



176th Wing • Alaska Air National Guard

eGuardian

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MAY RSD (Version 2.0)

LT. COL. STAFF RETIREMENT CEREMONY *MAY 4*

Lt. Col. Krista Staff, 144th Airlift Squadron chief pilot, will mark a successful career during a May 4 retirement ceremony 1100 in the 144th AS auditorium, Hangar 21.

176TH OSS CHANGE OF COMMAND *MAY 5*

Maj. Christy Brewer will succeed Lt. Col. Matthew Calabro on May 5 as the 176th Operations Support Squadron commander during an 1100 change-of-command ceremony at Hangar 18's East Bay.

NEWCOMERS BRIEF *MAY 5*

New Airmen who have not attended a newcomers brief can attend May 5 from 0800-1200 in the Kulis Theater, Hangar 18, where they will learn about the unit and services available to them.

SENIOR MASTER SGT. JENKINS RETIREMENT CEREMONY *MAY 5*

Senior Master Sgt. Paul Jenkins, 176th Logistics Readiness Squadron, will mark a successful career during a May 5 retirement ceremony 1000 in the Vehicle Maintenance Building.

SENIOR MASTER SGT. BURDICK RETIREMENT CEREMONY *MAY 5*

Senior Master Sgt. Kelly Burdick, 176th Maintenance Squadron, will mark a successful career during a May 5 retirement ceremony 1500 in the Kulis Theater, Hangar 18.

EVENTS / OPPORTUNITIES

COL. CONIGLIO RETIREMENT CEREMONY *MAY 8*

Col. Scott Coniglio, 176th Wing vice commander, will mark more than 30 years of dedicated service during a May 8 retirement ceremony 1430 in the Hangar 18 East Bay. He is succeeded as vice commander by Lt. Col. Matthew Calabro.

HUMAN RELATIONS EDUCATION/POSH *MAY 4*

Human relations education/prevention of sexual harassment will be hosted in the 176th Logistics Readiness Squadron classroom May 4 from 1400-1530. Unit training managers can enroll members in ArcNet.

FINANCIAL WORKSHOP *MAY 4*

The wing will host a financial workshop May 4 from 0900-1200 at Building 8535, The Log Cabin. The workshop is open to all service members and dependents.

0900-1030: Taking Control of Your Finances: Managing Credit and Debt
Credit can be a great financial tool but when it's not used properly, it can create serious debt problems. We'll show you how to use credit wisely, and how to get out of debt you may have accrued.

1035-1200: Reading Your LES/Blended Retirement System.
Confused about the blocks of info on your LES? Want to understand the new retirement system? This class will help you comprehend all that paperwork.

POC: Ms. Jill Meszaros, A&FRPM 551-7649/3823905 text

RESILIENCY WORKSHOP *MAY 4*

The wing will host a resiliency workshop stressing values-based goals Saturday 1035-1200 at Building 8535, The Log Cabin. The workshop is open to all service members and dependents.

Are you struggling to meet your goals? Join us to learn strategies on how to set goals that are meaningful to you.

POC: Ms. Jill Meszaros, A&FRPM 551-7649/3823905 text

LIFE INSURANCE PROGRAM BENEFIT BRIEFINGS *MAY 4 AND 5*

Jerry Acton from the National Guard Life Insurance Program will be at the 176th Wing for benefit briefings and state-sponsored life insurance policy changes on the following dates:

May 4 and 5 at 1400-1500 in the Kulis Theater, and May 8 at 1300-1400 in the Kulis Theater.

All members are encouraged to attend in order to receive updated life insurance plan information.

More info can be found at: <https://www.afba.com/ssli>

VETERANS BENEFITS BRIEF *MAY 5*

Interested in learning more about your Veteran benefits? Are you retiring or separating in the next 5 years? Please join us Sunday 0800-1500 at Building 8535, The Log Cabin, for an in-depth look at the Veteran's Administration benefits and services.

POC: Ms. Jill Meszaros, A&FRPM 551-7649/3823905 text

WING OFFICER'S COUNCIL MEETING *MAY 5*

The 176th Wing Officer's Council meeting will be hosted in the Iditarod Dining Facility May 5 at 0730 with 176th Mission Support Group deputy commander, Lt Col Suzanne Smith as guest speaker.

RETIREMENT/SEPARATION TRANSITION COUNSELING *MAY 8*

Please join us on Wednesday, May 8 in Room 128, wing headquarters, for an informative class that prepares you for your next step.

This briefing meets the DoD mandatory Transition Counseling requirement and is good for three years. It is also required to retire or separate from any branch of service.

POC: Ms. Jill Meszaros, A&FRPM 551-7649/3823905 text

KULIS HANGAR 1 MARKS DESIGNATION AS HISTORIC PLACE *MAY 11*

The Alaska Military Heritage Museum will host an event celebrating the placement of Kulis' Hangar 1 on the National Register of Historic Places May 11, 1400, at the hangar, 5005 Raspberry Road in Anchorage.

In attendance will be World War II veteran Alfred B. Willis and several veterans organizations.

176TH WING FAMILY DAY *JUNE 2*

The 176th Wing will host a family day June 2 from noon to 1600 at the wing complex. Expect fun for the entire family under the Midnight Sun. More to follow.

VOLUNTEERS NEEDED FOR GOLDEN AGE GAMES *JUNE 5-10*

The Veterans Administration Golden Age Games is an event the VA sponsors every year in different communities. It will be held this summer in Anchorage. It is for veterans 55 and older and includes multiple events. It is estimated there will be between 500-800 veterans coming in. Some of the events will be hosted on base, but most will be at Dena'ina center, the Egan Center, the Sullivan Arena and Bartlett High school. Dates are 5-10 Jun. To volunteer, see:

<https://www.volgistics.com/ex/portal.dll/ap?ap=1437975583>

ONGOING FREE COUNSELING SERVICES

We currently have FREE Military Family Life Counselors (MFLC) to assist you and your family with any of life's stressors.

Whether you would like help with individual, couples or family concerns, these licensed, Masters or doctorate level counselors are available to you 0800-2000 daily.

The MFLC sessions are easy to access, confidential (except harm to self or others) and no records are kept. Appointments can be made on or off JBER or you can walk in.

For more information, please call Lilli at 907-328-8663 or Gail at 907-382-1407.

YOUTH SUMMER CAMPS

Don't forget to contact Airman and Family Readiness for information on FREE youth camps and activities for your kids this summer. Registration is filling up.

POC: Ms. Jill Meszaros, A&FRPM 551-7649/3823905 text.

NGAUS CONFERENCE REGISTRATION DEADLINE JULY 28

Registration for the 2019 National Guard Association of the United States (NGAUS) Conference is underway. This year's conference is scheduled for 30 Aug - 02 Sep in Denver, CO. You must be a current member to attend the conference. Registration forms for the conference and ANGOA/NGAUS membership are available online at angoa.org. You must register NLT July 28 to guarantee your hotel reservation. ANGOA will cover the cost of hotel and registration fees for members for the length of the conference at the negotiated rate. All late registers will be responsible for additional cost and cancellation fees. More: <https://www.ngaus.org/events/141st-general-conference-exhibition-0>

SERVICES / ANNOUNCEMENTS

WING NCOs WIN NATIONAL GUARD BUREAU HONORS

Please join wing leadership in congratulating MSgt JC McAleavy and TSgt Melissa Lever for winning National Guard Bureau honors.

McAleavy was recognized as the Financial Management and Comptroller NCO of the year.

Lever was recognized as the Command and Control Battle Management Operations NCO of the year.

211TH RESCUE SQUADRON HIRING CSOs

The 211th Rescue Squadron will host a hiring board 5 Aug to select multiple qualified applicants to attend Undergraduate Navigator Training (UNT) to become Combat Systems Operators (CSOs). These commissioning opportunities are rated positions that will require completed undergraduate degrees and AFOQT scores.

With limited opportunities to accomplish the test between now and August, contact a 176 Wing recruiter for dates and times of testing. The wing website will be updated with a UNT/CSO page with application details in the near future. Feel free to contact the 211th via 176WG.CSO.UNT@us.af.mil.

176 MEDICAL GROUP DENTAL SECTION UPDATE

As a reminder to all 176th Wing members, DD 2813 forms for your civilian dental exam will not be accepted for updating your dental IMR if they are not completely

filled out. There must be a legible and complete entry in every field. Members will be notified if their 2813 form has been rejected. The 2813 form can be delivered to the 176th MDG in person, sent by fax or email. The full time POC is SSgt Lindsay Delevante, 551-0454 lindsay.delevante@us.af.mil. The NCOIC (drill weekends) for the 176 MDG Dental Section is TSgt Eddie Perez 551-0449 eddie.perez.3@us.af.mil

The preferable method to send 2813 forms is to scan and email to:

176mdg.sga@us.af.mil

Fax Forms to: 551-0431

We appreciate your attention to detail so we can keep your dental IMR up to date.

JULIE M ROBINSON, Lt Col, AKANG, DC
Chief of Dental Services, 176 MDG
176 MDG (907) 551-0449 (drill weekend)
julie.robinson@us.af.mil

MILITARY ONESOURCE RESOURCES

Did you know that Military OneSource is bigger than a 24/7/365 toll free number? The program offers more than just free non-medical counseling. It also provides assistance for the deployment readiness cycle. Military OneSource is a Department of Defense funded program that aids eligible service and family members with building resiliency; both within the military culture and on the homefront. To help strengthen one's resiliency skillset, Military OneSource offers many activities that you and your family members can partake in. For example:

MWR Digital Library:

- Ancestry.com Library Edition - unlock the story of your family using more than 8,000 resources.
- Consumer Reports – are you looking to make a purchase? Use this online library to access 1,000+ ratings, reviews, expert buying advice, product comparisons, consumer user reviews and product video clips.
- EBSCO Audiobooks - more than 2,000 audiobooks in different subjects and categories available for free download.
- Mango Languages - check out this digital language learning program for learners of all levels, with courses in more than 70 different foreign languages, 21 English language courses, and 44 specialty courses.

- Morningstar Investment Research Center - find information and advice on mutual funds, stocks, exchange-traded funds, and market returns. Track investments, access daily market news and commentary, view snapshots on investments, and interact on the research center forums.
- PressReader Digital Newspapers - unlimited digital access to more than 7,000 newspapers from 120 countries in more than 60 different languages. These newspapers are provided in full-color, full-page format, and appear on your screen exactly as they appear on the news stand, many providing instant translation and audio.
- Stingray Qello Concerts - enjoy more than 1700 live moments in music history with the world's largest collection of full-length concerts and music documentaries streamed on-demand to just about any digital device. From the 1920s to today's hottest artists, Qello Concerts spans more than 30 genres, from classical to rock, reggae to country.
- Small Business Builder - helps patrons interested in planning and optimizing their businesses or nonprofits. Built for aspiring entrepreneurs and those with existing small businesses, it provides a step-by-step process supported by a rich variety of recognized tools that enable users to produce complete business plans and other documents essential for gaining access to capital and growing their enterprise.
- Universal Class - over 500 online courses to aid with personal and professional interests; including FREE CEUs, plus online books, movies and music for all ages. Over 40 different references to use.
- Weiss Financial Ratings - Enjoy access to financial literacy tools on retirement planning, home and mortgage, insurance strategies, and saving for your child's education.
- Chill Drills: An overview of four simple drills to help reverse the symptoms of stress. Available as a playaway, these drills can help slow your heart rate, lower your blood pressure and reduce the level of stress hormones in your body. By doing these drills regularly, you can lower your baseline stress level and be better prepared to deal with stress in the future. Order yours online (free shipping) or download to your smartphone.
- MilTax - free tax services, which provides easy-to-use software that is designed specifically for the military community and is available mid-January through mid-October. MilTax also offers free consultations with experts trained to help military members and their families take command of their taxes.

Many other resources are located online with just a click of the mouse or online chat with a trained consultant to provide more guidance with your ideal topic. See: www.militaryonesource.mil

AIRMAN SAFETY APP

If there was a way to anonymously and quickly make safety reports on your phone, would you use it? There's an app for that. The Aviation Safety Action Program (ASAP) a voluntary, identity-protected means of reporting safety issues that increase the risk to Aviation, Occupational, or Weapons Safety. The goal of the program is to prevent future mishaps and strengthen a culture of safe, effective mission accomplishment. The two ways to submit an ASAP report are on the website (<https://asap.safety.af.mil>) or the smartphone app "Airmen Safety App." Contact: your friendly safety office (551-7604, 176wg.se.176wg@us.af.mil)

UPCOMING AWS DAYS

The 176th Wing is essentially shut down for business on the upcoming Alternate Work Schedule days. RDs (rescheduled drills) and AT days should not be scheduled for these times. The full AWS calendar can be found on the new Wing SharePoint in the Resource Library.

May: 10, 24

June: 7, 21

GUEST ARTICLE

SHIRT TALES: BE SAFE THIS SUMMER

By Master Sgt. Bryan Grella
176th Mission Support Group

Allow me to introduce myself. I am Master Sgt. Bryan Grella, first sergeant with 176th MSG.

I have been a proud member of the Alaska Air National Guard for more than 32 years (Fire Dawg) and am absolutely honored to be one of your First Sergeant Council members. With this position comes the responsibility to look out for our members to ensure you are capable and able to carry out your duties and complete your mission.

With that said I would ask that you consider the following message:

Welcome to May, hopefully winter is finally behind us and we have an amazing summer ahead to enjoy Alaska.

Enjoying the "Great Land" requires some responsibility on our part. Always have a plan and let someone know where you are going and when you expect to return. Be prepared for the expected and unexpected conditions. This may be proper clothing, nutrition, water, self-defense (bear spray or a fire arm if properly trained), personal-flotation devices and shelter for weather changes or extended unexpected delays.

Of course I would be remiss if I didn't address fire safety as well. Only have a camp fire where it is permitted.

Avoid using liquid fuels to start the fire as vapors will travel and can involve a greater area than expected upon ignition. There are many solid fuel starters available and they are much safer to transport. Have an appropriate-sized camp fire that meets your needs and ensure it is clear of overhead and ground level combustibles (vegetation). Fire pits need to be completely cold to touch when leaving your camp site.

Last but not least, distracted driving has fatal consequences for you, your family and friends, other drivers, and transportation workers. Distracted driving can be anything from cell phone usage, being impaired by alcohol or even over the counter prescribed medications, and lack of sleep.

Have a plan: designated drivers, ensure proper rest or take a nap when needed. Vehicle accidents involving emergency vehicles already working at accident scenes are quickly becoming a leading cause of injury and deaths for firefighters and EMS personnel.

Enjoy your summer outings by being responsible to help ensure a return trip home.

ALASKA NEWS

EAGLE RIVER WOMAN CLIMBS AGAINST CANCER

By Rashae Ophus Johnson
Alaska Star

eGuardian editor's note: This story chronicles Lt. Col. Suzanne Smith's fight with cancer. She is the 176th Mission Support Group deputy commander.

"Take me to a mountain."

Going up is how Susie Smith gets right. Immediately upon discovery of cancer in her rib, fleeing up an Arctic Valley trail was like a primal "flight" instinct. Her epic "fight" response mobilized later and again led up — 19,341 feet up, to the summit of Mount Kilimanjaro in Africa.

"The mountains are just my place," Smith mused. "It's where I find peace. It's where I go to regulate. It is what fills my soul."

Thanks to targeted radiation therapy, she has hope in her prognosis. She has hope to overcome mountains both literal and figurative. She has hope enough to share. Climbing Mount Kilimanjaro is a means to foster hope in signature Susie Smith style, and thus far her climbing campaign has raised more than \$10,000 to institute cancer treatment in the Kilimanjaro region of Tanzania.

Smith, 42, received the initial troubling report from her doctor during a dinner date with her husband Jeff last April. They had traced the source of a recurring stabbing pain in her side to a lesion that indicated cancer in her rib.

"I ran out of that place and fell on the cold sidewalk," Smith recounted. "I said to my husband, 'Please, take me to a mountain. I have to go up.' So we did. We went to Arctic Valley and watched the sun set from up there. I had him take a picture of me because I thought it might be my last non-cancer sunset."

A biopsy confirmed that malignant cells in Smith's bone marrow were boring through her rib. She was among fewer than 450 Americans diagnosed per year with singular plasmacytoma, according to the National Institute of Health. Essentially, the condition is "singular" or "solitary" bone plasmacytoma (SBP) because the cancer is isolated in one spot, whereas if it had spread systemically, it would be classified as the more common and more deadly multiple myeloma. One doctor warned Smith that 70 percent of people with SBP develop multiple myeloma within 10 years. Another used the word "curable" in discussing her case.

"The bulk of what I've been told, is this is the best of the worst" cancer diagnoses, she concluded. "Whatever they call it or say it might do, if I wake up and I feel good, I'm gonna live. And I'm gonna live hard."

Smith, a lieutenant colonel in the Alaska Air National Guard, ultimately opted to fight SBP with daily radiotherapy, in which beams of radiation directly zap the tumor. While her pilot husband was often away for work, friends brought meals

and accompanied her to radiation therapy every day Monday through Friday for two months.

Amidst an influx of supportive messages, two separate friends forwarded her a link to Radiating Hope, a nonprofit co-founded by Anchorage radiation oncologist Larry Daugherty. Daugherty organizes and leads climbing expeditions up the world's tallest mountains to raise money and improve cancer care in underserved areas.

Two messages in succession seemed like a sign, she thought. "But I was in the throes of treatment. I couldn't even conceive of a mountain."

Smith explained radiotherapy to her two young sons as "the power of the bright sun in a pinpoint to heal what hurts mommy." To which her youngest sweetly suggested, "Let's just go sit in the sun on the porch every day!"

Radiating Hope

A sweet suggestion here can be a bitter reality in Tanzania, where cancer treatment isn't available to most of the 49 million residents. The entire nation, more than twice the size of California, is dependent on a single modern radiation machine, which was provided through Radiating Hope in 2015. According to the nonprofit, Tanzania would need more than 300 radiation machines to meet minimal cancer care standards.

Daugherty and a friend founded Radiating Hope as medical residents eager to make a difference in the world.

"We both had a background in humanitarian missions, and we wanted to do something in our own field. We looked around and found there really wasn't anything else in the radiation oncology field," said Daugherty, an Eagle River resident since 2014. "And we both really enjoyed climbing."

With that shared passion and altruism in common, as Smith recovered her thoughts returned to mountaineering and to fostering hope for others stricken by cancer. In her own family, she had witnessed both the battle and the surrender. Just weeks earlier her mom transitioned to hospice care with kidney cancer. Her aunt has been combating multiple cancers for more than 20 years, and her grandma succumbed to breast cancer. Since her dad died of heart disease when she was a child, every surviving member of her family of origin now is confronting some stage of cancer.

"I realize we have little to no control over what happens to us, but we have every bit of choice with how we respond," she said. "And there is such great power in that."

Radiotherapy gave Smith a chance to defy cancer. Her follow-up scans revealed no trace of malignancy. Lab tests every three months will monitor her condition indefinitely, but for now and the foreseeable future, Smith is living with no evidence of cancer remaining.

"I get to live. So what do I do with that? It's so precious," she said, noting that summiting Kilimanjaro had long been on her bucket list. "I didn't know if my body would be able to handle such a thing, but I just wanted to give somebody else that hope."

After reaching out to Daugherty, Smith decided to go for it — to "Kili cancer." She shared her campaign on Facebook.

"Why climb? Because. I. Can. Because I must!" she wrote in the fundraiser description. "... To bring hope. To pay it forward. To have a small part in making a cancer diagnosis not a death sentence for another person."

All donations to Radiating Hope go directly toward cancer treatment in developing nations — in Smith's case, to fund Tanzania's first cancer care center at the base of Mount Kilimanjaro. Her initial fundraising goal was \$2,000. She quickly raised more than \$10,000, ranking her as the top fundraiser in the group of 21 climbers.

Before she departed for Africa, her husband and sons revealed a lofty goal of their own: climbing every step of 19,341 feet at home on their treadmill. Smith also was delighted to discover her tent roommate would be a fellow Eagle River cancer survivor who lived in the same neighborhood. And Daugherty's 12-year-old daughter Azalea, in what's become a tween-to-teen tradition in the Daugherty family, joined them on the expedition.

"This group was just really special to me, their stories," Daugherty said. "Not only going with three of my own patients on the climb and also my own daughter, but they were just incredible people on this trip."

In Radiating Hope's early years, oncology staff comprised most of the mountaineering teams. The climbs, which include Mount Everest and Denali among several others worldwide, are geared toward climbers with minimal experience and ample endurance. This Kilimanjaro contingency included a trio of therapists carrying the ashes of a spouse who had climbed Kili in his youth and recently died of metastatic cancer. Another man in their party had shed nearly 300 pounds to fulfill his dream of mountain climbing.

"Just some amazing people," Daugherty said. "I felt like our group just gelled in a special way."

Top of the World

In Alaska it was late on March 11 when across the world the group started their ascent up Mount Kilimanjaro. Smith used a satellite communication device to regularly update family and supporters back home.

"I am so overcome with emotion tonight. I am so small, SO very very grateful," she wrote a few days into the climb. "Her summit is silhouetted high above us in this night sky... I have never seen anything so amazing in all my life."

Within days they reached the peak of Mount Kilimanjaro, save two climbers thwarted by altitude sickness. At the summit they posted prayer flags inscribed with names of loved ones affected by cancer.

"To be able to go on a major adventure and raise money for cancer is really cool," said Daugherty, whose next Radiating Hope destination is Machu Picchu in Peru's Andean mountains in June.

Mount Kilimanjaro is the highest peak Smith has conquered yet, but she said reaching the summit of Africa's tallest mountain is only the start of getting her hopes "up." Smith hopes for a future with her husband and sons in the Eagle River community they cherish, scored with a magnificent maze of trails and hikes to be had. She hopes to keep climbing. She hopes to conquer more of the "seven summits" of the world, to foster hope in others.

"In essence I climb to give hope and also inspire people, to show that there is a choice in every reaction," she concluded. "It's a very long journey to figure out how to cope with this new normal."

Wherever that journey takes her, Smith will find a mountain, and keep going up.

POLAR FORCE 19 TESTS C-17 SORTIE IN MOCK CHEMICAL ATTACK

By Senior Airman Louis Velasco
176th Wing Public Affairs

A mixed aircrew -- comprising members of the Alaska Air National Guard's 144th Airlift Squadron and the U.S. Air Force's 517th Airlift Squadron -- showed their ability to successfully generate sorties in a hostile environment as part of the Polar Force 19 exercise here April 4.

Polar Force 19 was a two-week exercise designed to test JBER's ability to rapidly deploy and operate, at short notice, anywhere in the Pacific Theater of operations. The April 4 culmination of the exercise included a mock chemical attack that

tested the aircrew's ability to successfully maneuver in their chemical gear and complete their mission in a contested environment.

Due to the threat of chemical exposure, members were outfitted with the necessary equipment by Alaska Air Guardsmen with the 176th Operations Support Squadron. The OSS members inspected each piece of gear to determine overall fit and use, with special focus on any tears, obstructions, kinks or poor fitting.

"That's why they're wearing all this chemical gear right now," explained Maj. Scott Owen, a pilot with the Air Guard's 144th Airlift Squadron and lead C-17 Wing Inspection Team (WIT) member.

"In case that [attack] happens, they can continue to get their flight ready to go, while they continue to push it and get airborne – even if there's chemical exposure while they're working,"

As an inspector, Owen coordinated with aircraft maintainers, loadmasters and the pilots to ensure the C-17 would be successful with the launch and recover scenario.

The evaluation is critical for Owen and other WIT members across the wing who present their results.

"We take notes, both on the squadron's ability to work with the scenario they've been given and if they were effective with the guidelines they have. Did they get their mission done? But we also take notes and lessons learned for the next exercise, in terms of planning and management," said Owen.

To ensure a successful sortie, several different squadrons and flights needed to communicate and work together towards the same goal.

"There are so many moving parts. You figure 1,000 moving parts and we're taking notes and critiquing one or two little tweaks to improve something. I mean, we've been launching sorties on time and recovering them safely on time – doing cargo uploads of all this gear, and moving pieces of equipment. It's really impressive to see," Owen said.

Polar Force 19 was the first time in six years that the Alaska Air National Guard's 176th Wing and their total-force integration partners, the U.S. Air Force's 673 Air Base Wing and the U.S. Air Force Reserve's 477th Fighter Group, held a joint deployment-readiness exercise.

MIDNIGHT SUN GUARDIANS HONORED BY RED CROSS

Red Cross news release

The American Red Cross of Alaska will honor individuals and organizations for acts of heroism throughout Alaska at the 20th Annual Real Heroes Breakfast, presented by ConocoPhillips.

This inspiring event raises critical funds for the Red Cross of Alaska. The event will take place in the Hotel Captain Cook Ballroom in Anchorage on Tuesday, April 16. Doors open at 6:45 a.m. and the program begins promptly at 7 a.m. A media box will be available.

These everyday heroes are nominated each year by fellow Alaskans for exceptional acts of bravery, quick-thinking, selflessness, and skill. "The stories of these heroes showcase crucial moments in time where hope prevailed, compassion triumphed and ordinary citizens acted with resolve," said Tanguy Libbrecht, Red Cross of Alaska CEO. "It is an honor to recognize these extraordinary Alaskans each year and especially this year, on our 20th anniversary, for their contributions to our communities."

The event will be hosted by Red Cross of Alaska Board Chair Buddy Custard, Red Cross of Alaska Board Member Josh Howes and Anchorage Police Department Communications Director MJ Thim, along with presenters from 10 corporate partners who have sponsored the heroes.

Close to 500 guests are expected to pay tribute to more than 20 heroes in 10 categories who, in the last year, faced challenging situations and made the selfless decision to help someone in need, or were a part of a program that has improved the overall safety of our state through constantly honing protocols for multi-agency coordination and refining knowledge in order to save as many lives as possible. The ceremony will spotlight each hero's story and award them with a Red Cross hero medal.

ALASKA SAFETY HEROES: Alaska Rescue Coordination Center

There is a myriad of search-and-rescue agencies across the state that help save lives on a regular basis, but the Alaska Rescue Coordination Center (RCC) on Joint Base Elmendorf-Richardson acts as the headquarters for centralizing information and communication between other agencies to figure out the best resources to deploy when assistance is needed. The RCC provides a 24-hours a day, seven days a week rescue coordination capability in support of US military and civil aviation search and rescue needs in Alaska. Because Alaska is so vast, and the environment can be so challenging, RCC personnel get a lot of practice carrying out missions, which also means they are constantly honing protocols for multi-

agency coordination and refining knowledge in order to save as many lives as possible. The RCC is manned by Alaska Air National Guardsmen and the RCC director reports to 176th Wing leadership. During the last 25 years the RCC has saved about 2,400 lives.

MILITARY/LAW ENFORCEMENT RESCUE HEROES: Alaska Rescue Coordination Center and 210 RQS - Lt Col Keenan Zerkel (Aircraft Commander), Capt Colt Nelson (Co-Pilot), TSgt Vance Streeter (Special Mission Aviator), TSgt Duncan Harris (Special Mission Aviator), TSgt Sonny Carlos (PJ Team Lead), and SSgt Cameron Harter (PJ)

176TH WING AIRMAN HELPS TROOPS AT DEPLOYED TRANSIENT OASIS

By Tech. Sgt. Christopher Hubenthal
379th Air Expeditionary Wing Public Affairs

AL UDEID AIR BASE, Qatar — The 379th Expeditionary Logistics Readiness Squadron opened the Transient Oasis here, April 11, 2019.

The Transient Oasis acts as a focal point for in-transit service members and civilians awaiting travel.

Staff Sgt. Kayla Dewalt, 379th ELRS Transient Oasis NCO in charge, said the addition of the Transient Oasis has made information and amenities more accessible for those waiting to move.

"The purpose of the Transient Oasis is to help transients out who are either going back home or forward deploying," said DeWalt. "The Transient Oasis essentially gives them a home away from home. I feel the transients have a better place to go for whatever they need."

The 379th ELRS fuels distribution flight keeps the facility open 24/7, making amenities and information always available to in-transit warfighters.

"This is kind of like a one-stop shop facility," said Staff Sgt. Melissa Vesco, 379th ELRS fuels distribution supervisor. "They have Wi-Fi access and can find out information about their schedule and travel plans. We help with any questions like where the dining facility or the Base Exchange is ... any question they might have we can facilitate. It's just nice to be able to provide a little hospitality and relief when they have questions or things they need help with."

Vesco is an Alaska Air National Guardsman who is assigned to 176th Logistics Readiness Squadron at her home station of Joint Base Elmendorf-Richardson, Alaska.

Services provided at the Transient Oasis makes a huge impact for some deployer's traveling experience.

"This is my first deployment ever. From the time I hit the ground they've provided great instruction through the whole process including getting connected to lodging," said Timothy Brecheen, an in-transit civilian. "What makes innovation like this really important is the first impressions. When you start a deployment, you are away from everything familiar. To have a place you can go that helps you feel connected makes that transition so much easier. When you go downrange you feel positive."

Vesco said that working at the Transient Oasis is fulfilling and an environment where she can share her own deployment experiences in the support of others.

"I have a soft spot for hospitality and it's nice to be a good human being and do something nice to help somebody going from one place to the next," said Vesco. "I think about how it is when I traveled and deployed to different places and it's just really nice to have a human to talk to if you have questions. It's nice to be able to provide that type of hospitality."

176TH CES STRENGTHENS KUNSAN'S FOUNDATION

By Senior Airman Stefan Alvarez
8th Fighter Wing Public Affairs

Members from the 176th Civil Engineer Squadron, Joint Base Elmendorf-Richardson, Alaska, sent personnel on a training deployment to assist the 8th CES in fulfilling work orders around Kunsan Air Base, Republic of Korea, and gain experience performing tasks they normally wouldn't have an opportunity to back at their home station.

To see the photos, visit <https://www.kunsan.af.mil/News/Article/1817294/176th-ces-reinforces-8th-ces-strengthens-kunsans-foundation/>

INSIDE THE GATES: GUARDSMEN DEMONSTRATE READINESS FOR CHEMICAL WARFARE DURING POLAR FORCE EXERCISE

By Scott Gross
KTVA

Normally, the sound of an explosion is cause for alarm, but that's wasn't the case during the Polar Force 19 exercise on Alaska's Joint Base Elmendorf-Richardson.

Wearing combat gear, chemical protection suits and masks, airmen in the Alaska Air National Guard's 176th Wing evaluated their ability to successfully execute missions in hostile conditions. The exercise simulated a contaminated environment under attack by chemical, biological, radiological or nuclear weapons.

"So what we're doing is we're creating a scenario; for this one we use the chemical sarin, it's a nerve agent," said Master Sgt. Nina Kolyvanova with the Alaska Air National Guard's 176th civil engineer squadron. "We contaminated the area and then we made sure that our airmen know how to properly wear their [protective gear] and then how to properly operate with contaminated objects and still push out the airplane. Then, conduct appropriate [decontamination] procedures to keep everybody in the shelter safe and themselves safe."

The exercise began with the sound of an explosion, then airmen were given signal to leave the hangar and inspect the area for chemicals, unexploded weapons and chemical warfare residue.

"Everybody in the wing will know where the hazards are, what the hazards are so they don't stumble on a UXO or walk through a plume," Master Sgt. Kolyvanova said.

Pilots of C-17s use the same information to know where to land within a contaminated area. Once on the ground and in a safe location, the ground crew, loadmasters and pilots take every precaution to protect themselves before leaving the aircraft and venturing into the hazardous area. Pilots placed large, clear plastic bags over their helmets, pulling them down to their feet.

"The bags are in case the agent is still falling out of the sky, a mist coming down from a missile or some other type of attack," C-17 pilot Major Scott Owen with the Alaska Air National Guard's 144th Airlift Squadron said. "Once they go out of the aircraft, they could get that on them."

Once inside the hangar, the airmen go through an extensive decontamination process.

"The final piece of the puzzle is what we call the 'hot wash,'" Major John Callahan, Chief of Public Affairs for the Alaska Air National Guard's 176th Wing, said. "Where we go back and look very carefully at what we did during the exercise to identify not only what we did well, but areas that we can improve on in the future."

Polar Force 19 was a two-week, base-wide training exercise designed to test JBER's mission readiness, according to a statement from the Alaska National Guard.

It was implemented in two phases: Phase one tested the 176 Wing's ability to pack up squadrons and aircraft to deploy to another location. Phase two assessed the airmen's ability to operate and execute missions in a hostile deployed environment.

The simulation was different that the style of exercise the military has conducted in recent years.

"For the last 16 or 17 years, the focus of the United States military has primarily been on anti-insurgency, anti-insurgent warfare," Major Callahan said. "In recent years that shifted a little bit, the military is more focused on what we call peer or near-peer conflicts. And so, with Polar Force 19, we're going back to a little bit of an older style of exercise. We haven't done this style of exercise in a while, but from here on out we expect it to be done roughly once a year."

Callahan said everything the Air National Guard does revolves around readiness.

The 176th Wing's commander said in a statement Tuesday that tests like Polar Force 19 keep them on top of their game.

"Deploying a military force is a complex operation — many moving parts have to come together seamlessly at the same time," said Brig. Gen. Darrin Slaten. "That's why these types of exercises are so valuable: They help ensure that the Alaska Air National Guard can deploy, on very short notice, a powerful force capable of delivering overwhelming combat power in support of U.S. interests anywhere in the Pacific theater."

The exercise began on March 25 and residents in the area might have heard increased noise and seen more traffic in the sky. Polar Force 19 concluded April 5.

INSIDE THE GATES: THE SQUADRON THAT KEPT THE 176TH WING ON ITS FEET AFTER THE EARTHQUAKE

By Scott Gross
KTVA

It's been a little over four months since Alaska's 7.1 magnitude earthquake rocked and rolled Southcentral. During the Nov. 30 earthquake, the 176th Wing with the Alaska Air National Guard sustained major damage.

Who's called to fix the damage for those who normally do the rescuing? The guard's own civil engineers.

"It totally falls on us; we don't have any back up," Todd Peplow, state maintenance foreman with the 176th Wing Civil Engineer Squadron, said.

Members of the 176th civil engineer squadron on Joint Base Elmendorf-Richardson still vividly remember what needed to be done to keep the Wing's mission intact. Peplow said they had a couple guys that didn't even see their own houses for nearly 14 hours after the quake.

Some of the biggest damage amassed by the earthquake came in hangar 18. Inside, the Alert C-130 aircraft was able to get out. However, once out of the hangar, the door would not close.

"Being November, being it freezing, we're out here at 5:30 at night. Everybody's gone and we're still trying to close the doors and it's freezing outside," he said, adding to other worries about freezing suppression systems and breaking pipes.

It took the engineers nearly four hours to close the door, but it was far from remedied. The door manufacturer was no longer in business and the electrical diagram was inadequate. They ended up having to bypass a few things just to get them closed, Peplow said.

Next door at hangar 21 which houses C-17s, there was a different kind of door problem. Peplow said its doors, made of panels that weigh 25,000 pounds, slammed around so much they wouldn't open and the cables were breaking.

Hardly any of their buildings came out unscathed.

"Every hangar had a problem. Hangar 12 the doors wouldn't go up or down either," electrician Andy O'Donnell with the 176th Civil Engineer Squadron said. "There were glycol leaks in like four or five of our buildings and it was all on the second floor. So you had two floors to deal with, you know? It wasn't like it was just hitting concrete. It was hitting people's offices, getting into the carpet."

The engineers worked 12 to 14 hour days, six to seven days a week to ensure the Wing stayed up and running.

"It was real lucky that we didn't have anyone injured while we were fixing things too, because it was dark, we were still getting after quakes and, yeah, it was cold," O'Donnell said.

The repairs are still ongoing but to the average observer, the base hasn't skipped a beat.

"The mission went on," David Bedard with 176th Wing Public Affairs said. "Rescues were still being done, and the air mobility mission of the C-17 squadron is still happening, and so it really is a testament to their capability that they were able to do that."

The 176th Civil Engineer Squadron is made up of 15 full-time people who maintain 25 facilities and five hangars on JBER.

"They're not flying the aircraft, but the aircraft don't fly without them," Bedard said.

RSD SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

2019

	07-08 Sep
01-02 Jun	19-20 Oct

July make-up drill only	02-03 Nov
03-04 Aug	07-08 Dec

RECURRING RSD EVENTS

DTS AND GTC TRAINING

Defense Travel System and Government Travel Card Program training will be offered every Saturday of drill at 1400 hrs in the MSG Classroom of the 176th Wing Headquarters (Bld 17441).

Hands-on assistance for Defense Travel Administrator and members is available every drill Sunday at 1300 hrs in Hangar 18, 3rd Floor, Computer Lab. Contact: Finance (551-0129)

PROMOTION BOARD VOLUNTEERS

Any E-6 through E-9 who wishes to ensure the quality of their soon-to-be peers may volunteer for the 176th Wing monthly promotion boards. Submit your name to CMSgt Tiffany Gregory (tiffany.gregory@us.af.mil)

ALASKA NATIONAL GUARD OFFICER'S ASSOCIATION (ANGOA) MEETING

The Alaska National Guard Officer's Association (ANGOA) typically holds a monthly meeting the first Thursday of every month at 1700 at the JFHQ-AK, Room D202. Please join us during our next meeting. Can't make it to the meeting in person? Attend by phone: Email the contacts below and get the dial-in number and PIN, plus be added to monthly meeting notifications. For more information about ANGOA please visit our website at www.angoa.org.
Contacts: angoapresident@gmail.com or angoamembership@gmail.com.

ALASKA NATIONAL GUARD ENLISTED ASSOCIATION (ANGEA) MEETING

The Alaska National Guard Enlisted Association is a professional organization that is the voice of Alaska's Enlisted Airmen and Soldiers to Alaska Legislature and the United States Congress. Join us for our next meeting to get involved and help make our voices even louder!! For more information about ANGEA or upcoming events please visit our website: www.angea.org, or on Facebook: <https://www.facebook.com/ANGEA49>.

"PAIN & GAIN" WORKOUT

The 176th Sustainment Services would like to invite you to join Saturdays of drill at 1500 in Hangar 5 for Wing PT "Pain & Gain" full body workout with cardio. Civilian PT Gear authorized. Contact: 176 FSF Sustainment Services (552-2947)

CHAPEL SERVICES

Several chapel services are available across base on Sundays:

Protestant Liturgical Service
9 a.m. - Heritage Chapel

Gospel Service
9:30 a.m. - Midnight Sun Chapel

Community Worship Service
10:30 a.m. - Heritage Chapel

Contemporary Family Service
11 a.m. - Arctic Warrior Chapel

Catholic Mass
8:30 a.m. - Arctic Warrior Chapel
11:30 a.m. - Midnight Sun Chapel

Jewish Services
Call the JBER Religious Operations Center (552-5762) for current schedule

Chapel addresses:
Midnight Sun Chapel (Formerly Chapel One)
7137 Fighter Dr
JBER - Elmendorf
(Next to the Polar Bowl)

Heritage Chapel (Formerly Chapel Two)
9431 Luke Ave
JBER - Elmendorf
(Across from the C-17 simulator building)

Arctic Warrior Chapel

Building 3, Headquarters Loop
JBER - Richardson (Across from the USARAK Headquarters building)
(907) 384-1461

RSD SHUTTLE SCHEDULE

RSD ROTATOR PROCESS

Members sign up directly via Facebook, as well as check flight updates. Rotator riders can request access to the Facebook group by searching "AKANG RSD Rotator" and requesting membership.

Friday Pick-up						
South UTA Shuttle				North UTA Shuttle		
Location	Arrive	Depart		Location	Arrive	Depart
Elmendorf	CANCELLED	1715		Elmendorf		1900
Kodiak	1815	1830		Eielson	2000	2015
Homer	1910	1920		Elmendorf	2100	
Kenai	1935	1945				
Elmendorf	2000		PAX Transfer			
	CANCELLED					
Sunday Return						
South UTA Shuttle				North UTA Shuttle		
Location	Arrive	Depart		Location	Arrive	Depart
Elmendorf	CANCELLED	1715		Eielson		1700
Kenai	1800	1810	PAX Transfer	Elmendorf	1800	1815
Homer	1825	1835		Eielson	1915	
Kodiak	1915	1925				
Elmendorf	2030					

Log Plans will post events for each flight a week prior to departure. New riders fill out a new rider request form (LGRDX Share Point under the RSD Rotator folder) and send to the Log Plans shop (176WG.LGRR@us.af.mil) to be filed. Logistics Plans office cell: 947-4395

PLEASE NOTE: the SOUTH UTA SHUTTLE has been CANCELLED until further notice. The North

UTA Shuttle will still be scheduled on a monthly basis.

JBER show time is two hours prior to take off at the passenger terminal.

176OSS CURRENT OPS Number: 551-5208

JBER ATOC: 552-2104 (Call to update gates)

EDF PAX TERM: Fax 552-3996 / Office 552-3781 (Call to update gates)

Eielson show time is three hours prior to take off at the passenger terminal

EIL PAX TERM: Fax 377-2287 / Office 377-1250

RSD Rotator Share Point: <https://jber.eis.pacaf.af.mil/176WG/176MSG/176LRS/LGRD%20Log%20Plans/Forms/AllItems.aspx?RootFolder=%2F176WG%2F176MSG%2F176LRS%2F176LGRD%20Log%20Plans%2FUTA%20Rotator&FolderCTID=0x01200074092A9858D1664D86D7BCF8C1287C0A&View=%7BC246B693%2DEB0F%2D4968%2DAEF8%2DD89451AEDCAA%7D>

WEEKEND DINING FACILITY HOURS

BREAKFAST: 0630-0830
GRAB-N-GO: 0900-1030
LUNCH: 1030-1330
GRAB-N-GO: 1330-1630
DINNER: 1630-1830
MIDNIGHT: 2300-0100

GATE HOURS

For latest gate hours, visit <https://www.jber.jb.mil/Units/673abw/673SFS/>

POINTS OF INTEREST

176th Wing

Website: <http://www.176wg.ang.af.mil/>
Facebook: <http://www.facebook.com/176thWing>
Instagram: <http://www.instagram.com/176thwing>
Flickr: <https://www.flickr.com/photos/176wg/>
DVIDs: <https://www.dvidshub.net/unit/176WPA>
SharePoint (requires CAC): <https://cs2.eis.af.mil/sites/12468/Pages/176%20Wing.aspx>

Alaska National Guard

Facebook: <http://www.facebook.com/AKNationalGuard>
Instagram: <http://www.instagram.com/alaskanationalguard>
Flickr: <http://www.flickr.com/photos/alaskanationalguard>
Youtube: <http://www.youtube.com/user/NationalGuardAlaska>
Twitter: <http://twitter.com/AKNationalGuard>

JB ER

Website: <http://www.jber.jb.mil/>
Facebook: <http://www.facebook.com/JBERAK>
Newspaper: <http://www.dvidshub.net/publication/397/arctic-warrior>

Fulltime Job Opportunities:

<http://dmva.alaska.gov/employment.htm>

HRO – Alaska National Guard:

<http://dmva.alaska.gov/HRO>

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