



176th Wing • Alaska Air National Guard

eGuardian

May 30, 2019

JUNE RSD

MASTER SGT. FREISTONE RETIREMENT CEREMONY *JUNE 1*

Master Sgt. Wesley Freistone, 176th Civil Engineer Squadron, will mark a successful career during a June 1 retirement ceremony 1000 at the Fire Training Station, Building 10725.

HUMAN RELATIONS EDUCATION/POSH *JUNE 1*

Human relations education/prevention of sexual harassment will be hosted in the 176th Logistics Readiness Squadron classroom June 1 at 1000. Unit training managers can enroll members in ArcNet.

LT. COL. YOSCHAK RETIREMENT CEREMONY *JUNE 1*

Lt. Col. Greg Yoschak, 144th Airlift Squadron, will mark a successful career during a June 1 retirement ceremony 1100 in the 144th AS Theater, Hangar 21.

TECH. SGT. RODRIGUEZ RETIREMENT CEREMONY *JUNE 1*

Tech. Sgt. Jesus Rodriguez, 176th Maintenance Operations Flight, will mark a successful career during a June 1 retirement ceremony 1500 in Kulis Theater, Hangar 18.

176TH FORCE SUPPORT FLIGHT CLOSING EARLY *JUNE 1 & 2*

The 176th Force Support Flight will be open 0900-1600 Saturday, June 1. Due to the 176th Wing Awards and Family Day June 2, the 176th Force Support Flight will be open from 0730-0930 Sunday.

EO KEY PERSONNEL BRIEF FOR NEW COMMANDERS *JUNE 2*

Upon taking command, new commanders must attend an Equal Opportunity Key Personnel Brief June 2 at 0800 in the wing conference room. The brief is also highly encouraged for those in leadership positions.

WING AWARDS CEREMONY *JUNE 2*

Airmen of 176th Wing host their annual awards ceremony June 1 at 1000 in Hangar 21's East Bay.

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, including a dunk tank, corn hole tournament and more.

EVENTS / OPPORTUNITIES

MILITARY APPRECIATION PICNIC *JUNE 7*

Grab your families and blankets for the 2019 Military Appreciation Picnic from 1100 to 1500 June 7 at Buckner Fields.

What better way to celebrate Military members than with good food and fun.

Enjoy free food, music, games, an information fair and much more. All families are welcome.

Contact 552.3998 for additional information

176TH MXS CHANGE OF COMMAND *JULY 12*

Lt. Col. Jessica Pisano will succeed Lt. Col. Jennifer Casillo on July 12 as the 176th Maintenance Squadron commander during a 1400 change-of-command ceremony at Hangar 21.

GUARD BABIES WELCOMED WITH BUNDLES OF BOOKS AND BLANKETS

Air National Guard dependent infants have been receiving gifts through the Bundles project.

Key Spouse Volunteers, Kendra Gladwell and Karen Jenkins, started the initiative, which provide every new baby of an Alaska Air National Guard member with a tote bag filled with baby books and a hand-crochet blanket. Karen, an educator at Hiland Mountain Correctional Center, has coordinated the volunteer efforts of

several incarcerated women who want to give back to their communities by crocheting blankets and sewing tote bags.

The program was first orchestrated for 176th Logistics Readiness Squadron; however, it is now serving the entire 176th Wing.

The popularity of the program has meant more materials are needed and the Bundles Project has renewed their request for donated yarn and new baby board books.

To give donations or to assist with this project, please contact Master Sgt. Melissa Erhard at 552-6135, or at melissa.erhard.1@us.af.mil.

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.

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>

TECH. SGT. PARKER WINS NATIONAL GUARD BUREAU HONORS

Please join wing leadership in congratulating Tech. Sgt. Fred Parker for winning National Guard Bureau honors.

Parker was recognized as the Air National Guard Service Aerospace Medicine 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.

176TH 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.

June: 7, 21

July: 5, 19, 26

GUEST ARTICLE

SHIRT TALES: BUDGET FOR FINANCIAL FREEDOM

By Master Sgt. Chad Lemaster

210th, 211th, and 212th Rescue Squadron first sergeant

Part of being an effective Airman includes being able to take care of your financial needs. As first sergeants, part of our role is offering resources to help you best take care of your money.

Last year, I took the time in this column to speak to the importance of putting some of your own money away for retirement in the TSP or into your company's 401k. This year, I want to focus on how important it is to budget.

The first step in creating a budget is figuring out how much money you have coming in on a weekly or monthly basis. The second step is listing out all of your bills: rent, utilities, loans, insurance, etc.

Then figure out how much money you are currently spending on food, entertainment, gas, and other variable expenses. Sometimes this step takes a couple of months to figure out what the average amount is that you spend. Once you know your income and your expenses, start looking at ways to plug the leaks.

You don't have to figure out your budget on your own. Militaryonesource.com has resources to help, or visit your friendly first sergeant for other local options and resources.

CONIGLIO RETIRES AFTER 30 YEARS OF SERVICE

By David Bedard
176th Wing Public Affairs

Alaska Air National Guard Col. Scott Coniglio, former 176th Wing vice commander, marked 30 years of service during his May 8, 2019, retirement ceremony at Joint Base Elmendorf-Richardson.

Scott's father, retired Col. Joseph Coniglio Sr., presided over the ceremony while his brother, retired Lt. Col. Joseph Coniglio Jr., served as the narrator.

All together, the three Coniglios have served 95 years.

"Service to our country is both an honor and a distinction," Joseph Sr. said.

The date also marked the eldest Coniglio's 80th birthday, five years to the day after he presided over Joseph Jr.'s retirement ceremony.

Also in attendance were Scott's mother, Barbara, his wife, Kerstin, and daughters, Noelle and Morgan.

"Kerstin, this ceremony is as much about you as me," Scott said. "You have been unbelievably patient, understanding and unselfish. Without you, I would not be on this stage today."

According to his official biography, Scott joined the Air Force in 1989, earning a commission as a second lieutenant after graduating the Air Force Officer Training School in San Antonio, Texas.

In 1990, he completed Undergraduate Navigator training at Mather Air Force Base, California, for service on C-130 Hercules cargo aircraft. He was then assigned to Dyess Air Force Base, Texas, and deployed to several combat zones in support of Desert Shield, Desert Storm, Northern Watch, Southern Watch, Uphold Democracy, Provide Comfort and Safe Passage.

He was assigned to then-Elmendorf Air Force Base in 1995 with the 517th Airlift Squadron before transferring to the 3rd Operations Support Squadron in 1997.

Scott transitioned to the Alaska Air National Guard in 1999, joining the 144th Airlift Squadron before moving to the 210th Rescue Squadron in 2000 as an HC-130 King navigator. He was subsequently reassigned as the deputy commander of the 11th Air Force Rescue Coordination Center.

In 2003, he was reassigned to the 211th Rescue Squadron and deployed in support of Enduring Freedom.

Scott served as the 176th Maintenance Squadron commander from 2012 to 2015, when he was assigned as the wing vice commander.

He is a master navigator with more than 6,000 flight hours, which includes 259 hours in combat. He participated in 284 rescue missions and is credited with saving 138 lives.

During his comments, Joseph Sr. said he looks forward to being able to spend more time with his son on the Kenai River.

“Scott, like the eagle, you have soared to new heights in your Air Force career,” Joseph Sr. said. “We pray that the next chapter in your life is filled with as much joy as one can experience in retirement.”

INSIDE THE GATES: KEEPING HANGAR 21 PREPPED TO PAINT PLANES

By Scott Gross
KTVA 11

Hangar 21 at Joint Base Elmendorf-Richardson is home to Alaska's largest paint booth. When civil engineers from the Alaska Air National Guard's 176th Wing took over maintenance in early October, they had no idea what they would find in the humidifiers in the mechanical room up above.

"It hasn't run right for a long time and once we started pulling the machines apart and started seeing the calcium buildup that was in there, it was a little overwhelming at first," said Andy O'Donnell, an electrician with the 176th Civil Engineers.

Keeping the hangar's humidity at a constant and controlled level is vital to the paint used and the preservation of aircraft.

"With the new paints it requires a higher humidity to cure," said Todd Peplow, a state maintenance foreman with the same unit.

When engineers opened up the humidifiers, which basically are like large teapots, they found massive amounts of mineral calcification attached to the heat exchangers.

"The mineral buildup was just so huge that the systems couldn't put out, they were shutting down," Peplow said.

A total of 12 exchangers are in four units. Each one was packed with rock calcium formed from material brought in from mountain water.

"The heat exchangers weigh about 100 pounds each. With about 60 to 80 pounds of raw calcium solidified to each, we could barely lift them with two guys and get them downstairs to clean," O'Donnell said.

A total of 400 pounds of calcium was chiseled, scraped and hammered off of all of the exchangers combined. The rock was shoved into five-gallon buckets and lowered down engineers on a scissor lift.

"Between our four units we filled up a 55-gallon drum with rock calcium," O'Donnell said.

The engineers also noticed that the water lines were incorrectly installed and all the plumbing had to be redone.

"We just had to refabricate everything and then actually add some pieces they didn't have before that will help us keep our system clean," said maintenance journeyman Scott Taylor.

To make the repairs worse, as the engineers were in the middle of the cleaning process, [the Nov. 30 earthquake hit.](#)

"One thing at a time is no problem, but when it started accumulating, it became pretty major," Peplow said.

Nearly six months after the earthquake, the hangar's humidifiers are working without a problem. The engineers make sure to check the lines and exchangers every 175 hours. It's these behind-the-scenes heroes that allow everyone else in the 176th Wing to do their job, and to be ready when called upon.

RSD SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

2019

| | |
|-------------------------|-----------|
| July make-up drill only | 19-20 Oct |
| 03-04 Aug | 02-03 Nov |
| 07-08 Sep | 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 Shawn Morrissey (shawn.morrissey.1@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 ROTATOR PROCESS

Friday Pick-up

| South UTA Shuttle | | |
|-------------------|-----------|--------|
| Location | Arrive | Depart |
| Elmendorf | CANCELLED | 1715 |
| Kodiak | 1815 | 1830 |
| Homer | 1910 | 1920 |
| Kenai | 1935 | 1945 |
| Elmendorf | 2000 | |
| | CANCELLED | |

| North UTA Shuttle | | |
|-------------------|--------|--------|
| Location | Arrive | Depart |
| Elmendorf | | 1900 |
| Eielson | 2000 | 2015 |
| Elmendorf | 2100 | |
| | | |
| | | |
| | | |

PAX Transfer

Sunday Return

| South UTA Shuttle | | |
|-------------------|------------------|--------|
| Location | Arrive | Depart |
| Elmendorf | CANCELLED | 1715 |
| Kenai | 1800 | 1810 |
| Homer | 1825 | 1835 |
| Kodiak | 1915 | 1925 |
| Elmendorf | 2030 | |

| North UTA Shuttle | | |
|-------------------|--------|--------|
| Location | Arrive | Depart |
| Elelson | | 1700 |
| Elmendorf | 1800 | 1815 |
| Elelson | 1915 | |
| | | |
| | | |

PAX Transfer

[RootFolder=%2F176WG%2F176MSG%2F176LRS%2FLGRD%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>

JBER

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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