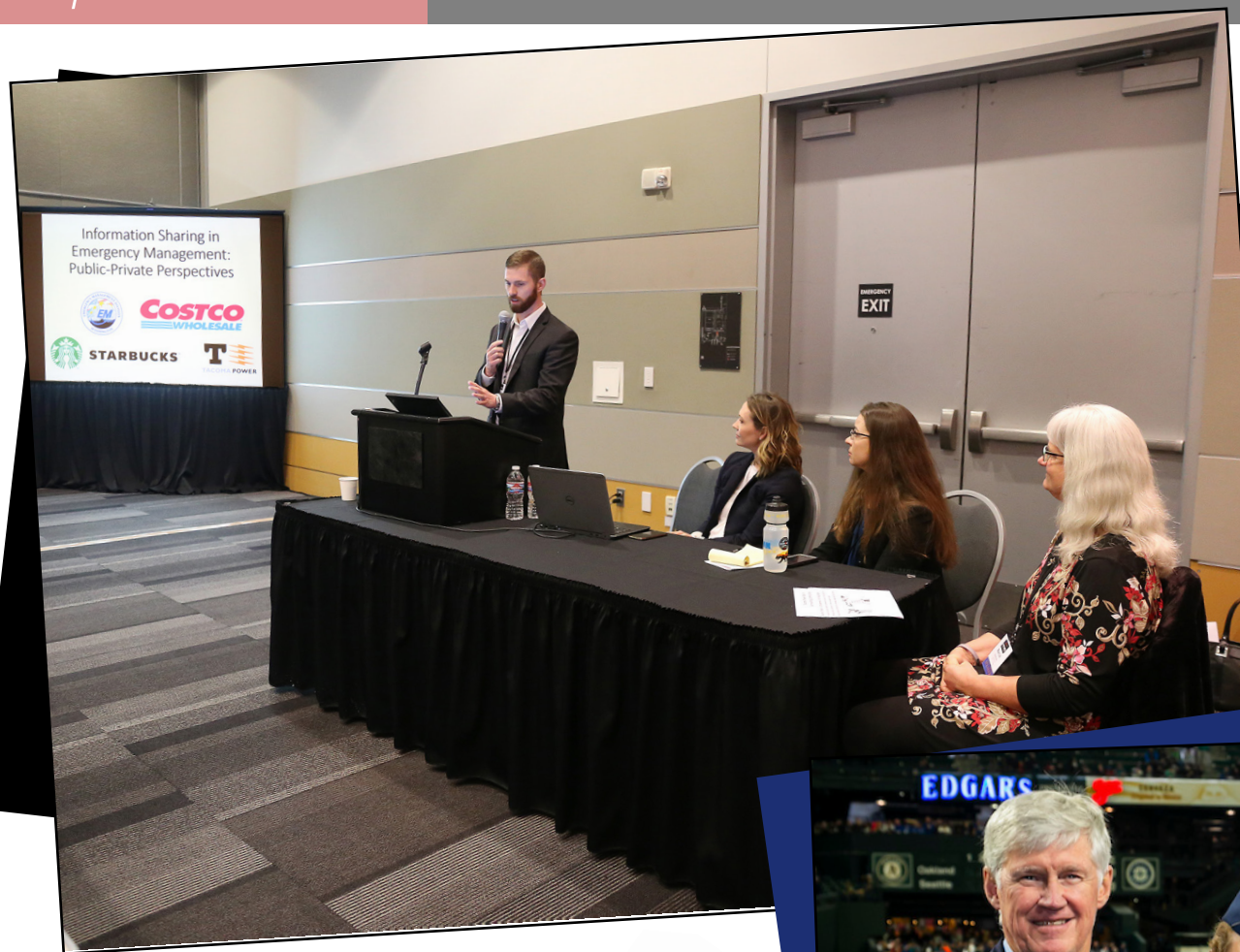


United States Congressman Denny Heck visits Washington National Guardsmen in the Kingdom of Thailand during Exercise Cobra Gold in February.

Washington Youth Academy cadets poses with the Kitsap 9/11 Memorial after a community service event March 29, 2018.



What a sight it was to see as Strykers driven by 3rd Battalion, 161st Infantry Regiment, 81st Stryker Brigade Combat Team roll over the famed Tacoma Narrows Bridge on their way to Bremerton. This was the first time a Stryker vehicle has been on the bridge!



Tristan Allen, Washington Emergency Management's private sector program manager, talks with Hilarie Letson of Starbucks, Jenifer Clark of Costco, and Marcie Hedman of Tacoma Power during the Partners in Emergency Preparedness conference April 18, 2018.



Command Sgt. Maj Brian Rikstad, displays his gift with Lt. Col. Chris Blanco, commander, 1st Squadron, 303rd Cavalry Regiment, during the Change of Responsibility ceremony April 8, 2018 at the Pierce County Readiness Center at Camp Murray, Wash.



Col. Paige Abbott, commander, 225th Support Squadron, Western Air Defense Sector, receives a plaque from the Seattle Mariners during the annual Salute to Armed Forces Day Game at Safeco Field April 14, 2018.



Lt. Gen. Timothy Kadavy, director, Army National Guard stands with Maj. Gen. Bret Daugherty, the adjutant general, Washington National Guard as they learn about the Stryker Infantry Fighting Vehicle Feb. 10, 2018 at Joint Base Lewis-McCord.



Cadet graduate Damenique Duncan of Federal Way tells his story to Congressman Dan Newhouse in Olympia on January 30, 2018, accompanied by fellow cadet graduate Daria Aleshina of Bremerton.



Col. Micahel Burk and Maj. Joseph Compton, Joint Force Headquarters, Washington talk with a Malaysian Armed Forces counterpart during Exercise Bersama Warrior. Bersama Warrior is a multinational Staff/ Command Post exercise held in Malaysia involving the Malaysian Armed Forces Headquarters.



BRIG. GEN. (RET) JOHN TUOHY LOOKS BACK

AT 39 YEARS WITH HONOR AND HUMILITY

LOOKING BACK ON A STORIED CAREER

If John Tuohy had it his way, he would have pursued a music career after finishing high school. A warning from his father, who had a successful career in the Navy, made Tuohy think twice.

“My dad one day said to me, even quality musicians, the best ones don’t make a decent living,” said Tuohy.

Shortly after that conversation, Tuohy spotted a newspaper ad for Air Force Reserve Officer Training Corp at Florida State University. That small advertisement changed Tuohy’s course.

“I got accepted to Florida State, but didn’t get a scholarship,” he said. “So I had to work my butt off, started pulling in A’s, was focused and getting things accomplished.”

On Aug. 13, 1978, 2nd Lt. John Tuohy graduated with a bachelor’s degree in business management and his commission into the U.S. Air Force as a B-52 “Stratofortress” navigator. He completed officer training in California and put in for assignment at Fairchild Air Force Base with the 325th Bombardment Squadron.

“LeeAnn, my future wife-to-be, was from Seattle and we really wanted to be at Fairchild,” said Tuohy.

After four years at Fairchild, the Tuohys made the decision to move from active duty to the National Guard.

“We just loved Washington,” Tuohy explained. “We had all the seasons, great weather, and really good friends in Seattle. We just kept seeing the opportunities. I had been handed my next assignment on active duty and it was Minot, North Dakota. After a conversation with my wife, we weren’t looking forward to that.”

Around that time he discovered the 141st Air Refueling Wing.

“I would see these guys come in every drill weekend, they just looked happy, fulfilled, and I was interested in this Guard thing,” said Tuohy. “I decided to join Det. 1, Air Guard Headquarters on Camp Murray and never looked back.”

Over the next five years, Tuohy served part-time and worked full-time in

pharmaceutical sales, but admits that something was missing.

“Putting the uniform on during the weekends was a high point, I knew I liked that feeling,” said Tuohy. “So when the 111th Air Support Operations Squadron job came along, my wife asked if I would be happier.”

Giving up a high salary job with a company car, bonuses, gifts and an expense account was tough, but he had a passion for working with airmen, and the 111th ASOS gave him the opportunity to work with airmen fulltime.

“I knew I would be happier, and we made the decision to switch from part-time to full-time Guard,” said Tuohy. “My wife was the driving force. She knew my passions and was there to support it.”

Over the next 19 years, Tuohy worked in a variety of positions, in the Air National Guard and in the Joint Force Headquarters. While serving as the Joint Chief of Staff, he played an instrumental part in assisting Maj. Gen. Tim Lowenberg, the adjutant general, to strengthen the new formalized partnership with the Kingdom of Thailand. He also helped stand

up the future structure that would later become the Homeland Response Force.

“Knowing you are helping in your own backyard and really the United States was very rewarding,” said Tuohy.

While commanding the newly formed 194th Regional Support Wing (now 194th Wing), Tuohy was selected to be the Washington National Guard’s United States Property and Fiscal Officer, a position that required him to manage and oversee more than \$1.3 billion in equipment, property and funds. Tuohy also believed that this was his last assignment before retirement.

“I was 100 percent retired after my time as USPFO,” he said. “I was ready for it and thought that this is the final stop. Then, unexpectedly, I was selected for the Assistant Adjutant General position and it was very rewarding.”

In November of 2013, then Col. Tuohy was sworn in as the commander of the Washington Air National Guard and Asst. Adjutant General.

“I felt I needed to set the tone right away for all 2,000 Air National Guardsmen. I was telling them every time I could, just stick to the core values. Integrity first, service before self and excellence in all we do,” said Tuohy. “Just apply those three things and you will be successful.”

During his time as the Assistant Adjutant General, Brig. Gen. Tuohy led the Air National Guard through multiple state

emergencies, including the devastating State Route 530 landslide and multiple historic wildfire seasons. His reputation as a responsible leader and masterful communicator led to a by-name request to serve on the Fiscal Stewardship Working Group tasked by the Chief of the National Guard Bureau to write the fiscal stewardship comprehension plan for the National Guard of the United States. Additionally, he balanced the largest contingency deployments of Washington airmen to date and the first Air National Guard activation and employment of a cyber protection team, while simultaneously spearheading a cyber schoolhouse initiative.

“I always told everyone, do the best job you can do, no one expects perfection,” said Tuohy. “Follow the MAP – mission, accountability and people and you will do just fine.”

In addition to his duties with the Washington Air National Guard, he also led the team at the Washington Youth Academy, a school for at-risk teens, where he helped speak to youth at graduation events and during drill exercises and proved an excellent role model.

“Become someone,” Tuohy told cadets during one of his last speeches. “The good Lord made you for a purpose. Fulfill it. Don’t let anyone tell you that you can’t do it. Don’t let anyone tell you ‘no,’ and, most important, don’t tell yourself ‘no.’”

On Aug. 13, 2017, exactly 39 years to the day he swore an oath to support and defend the constitution of the United States as an officer in the U.S. Air Force, Tuohy passed the

guidon to Col. Jeremy Horn, and retired from the Washington Air National Guard.

“Brigadier General Tuohy has served with great success, clearly, at all levels of command, as well as serving as our Human Resources Officer, our Chief of Staff of the Joint Force Headquarters, our State Partnerships Director in the early years when we got things going with Thailand, and our United States Property and Fiscal Officer,” said Maj. Gen. Bret Daugherty, the adjutant general, Washington National Guard. “His hallmark successes include being the very first commander of the 194th Wing, along with pioneering an initiative for a joint cyber training schoolhouse to safeguard our critical infrastructure here in the state.”

Daugherty’s comments highlighted Tuohy’s career, but his closing comments highlighted his life.

“Winston Churchill once said, ‘We make a living by what we get, but we make a life by what we give’ and John Tuohy, I believe, is the embodiment of that sentiment.”

Tuohy credits the support he received from his wife and family for much of his successful military career. He also acknowledges his mentors, the late Maj. Gen. (Ret) Tim Lowenberg, Maj. Gen. (Ret) Frank



Scoggins, and Maj. Gen. (Ret) Gary Magonigle for their outstanding leadership. Just as important, Tuohy is also thankful for the airmen he worked with.

“Recognize your airmen, let them know you love them, you care about them,” said Tuohy. “Encourage them when they do well, but correct them when they need it and most importantly have fun.”

Since retirement, Tuohy has found enjoyment taking trips to Florida, spending time with his grandkids and relaxing on the ranch with the real unsung hero of his story, wife Leeann.

“She is the real hero. I went to the office every day and she managed everything at home,” Tuohy said. “I was humbled and honored with the privilege of working with the finest airmen I have ever known.”

CONSTRUCTION OFFICE IS BUILDING AHEAD

RENOVATIONS ON OLDER ARMORIES AND NEW READINESS CENTERS POSITIONS WASHINGTON FOR FUTURE

Located on Byrd Street on Seminary Hill in Centralia sits a Washington National Guard Armory. The 133 ft. long by 99 ft. wide building shows its age, not because of the condition of the building, but the artwork on the building.

"Centralia could be described as very art deco," said Col. Adam Iwaszuk, Construction and Facilities Maintenance (CFMO) Director. "That was just the sign of the times in the 1930s."

Dedicated on August 5, 1938, the nearly 80-year-old building still serves the citizens of Lewis County today during floods, and is a rally point for the scouts of Charlie Troop, 1st Battalion, 303rd Cavalry Regiment. This year the beautiful armory, that cost only \$69,000 in 1938, is scheduled to receive a much needed \$2.375 million facelift, inside and out.

"This building last saw a few minor upgrades during the 1960s," said

Iwaszuk. "We will improve the kitchen, bathrooms, office space, but also make the necessary improvements to keep one of our oldest buildings fully operational to support the mission of the National Guard to include state emergency response support for local jurisdictions."

Centralia is just one example of the busy day-to-day operations at the CFMO.

Since 2011, the Washington National Guard has seen a quartet of new facilities open (Aviation Readiness Center, Combined Support Maintenance Shop, Information Operations Readiness Center and Pierce County Readiness Center). It has also seen major upgrade renovations on

armories in Wenatchee and Montesano. Each location has a major impact on the future of the Washington National Guard.

"We invested more than \$2 million into the Wenatchee armory," said Iwaszuk. "The project included new heating, ventilation, and air conditioning system, LED lighting, new hot water system, new windows, new paint, upgraded restrooms and showers and much more."

Montesano, the lone armory that serves the Washington coastal region, was in need of a roof replacement and upgraded facilities. Last year, the Washington Military Department invested more than \$3.7 million into the Grays Harbor County armory.

"Currently our average age for an armory is 63 years old, which is well above the national average," said Iwaszuk. "When we take on these types of updating and modernization projects, we can extend the life of the armory for another 50-60 years."

These types of projects fall under

what is considered, "Minor Works Preservation" or "Minor Works Program."

Preservation projects are funded nationally in each state by a joint federal/state cost share to support energy upgrades, lighting and fencing upgrades to improve security, minor repairs and tenant improvements and parking lot repairs. Minor works program projects include these projects that are also funded through a federal/state cost-share, and are critical to modernizing facilities to meet National Guard mission needs. Many of these projects are necessary for the Stryker Brigade transition, a modern military mission that will sustain military jobs and positions in Washington.

"We are hoping to upgrade facilities in 24 communities across the state," said Iwaszuk. "We will continue to modernize our Guard, that is my goal as CFMO and bring facilities to our organization that Guardsmen are eager to serve in."

Modernization is sometimes much easier than just flat out replacing an armory. Currently with the back log of construction projects and dwindling availability of resources, the timeline for a new construction project could still be seven to 10 years.

"I am back at National Guard Bureau routinely, and if you don't come in with realistic expectations, state money match and land purchased, you are most likely moved to the back of the line," said Iwaszuk.

LEFT: Pierce County Readiness Center on Camp Murray officially opened in April 2017. RIGHT: Blueprint plans for Thurston County Readiness Center, set to break ground in Tumwater later this year.

In 2016, the Washington state Legislature rescinded previous appropriated funding for construction of a new Tumwater Readiness Center in FY16 when the federal defense Military Construction Future Years Defense Plan (FYDP) moved the federal funding to FY18. \$31 million was approved by Congress in November 2017 to start construction of the project.

"This consolidation and upgrade for our Army Guard infrastructure is imperative to the ongoing success of our citizen soldiers," Congressman Denny Heck, D-Olympia, said in a press release. "I'm glad to see the inclusion of the Tumwater Readiness Center in the final version of this bill, and look forward to other necessary investments made to facilitate the training and activities of our Washington Army National Guard."

The new Tumwater Readiness Center will replace the outdated Olympia and Puyallup armories. The Puyallup armory will be purchased by the Central Pierce Fire and Rescue, and the proceeds of that sale will be allocated for procurement of land in preparation for a future military Construction project. Plans for

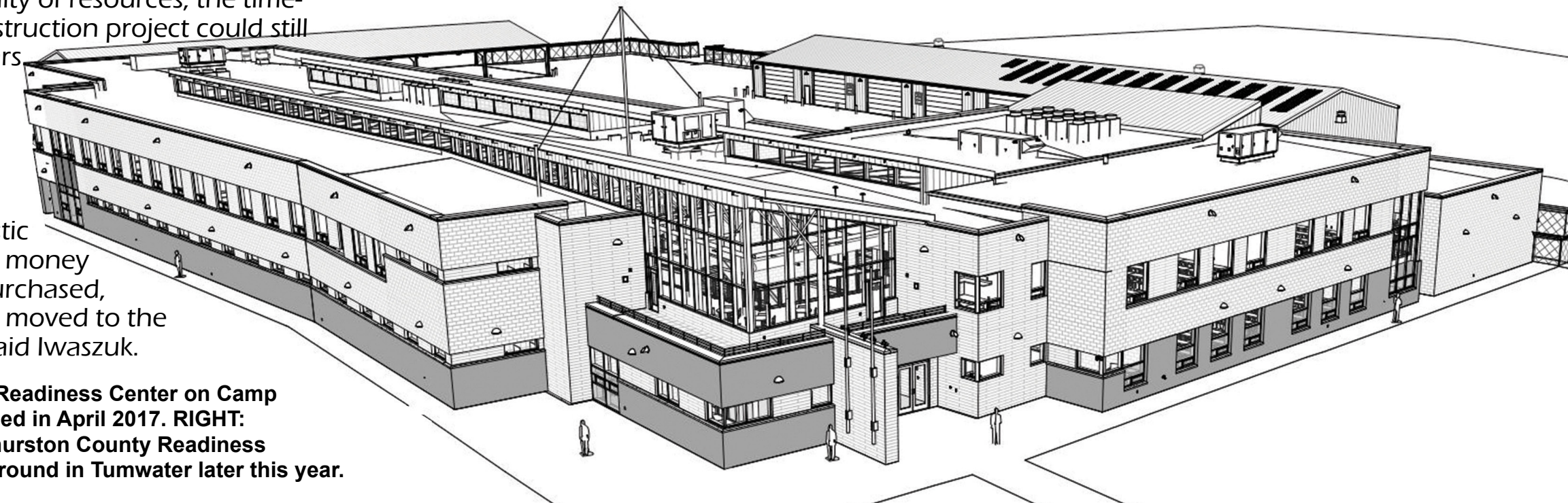
the Olympia armory are still being discussed.

It was announced in April 2017 that the Washington National Guard successfully purchased 40 acres in Richland, Wash. for a new readiness center.

"This project replaces the Bellingham armory after the lease agreement for that facility was not renewed in 2012," said Iwaszuk. "The new facility will provide a modern, energy efficient building and space for unit equipment and vehicles not currently available at older facilities."

These are just two projects in a list of projects the CFMO is looking to develop and build. In the coming years, Iwaszuk hopes to see new National Guard barracks at the Yakima Training Center, a second Washington Youth Academy in the Tri-Cities and possibly a new Joint Force Headquarters building on Camp Murray.

"We are actively engaged and focused on making progress with the great projects we have planned ahead," said Iwaszuk. "In terms of facilities, we are excited to see what our future holds."





MEET WASHINGTON NATIONAL GUARD'S SPARTAN WARRIOR

“PUT ONE FOOT IN FRONT OF THE OTHER,”

Julie Keppner kept saying to herself. “Focus on the little goal right in front of you,” she added, standing in position, waiting for the signal at the start of her latest attempt to conquer another Spartan Race.

“ANYTHING IS POSSIBLE.”

Keppner, 36, lined up next to hundreds of others, all of them revved-up and set to leave everything out on the course in order to get the fastest time. That is, after all, what a Spartan Race is all about. The mentality is also what makes her a clear champion in the Washington National Guard, and gives her the potential to be the state's very first female Infantry Officer. She's a Motor Transport Operator, 88M, but things are changing quickly for her.



OFF TO THE RACES



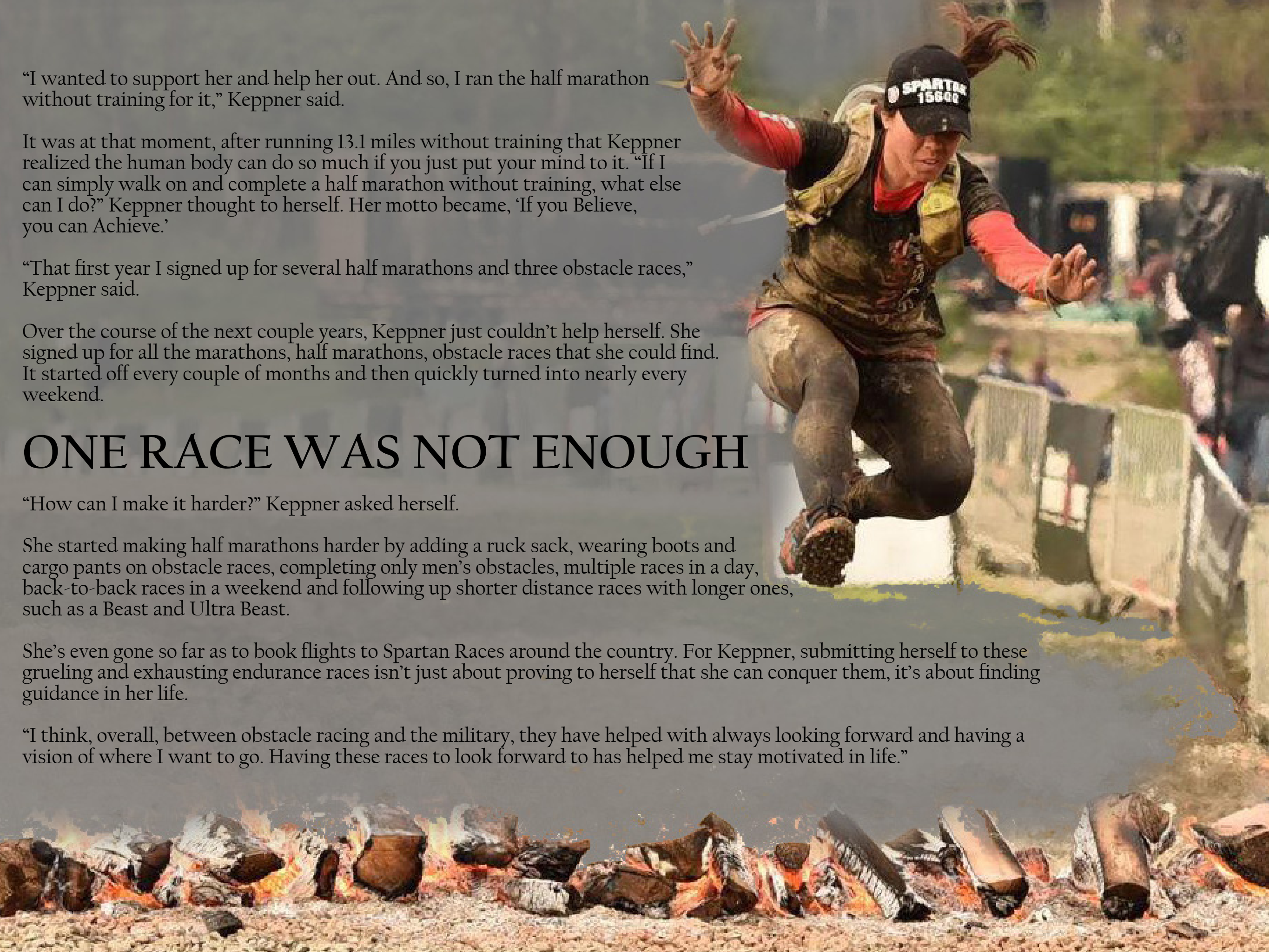
The Spartan Race is a series of obstacle courses of various lengths designed to test the willpower, endurance and stamina of anyone who attempts them. They range from three to five miles with 20-23 obstacles, a Super at eight to ten miles with 24-29 obstacles, a Beast at over 12 miles with more than 30 obstacles, to the Ultra Beast at 26+ miles at more than 60 obstacles. Complete all three distances (Sprint, Super, Beast) and earn a Trifecta.

To the average person, this might seem like a totally absurd situation to voluntarily put yourself in, but to Keppner this is just another weekend.

“I've done almost 50 Spartan Races, including three Ultra Beasts, and over 100 races all together,” recalled Keppner, who calls Kent, Washington home. “I've done seven marathons and 21 half marathons.”

Keppner wasn't always an enthusiast of endurance races. In fact, it was just in April of 2012 when she ran a half marathon on a whim. She flew down to California to visit a friend and found out that her friend was going to run the race by herself.





“I wanted to support her and help her out. And so, I ran the half marathon without training for it,” Keppner said.

It was at that moment, after running 13.1 miles without training that Keppner realized the human body can do so much if you just put your mind to it. “If I can simply walk on and complete a half marathon without training, what else can I do?” Keppner thought to herself. Her motto became, ‘If you Believe, you can Achieve.’

“That first year I signed up for several half marathons and three obstacle races,” Keppner said.

Over the course of the next couple years, Keppner just couldn’t help herself. She signed up for all the marathons, half marathons, obstacle races that she could find. It started off every couple of months and then quickly turned into nearly every weekend.

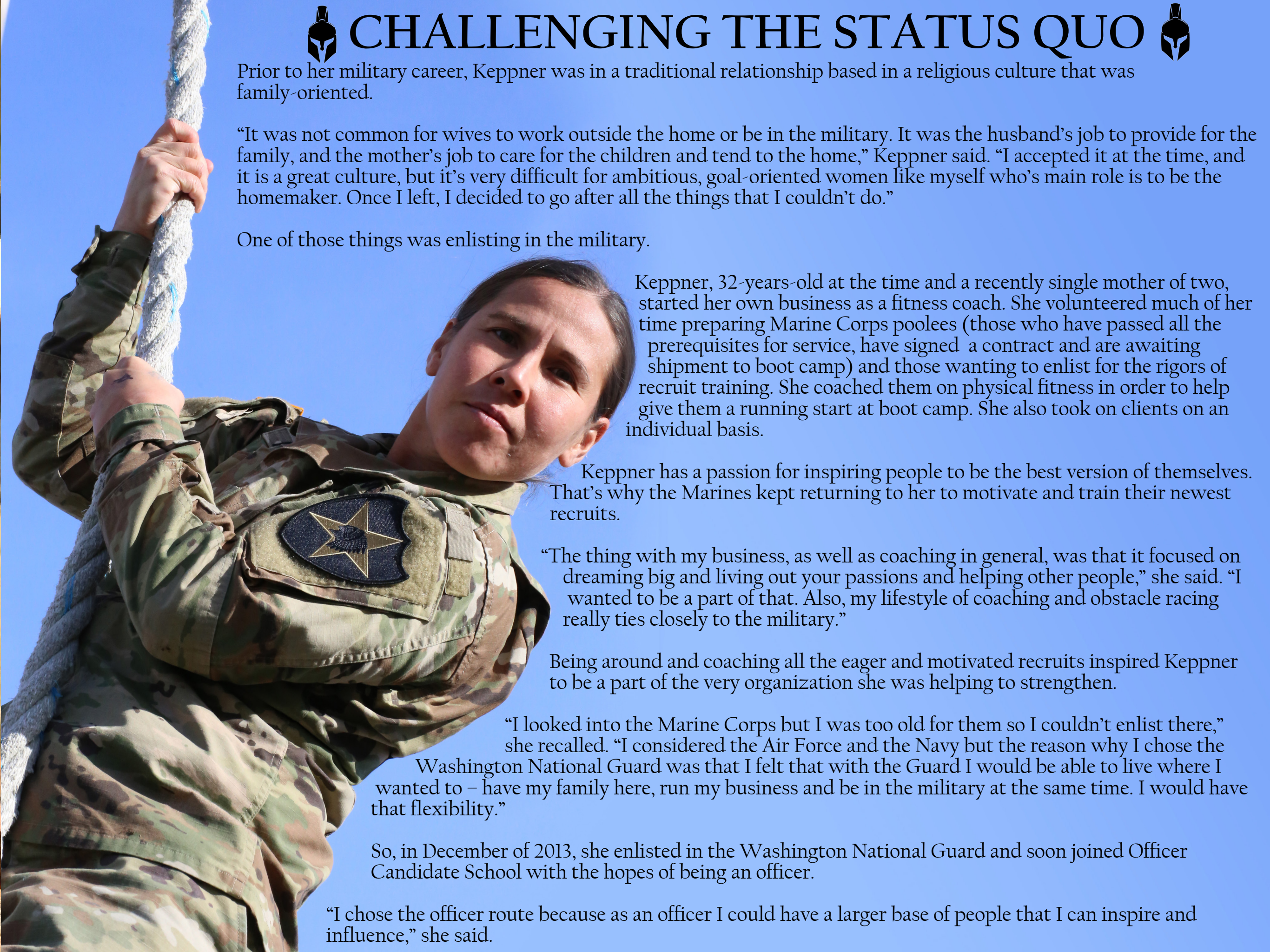
ONE RACE WAS NOT ENOUGH

“How can I make it harder?” Keppner asked herself.

She started making half marathons harder by adding a ruck sack, wearing boots and cargo pants on obstacle races, completing only men’s obstacles, multiple races in a day, back-to-back races in a weekend and following up shorter distance races with longer ones, such as a Beast and Ultra Beast.

She’s even gone so far as to book flights to Spartan Races around the country. For Keppner, submitting herself to these grueling and exhausting endurance races isn’t just about proving to herself that she can conquer them, it’s about finding guidance in her life.

“I think, overall, between obstacle racing and the military, they have helped with always looking forward and having a vision of where I want to go. Having these races to look forward to has helped me stay motivated in life.”



CHALLENGING THE STATUS QUO

Prior to her military career, Keppner was in a traditional relationship based in a religious culture that was family-oriented.

“It was not common for wives to work outside the home or be in the military. It was the husband’s job to provide for the family, and the mother’s job to care for the children and tend to the home,” Keppner said. “I accepted it at the time, and it is a great culture, but it’s very difficult for ambitious, goal-oriented women like myself who’s main role is to be the homemaker. Once I left, I decided to go after all the things that I couldn’t do.”

One of those things was enlisting in the military.

Keppner, 32-years-old at the time and a recently single mother of two, started her own business as a fitness coach. She volunteered much of her time preparing Marine Corps poolees (those who have passed all the prerequisites for service, have signed a contract and are awaiting shipment to boot camp) and those wanting to enlist for the rigors of recruit training. She coached them on physical fitness in order to help give them a running start at boot camp. She also took on clients on an individual basis.

Keppner has a passion for inspiring people to be the best version of themselves. That’s why the Marines kept returning to her to motivate and train their newest recruits.

“The thing with my business, as well as coaching in general, was that it focused on dreaming big and living out your passions and helping other people,” she said. “I wanted to be a part of that. Also, my lifestyle of coaching and obstacle racing really ties closely to the military.”

Being around and coaching all the eager and motivated recruits inspired Keppner to be a part of the very organization she was helping to strengthen.

“I looked into the Marine Corps but I was too old for them so I couldn’t enlist there,” she recalled. “I considered the Air Force and the Navy but the reason why I chose the Washington National Guard was that I felt that with the Guard I would be able to live where I wanted to – have my family here, run my business and be in the military at the same time. I would have that flexibility.”

So, in December of 2013, she enlisted in the Washington National Guard and soon joined Officer Candidate School with the hopes of being an officer.

“I chose the officer route because as an officer I could have a larger base of people that I can inspire and influence,” she said.

FUN FOR THE WHOLE FAMILY

When Isaac, 11, Keppner’s youngest, was six years old, she brought him to a local obstacle race. It was fairly small and was geared toward the younger crowd. There was a one-mile course and a three-mile course.

“At first, he told me that he didn’t want to run at all,” Keppner recalled. “I told him that it’s okay, you don’t have to if you don’t want to.”

As Keppner continued on to the starting point, Isaac spoke up and said that he wanted to give the one-mile course a try. So, they got Isaac registered and they started the one-mile obstacle course. As they came upon the end of the first mile, they had the option to quit now or continue on to complete the three miles.

“At that point, at the cutoff, he decided to keep going,” she said. “He went from not wanting to do anything, to wanting to do just the one-mile course, to wanting to do the whole three-mile course.”

But once they got to the end of the three miles, Isaac spoke up. “I want do this again,” he announced.

So, he did...two more times. At the end of the day, Isaac and his mom completed about nine miles of the local race, turning what was supposed to be a quick jaunt into an afternoon affair.



“At that moment, I really saw myself in him,” she said.

Little Isaac is not the only Keppner child to tackle various mud runs with their mother. Hannah is Keppner’s oldest. She’s 14 years old and recently ran a Spartan Sprint in Big Bear Lake, California and earned her first Trifecta. Keppner remembered the struggle Hannah had during this particular race.

“She really struggled with this one due to the elevation,” Keppner recalled. “I told her ‘Look. Look around you. You’re not the only one that’s having a hard time. Everyone is having a hard time. Just take a deep breath, you’re going to be fine and we can continue when you’re ready.’”

Keppner reassured her daughter once they crossed the finish line of the



Big Bear race. She treated Hannah’s experience as a teachable moment for her. Life is not always going to be easy. Life is full of obstacles and we shouldn’t quit when we start to struggle a little bit. When we stop and look around, we realize that we’re not the only ones struggling.

Both have been racing with their mother since 2012. Hannah has done 30 races and Isaac has completed more than 40.

“They really like the bonding experience of doing [races] with me,” she said. However, when she continued her thought she couldn’t help but notice the irony in her children’s affinity toward these races. “They like the obstacles and yet they don’t like the obstacles. They like the challenge of them and they like doing them but yet they hate doing them. It’s a weird concept,” she chuckled. “All obstacle racers understand this concept and do the races because of the struggle and challenge of doing them.”



FINDING INNER STRENGTH

**ONE WASHINGTON
YOUTH ACADEMY STAFF
MEMBER REFLECTS
ON CADET'S
JOURNEY AND
FUTURE**

BY MICHELLE RAUBACK,
WASHINGTON YOUTH
ACADEMY CADRE

Octavia Camba is a cadet that will last in my memory. Facing obstacles left and right, he persevered until he graduated from the Washington Youth Academy in 2015. For his efforts, he was chosen to represent us in Washington, D.C. recently on the 20th anniversary of the National Guard Youth Challenge Program.

In 2012, Camba started as a freshman and ended up transferring twice to regain credits. He fell behind in school because he was disinterested, felt like he wasn't challenged and had an immature, short-sighted perspective, feeling very lost in the world.

In 2013, Camba learned about the Washington Youth Academy from his high school's vice principal. Then, almost a year later, when he was behind in credits and wasn't any more motivated to push himself than before, Camba decided to attend the Academy, getting placed with First Platoon Wolfpack.

At that time, he worked hard to be the best he felt he could. But he was still very immature, with poor life coping skills and low self-esteem, along with a lack of social skills and an understanding of how to interact with his peers. This would soon lead to his dismissal from the program.

Not surprising, he returned home and struggled. And struggled.

He knew within himself that there would be a fight between who he was and who he wanted to become. And that meant a lot of swallowing pride and many hits to his ego.

Then in July 2015, he came back to us to try again, but he had a lot of the same frustrations due to his ego or maybe low self-esteem, and it was difficult for him to look at himself in the exact same place that he was. Camba remembered when his Post Residential Advocate asked him: "Camba, what do you want to do when you get out of here?"

He said, "I don't know, maybe help people I guess?"

So, he drove three hours to his hometown, walked into the fire station and got a mentor: Phil, who is one of the greater credits to his success. And so he was back where he thought home should be.

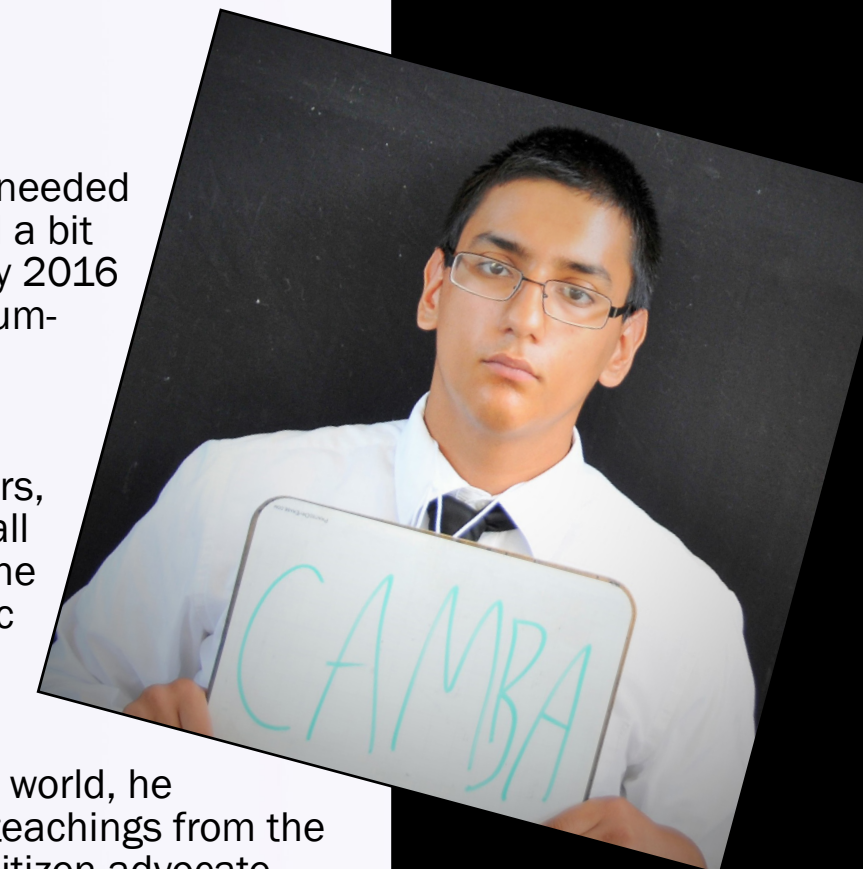
Part of a platoon, he marched, did physical training, wore a uniform, put

his boots on, followed orders and felt he was where he wanted and needed to be for the first time in his life. Then he left, graduated high school a bit early at 17 and started classes in his local community college in July 2016 taking extra classes during the academic year and classes during summers which led to him being considered a junior in October 2017.

Alex Brehm, the Director of Lower Columbia College Fighting Smelt Forensics Speech & Debate Team is another one of his great mentors, who taught him consistently how to communicate ideas that touch all of humanity, such as feminism, and the need for clean water when he competed as a Novice and Junior Speaker in the International Public Debate Association, Extemporaneous Speaking, Impromptu, Informative, and After Dinner Speaking.

When Camba returned and found himself trying to get back into the world, he focused on responsible citizenship and service to community, core teachings from the Academy. He has served on various commissions and boards as a citizen advocate with the city of Longview. He also enjoys working for Life Works, an affiliated chapter of The Arc, which advocates and provides support for individuals with developmental disabilities. He has loved working for his community because he loves his community, and can do so now that he's more able to love himself due to much guidance. Yet, the only time he feels a sense of familiarity is when he's active as a Cowlitz County Search and Rescue field member. One of the only things he still wants to do in life is serve in the U.S. Armed Forces. He was unable to join due to a prescription issue. He was told some years ago that he could not serve in the military. In October of this year, it became increasingly more difficult for him, and evident that it was incredibly unlikely. But, now, it might become a reality. His paperwork is still in process, and he credits U.S. Senator Patty Murray who has advocated for him. That's the next chapter. He plans on joining the Army Reserves and training in ROTC while obtaining a bachelor's in international studies with a regional focus in East Asia and a minor in Russian, then commissioning as an officer. Sometime after the military, Camba would like to work for the State Department Office to monitor and combat trafficking in persons, the FBI child exploitation and obscenities section or United Nations Women.

Once, Staff Sgt. Wagner said of him at a visit to the Bremerton site, after he had graduated, "Mr. Camba here is one of our success stories." Camba felt an incredible amount of joy to know that he had come so far. And it credits his success because of the National Guard Youth Challenge Program. Camba's words: "It has quite literally saved my life and because of that I can work every day of my life to be a better person, for myself, 2nd Platoon, my community, and, critical to all this, for my sweet angel Mother and Father."



Octavia Camba in 2015 during in-processing at the Washington Youth Academy.



GET TO KNOW #YOURGUARD - TECH SGT DAISY BAZA, 194TH WING



Tech. Sgt. Daisy Baza, a targeter for the 194th Intelligence Squadron, was recently named the 194th Wing Non-commissioned Officer of the Year. Baza was inspired to join the military by her father's service in the Army. She began her career in the Washington Air National Guard in March 2009 as an Operations Intelligence Analyst with the 194th Intelligence Squadron at Camp Murray.

In 2012, Baza cross-trained as a Weaponer. She was then selected for a full-time technician position within the 194 Intelligence Squadron in November of 2014, as a weaponeering trainer as well as an Advanced Collateral Damage Instructor.

Baza's favorite part of her job in the intelligence squadron is "getting to train our new airmen to become mission ready and seeing our hard work become reality with our assessments being used out in the field," she said.

In the span of five years, Baza has participated in multiple exercises and operations, including Vigilant Shield 17, Red Flag Alaska 17-2, Evergreen Tremor and Cascadia Rising. She has also served in Operation New Dawn, Operation Odyssey Resolve and Operation Inherent Resolve. In her free time, Baza enjoys working out and hiking and loves to cook.

BUILDING WYA LEADERS



The Washington Youth Academy recruited two youth ambassadors of cycle 17-2 to meet legislators, talk to community groups and get interviewed by the press.

Damenique Duncan, a senior in the Federal Way School District, and Daria Aleshina, a senior in the Bremerton School District, have both been representing the Academy.

In January, the cadets spent several hours shaking hands with legislators and meeting legislative staff during National Guard Day in Olympia. They were recognized by the Senate Democratic Caucus with a loud applause and cheering after being introduced by Maj. Gen. Bret D. Daugherty. In the wings on the Republican side, they had a chance to tell their stories to Congressman Dan Newhouse, who was visiting legislators.

"I was a bit aimless before the Academy," Duncan said. "I wasn't sure what I was doing. I had a teacher ask me, 'What are you going to do with your life?' Next thing you know, I'm doing push-ups. But I'm also reading, doing math and discovering leadership lessons. I want to go into politics now. I want to help people. I'm not sure I would have gone in that direction without the Youth Academy."

In April, Duncan attended a community forum in his hometown of Federal Way for prospective students and their families.

Aleshina said when she graduates high school this year, she plans on enlisting in the National Guard, where she plans to be fueling military helicopters.

In May, Aleshina is a guest of Command Chief Master Sgt. Trisha Almond and will sit at her table during The Adjutant General's Militia Ball at the Tacoma Convention Center.

Both Duncan and Aleshina have also been talking about their experiences with local press ranging from TVW to the Kitsap Sun.

"It's been a really great journey and I've been truly experiencing a life-changing journey," Aleshina said.

Aleshina said her best experiences so far as an ambassador have been visiting cadets of the current cycle and encouraging them to not give up. She recalls one cadet earlier this cycle who was on the floor crying following exercises.

"I knelt down by her and tried my best to motivate her," Aleshina said. "This really is all about one team, one fight. I'll forever be grateful to the Youth Academy for changing my life."

Duncan said he also really enjoyed talking to members of the Spartans, his former platoon.

"Even though we don't know each other, we're all still brothers because we share the same common experience," Duncan said.

Story and Photos by Steven Friederich

JOINT SERVICE SUPPORT

Photos and Story by Brendan Baptiste



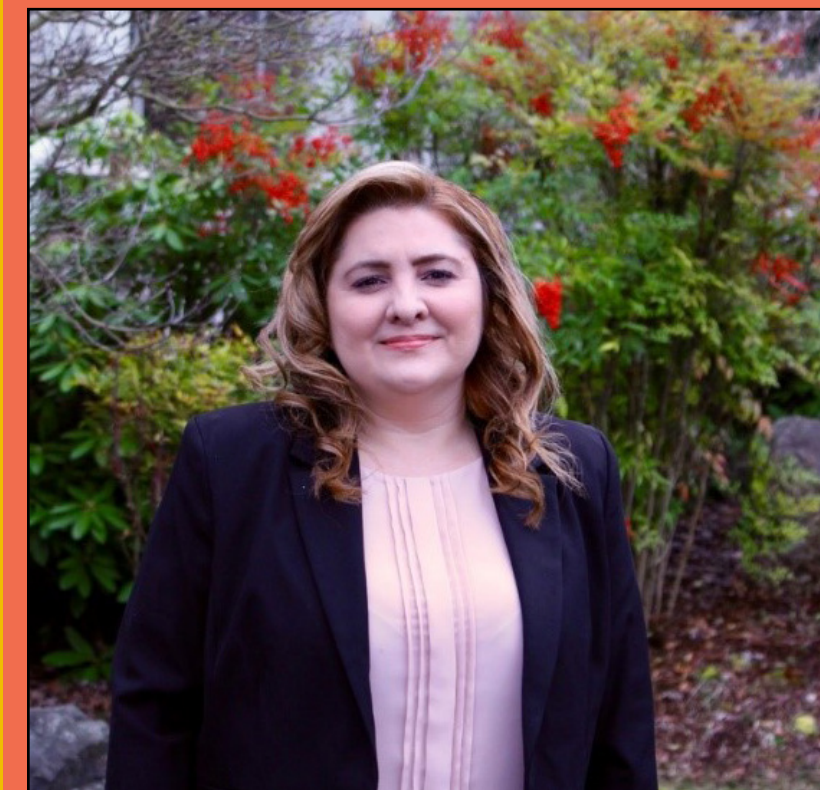
WINTER BALL 2018

One of the greatest memories of any child's life is a school dance. That feeling of being grown up for just a moment, wearing that dress or suit, while you danced the night away to your favorite music. The laughing, smiling and memories last a lifetime.

The Washington National Guard Youth Council made sure to create memories on January 3rd, 2018 as more than 60 National Guard member's children dressed to impress and hit the dance floor at the Armory in Olympia, Washington. This was a great time for fellowship with their peers and to build relationships with others who are also children of service members.

1st Sgt. Duane Cruz, also known as "DJ Cruz," hosted and provided music for the event. In between the fun, games and dancing, kids paired up and were taught classical dance styles.

The night was successful and full of laughter. It is very clear that National Guard youth are some special kids.



NATIONAL GUARD SPOUSE WINS NATIONAL AWARD

She got her chance with Echo Company and she has put her unique style on the role.

As a native of New York City, Suce uses her diverse background of cooking Spanish Caribbean food to connect with soldiers and families. She also uses that background as a special instructor at Pierce College, where she puts her special flair for cooking into her presentations.

"This allows the students to experience a bit of culinary culture from the places and also promote deeper discussion," said Suce. "Food creates an ice breaker for people."

Suce is also working on her master's degree in secondary education. She finds time to also help her son's Junior Reserve Officer Training Corp, and do Zumba. She takes advantage of every hour of the day to help others and be the best she can.

Help us congratulate our 2018 Spouse of the Year Base Winner for the Washington National Guard.

Behind every good Guardsman is a support system that rarely sees the limelight. It's made up of family, friends and spouses that offer love, encouragement and often handle every-day duties on their own while their loved one is away.

For now, the spotlight is on Nohelia Suce, who was recently named Spouse of the Year Base Winner for the Washington National Guard.

Suce is married to Sgt. Junior Suce, Senior Mechanic, 1st Battalion, 168th General Support Aviation, and was identified by her peers as going above and beyond to help Family Readiness Groups over the last seven years while her husband was deployed or training for long periods of time.

"While watching the group leads, I thought it was something I could do one day," said Suce.

Washington National Guard members said farewell to Brig. Gen. Chris Fowler, land component commander, during a retirement ceremony February 8, 2018.

WASHINGTON MILITARY DEPARTMENT

EVERGREEN

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