



176th Wing • Alaska Air National Guard

eGuardian

Aug. 2, 2019

AUGUST RSD

STAFF SGT. FERSS CORBETT PROMOTION CEREMONY *Aug. 3*

The 176 CF welcomes you to join us in celebrating Staff Sgt. Ferss Corbett in his promotion to technical sergeant on Saturday, 3 Aug at 1530 at the Kulis Theater located in Hangar 18

MASTER SGT. J. SCOTT JONES RETIREMENT CEREMONY *Aug. 4*

Col. Keolani W. Bailey, 176th MSG Commander, invites you to attend MSgt J. Scott Jones' retirement ceremony after 28 years of dedicated service. The ceremony is located at Bldg. 8515 Saville Ave., LRS Classroom (upstairs) on Sunday, 4 Aug at 1500. The uniform is ABUs / OCPs.

HUMAN RELATIONS EDUCATION/POSH *Aug. 3, 4.*

Human relations education/prevention of sexual harassment will be hosted twice this RSD.

Saturday, 3 Aug from 1230-1400 in the MSG Classroom of the 176th Wing Headquarters (Bld 17441).

Sunday, 4 Aug from 0730-0900 in the Civil Engineer Squadron Classroom (*CE members have priority in this course).

Unit training managers can enroll members in ArcNet.

EO KEY PERSONNEL BRIEF FOR NEW COMMANDERS *Aug. 3*

Upon taking command, new commanders must attend an Equal Opportunity Key Personnel Brief offered this drill on Saturday, 3 Aug at 1200 in the MSG Classroom of the 176th Wing Headquarters (Bld 17441).

The brief is also highly encouraged for those in leadership positions.

DEFENSE TRAVEL SYSTEM/GOVERNMENT TRAVEL CARD TRAINING *Aug. 3*

Master Sgt. Harrington will lead DTS and GTC Training this drill. It will be held on Saturday, 3 Aug from 1400-1600 in the MSG Classroom of the 176th Wing Headquarters (Bld 17441).

PERSONNEL/PERSCO TRAINING *Aug. 4*

Master Sgt. Porsche will lead PERSCO Training this drill. It will be held on Sunday, 4 Aug from 1300-1400 in the FSF Classroom.

KJEC MEETING *Aug. 3*

The KJEC meeting will be held on Saturday, 4 Aug at 1330 in the Kulis Theater. Topics will include applying for Tuition Assistance and going over the KJEC elections. We will start soliciting for nominees in August for the following positions:

President (coordinates meetings/fundraisers for the year)

Vice President (supports and fills in for the president)

Secretary (schedules meetings and venues)

Ways and Means (develops fundraisers, one per quarter)

Treasurer (handles KJEC money and audits annually, also retrieves plaques for Airman of the Quarter)

We ask supervisors to submit names and a brief statement of why they feel the member should be in the KJEC.

It is highly encouraged for supervisors to submit their nominations to our org box:

176WG.KJEC.Board@us.af.mil

LEADERSHIP LUNCH WITH AIRMEN *Aug. 4*

Don't miss an opportunity to dine with our senior leaders this drill. Command Chief Schaefer will meet Airman in the lower part of the Iditarod Dining Facility on Sunday, 4 Aug from 1130-1300. There are approximately 30 seats reserved.

EVENTS / OPPORTUNITIES

STRONG BONDS RETREAT *Aug 24-25*

Our next Strong Bonds retreat is for married couples it is located at the beautiful Lands' End Resort in Homer, Alaska.

For more info or to register follow this link:

<https://www.eventbrite.com/e/fearless-marriage-strong-bonds-tickets-66927302363>

MILITARY PROFESSIONAL AND ETHICAL FITNESS

Next year will be our fourth event for the Military Professional and Ethical Fitness. Our target audience: Army and Air E-6s. The event will be held on 6-7 Apr 2020 at the AWEC.

We would like to encourage all E-6s to fill out this short survey. The results will assist in developing the topics and agenda for the summit. Please cut and past the link below.

<https://gko.portal.ng.mil/states/AK/ang/Lists/MilitaryProfessionalEthicalFitnessTransformational/NewForm.aspx?Source=https%3A%2F%2Fgko%2Eportal%2Eng%2Emil%2Fstates%2FAK%2Fang%2FLists%2FMilitaryProfessionalEthicalFitnessTransformational%2Foverview%2Easpx%3Chttps://gko.portal.ng.mil/states/AK/ang/Lists/MilitaryProfessionalEthicalFitnessTransformational/NewForm.aspx?Source=https%3A%2F%2Fgko%2Eportal%2Eng%2Emil%2Fstates%2FAK%2Fang%2FLists%2FMilitaryProfessionalEthicalFitnessTransformational%2Foverview%2Easpx%3E>

POC for this event is Senior Master Sgt. Janet Lemmons and can be reached at 907-551-3014 for follow up inquiries.

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 Highland 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.

SERVICES / ANNOUNCEMENTS

CENTRAL MANAGEMENT PANEL (CMP)

All colonels and lieutenant colonels should have received an email invitation (dtd: 6/29/2019) to submit your 2020 package for the CMP. If find you did not receive this invitation, contact Lt Col Spear-Budd at, kay.l.spear-budd.mil@mail.mil and

request your invitation. Use the subject line AKANG 2020 CMP and provide the best email for you to be contacted. The suspense of 22 August is a hard suspense so plan accordingly. Feel free to contact Lt. Col Spear-Budd if you have questions referencing your package.

KAY L. SPEAR-BUDD, Lt Col, AKANG (AK)
State Director of Manpower and Personnel
kay.l.spear-budd.mil@mail.mil (Primary Email)
Comm: 907-428-6129
DSN: 317-384-4129

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.

AWS Days: (AUG—OCT 19)

09 & 30 Aug.

13 & 27 Sep.

11 & 25 Oct.

ALASKA NEWS

NATIONAL GUARD RESCUE TEAM EVACUATES 26 PEOPLE FROM RAINY PASS LODGE

By Lt. Col. Candis Olmstead
Director of Communications, Joint Force Headquarters

Members of the Alaska National Guard assisted in the evacuation of Rainy Pass Lodge overnight as a wildfire from a lightning strike two miles away spread toward the lodge where youth were attending a summer adventure camp.

The Alaska Rescue Coordination Center was made aware of the fire and notified appropriate authorities, coordinating with Rainy Pass Lodge, Alaska State Troopers, the Alaska Division of Forestry, Palmer Fire and Rescue and Clearwater Air.

An HH-60 Pave Hawk helicopter from the Air National Guard, with two pararescuemen on board, provided assistance to local authorities, evacuating 26 people and two dogs to safety in Skwentna.

Skwentna is a small community of about 50 people, about 73 air miles northwest of Anchorage, and requires travel by air or boat.

An Army National Guard CH-47 Chinook helicopter, with three Air Guard pararescuemen, transported the individuals from Skwentna to Joint Base Elmendorf-Richardson.

The Pave Hawks that responded are from the Air Guard's 210th Rescue Squadron, which supports an alert mission around-the-clock, year-round. They were able to quickly get to the lodge once it was determined that evacuation was necessary.

"Our priority was to get the people to safety as rapidly as possible, so we started with women and children and loaded up the Pave Hawk, then transported them to Skwentna," said Lt. Col. Keenan Zerkel, director of the Alaska Rescue Coordination Center. "Then we went back for the rest of the people on the second trip."

The RCC coordinated for the Chinook to fly directly to Skwentna, where all of the evacuees were loaded into the tandem-rotor, heavy-lift helicopter, which can transport up to 44 passengers.

According to Chief Warrant Officer 4 Mark Ward, the Chinook pilot on the mission, this was the first rescue that Army Guard Chinooks have accomplished since they arrived, new to the unit this year.

"It was great to be able to help these people; it made my day," said Ward. "I've been in the unit 29 years and this was a highlight."

This was the largest number of people that the 210th RQS has ever evacuated with one Pave Hawk, according to Zerkel.

"I'm proud of this mission, the way we all worked together so quickly to get these civilians to safety," said Zerkel. "We did it in four hours from the time we heard about the fire, which is really pretty remarkable."

The AKRCC, 210th RQS and 1-207th AVN were awarded 26 saves for this mission. Skwentna Roadhouse Services provided fuel for the Pave Hawks to return to base and the American Red Cross also set up an overnight emergency shelter for the evacuees.

ALASKA GUARD AIR BATTLE MANAGERS RECEIVE RATING

By Maj. Elizabeth Mangini
176th Wing PAO

Alaska Air National Guard senior leaders pinned Air Battle Manager wings on eight 176th Air Defense Squadron officers during a July 22 ceremony at Joint Base Elmendorf-Richardson.

Col. John Oberst, director of Staff, Joint Force Headquarters, formally recognized the officers who carry out the same training and deliver the same expertise as their regular Air Force counterparts.

The ABM wings are bestowed to officers trained and qualified for airborne command and control, air surveillance, electronic warfare and airborne weapons capabilities in aircraft.

ABMs of 176th ADS lend their expertise to the Alaska NORAD Region Air Operations Center, ensuring air sovereignty for North America.

"During air combat there are no small decisions," said Oberst, who explained it is a no-fail mission. "ABM's must utilize strategy, experience and an intimate knowledge of aircraft, weapons and surveillance to stand watch over our nation ready to deter and defeat air threats 24 hours a day seven days a week."

Lt. Col. Paul Foxworth, 176th ADS director of operations, said there was a decades-long gap between recognition of regular Air Force and Guard ABMs.

"Over the past 20 years Guardsmen carried out the same mission as their active duty counterparts but regulations did not allow them to receive their wings until today," he said.

Oberst lauded the ABMs for faithfully carrying out their duties despite the delay.

"These leaders are deserving of the wings they received today, they earned them and I congratulate each one of them," Oberst said.

PUBLIC HEALTH AIRMEN ENGAGE CIVILIAN PARTNERS DURING READINESS TRAINING

By Senior Airman Jonathan Padish
175th Wing Public Affairs

SIKESTON, Mo. — Airmen, including Alaska Air National Guardsmen of 176th Medical Group, deployed in support of Delta Area Economic Opportunity Corporation Tri-State Innovative Readiness Training 2019 coordinated with civilian agency partners to promote agency interoperability during public health site visits to multiple locations, June 18.

The service members met with representatives from the Cape Girardeau County Public Health Commission to view operations at a livestock auction facility and a dairy farm.

One of the goals of the visit was to better understand multi-agency involvement in the process that delivers food from producers to consumers.

“Several agencies are involved in farm-to-table,” said Amy Morris, a Cape Girardeau County Public Health Commission, public health specialist supervisor. “In the beginning, the department of agriculture is involved. Once the animal is slaughtered, that’s when public health takes over.”

Because of the nature of public health inspections, interagency cooperation is key.

According to Morris, different agencies have different perspectives. If one agency sees something that warrants action by another agency, the agencies can communicate to ensure all issues are addressed correctly.

Military public health specialists assigned to DAEOC Tri-State IRT 2019 agreed with the emphasis on interagency collaboration.

Tech. Sgt. Erika Dolinsek, a 176th Wing, Alaska Air National Guard public health specialist, said proactive engagement with civilian agencies ensures open lines of communication between points of contact in the event of an emergency or natural disaster.

Moreover, proactive public health education means a healthy community.

Morris said the main goal of public health is to reduce the overall number of illnesses. For the military, the goal of public health is the same.

"For us, the main thing is preventative care," said Dolinsek. "Our goal is to make sure people are better educated about public health."

DAEOC Tri-State IRT 2019 is a joint service training exercise that leverages military and community resources to provide military training to service members, including engagement with community partners to promote interagency operability and share organizational best practices.

INSIDE THE GATES: RECONNECTING WITH ALASKA COMMUNITIES THROUGH RURAL OPERATIONS

By Scott Gross
KTVA 11

The Alaska Air National Guard doesn't have recruiting offices in many parts of rural Alaska, but the guard is working to reinvigorate its relationship with communities across the state.

Brig. Gen. Darrin Slaten, commander of the Alaska Air National Guard's 176th Wing, said budgets and political winds have in the past caused the guard to pull back on its initiatives in rural Alaska. Now, Slaten says they are refocused on collaboration.

"We're extending the hand out again and we're ready to make sure that our friends and partners out here understand how connected we are to them and we need them," he said.

The Alaska Air National Guard has bases in Anchorage, Fairbanks and Clear.

"There's been the moniker in the past that it's been the 'Anchorage National Guard' and we want to get away from that," Slaten said.

In order to do that, the Alaska Air National Guard flew to Bethel for the Fourth of July to participate in the Western Alaskan city's Independence Day celebration.

As an recruiter for the guard, Tech. Sgt. Angel Guerrieri-Figueroa said the goal is to educate people about the opportunities available through the military.

"Our plan here is for the people in Bethel to recognize that we are here, that we are an option," Guerrieri-Figueroa said, adding that with more knowledge of their options, people can make the best choices for their future.

The guard also set out to put to rest some myths that surround military recruiting, such as the misconception that people will be recruited to live and work away from the village. Guerrieri-Figueroa said he hoped to spread the message that the guard serves to provide a skill to the community.

"Yes, they're going to be gone for a little bit of time because we're going to have to send them to school, train them, but the value they're going to bring back [from] training is impressive," he said.

Brig. Gen. Slaten said those who sign up would be part of a rotation that is flown to Anchorage for training and education. They also would be part of Western Alaska training exercises.

The Alaska Army National Guard already has recruiters on the ground in Bethel. However, the brigadier general said it's not a competition between the two branches — it's a win for the state if a person joins either the Army Guard or the Air Guard.

"[It's about] building a skill set that's good for your community. It's good for the nation and it's good for the state," Slaten said.

The Alaska Air National Guard recruits anyone ages 17 to 39 and a half years old. The guard will also work with people over the age of 40 who have past military experience.

INSIDE THE GATES: KENTUCKY AIR NATIONAL GUARDSMEN TRAIN IN KACHEMAK BAY

By Scott Gross
KTVA 11

Kentucky Air National Guardsmen of the 123rd Special Tactics Squadron got a taste of the Kachemak Bay this week. The group trained with Alaska Air National

Guardsmen of the 211th Rescue Squadron by doing static-line jumps into ocean waters near Homer.

"We came and brought our team up here to Alaska so that we could really stress ourselves in the environment and make sure that we have the right equipment to support one of our future mission sets in taking some special aircraft across the Atlantic," 1st Lt. Oliver Smith with the Kentucky Air National Guard said.

The squadron is from Louisville, Kentucky. They say they're used to dealing with cold water, but Alaska offers a few new challenges.

"There's still some pretty cold water in Ohio," Smith said. "The chance to get out into the open ocean, to have big waves and just Alaska, there's nothing like it. So we're really grateful to the 212th here for supporting us and allowing us to come up and use some of their equipment and really pick their brains."

The Alaska Air National Guard's 212th Rescue Squadron provided the facilities and equipment while members from the 211th Rescue Squadron flew and loaded the HC-130 used in the water drops. The pararescuemen are all from Kentucky's 123rd Special Tactics Squadron.

"I would feel comfortable grabbing any of the Alaska guys here and putting them on the mission today even on a short notice like this," Smith said.

Hosting this type of training is something the Alaska Air National Guard doesn't get to do too often.

"A lot of times we end up going to the Lower 48 in order to do a lot of the training that we need with a lot of other users," Major Anthony Waliser, Combat Systems Officer with the 211th Squadron, said. "We go to red flags and stuff like that usually once a year. But, having something like that come up here is more rare than us going somewhere else to make sure we get the training we need with other users and get the experience."

The exercise involves the HC-130 taking off from JBER and flying over the Kachemak Bay. Waliser is in charge of finding the drop spot.

Once located, he notifies the loadmaster who calculates the right time to release the equipment into the ocean. Then, a small RAM-B or Rigging Alternate Method boat, which is deflated and packed with parachutes, is dropped in the bay.

Waliser then notifies the jumpmaster of the correct position. The jumpmaster tosses streamers as close to the cargo as possible. When it's time for the pararescuemen to jump, they look for the streamers and use them as a guide

to get as close to the cargo as possible. Once in the water, they unpack the boat, allow it to inflate and use it to save a mock person in distress.

"With the potential for an aircraft to strike the ocean surface, you could have severe traumatic injuries," Smith said. "If a wing were to catch a wave and cartwheel in, it could be as simple as a flat belly landing and the pilot, co-pilot and other crew members are able to get out of the aircraft and we're just picking them up."

The guardsmen say it's just another way to be ready for the call whenever it comes in. The water drops took place on Tuesday and Thursday; the Kentucky squadron flies back to Louisville on Saturday.

GUEST ARTICLE

SHIRT TALES: REAL STRENGTH

By Senior Master Sgt. Justin Olsen
C-17 Loadmaster

In June, I attended a resiliency and leadership development seminar hosted by On the Brink Consulting. The theme of this training involved developing resilient Airmen and what we need to change about ourselves as leaders to encourage their development. This need was further reinforced when I was asked a question about my resiliency as a panel member for the NCO Professional Enhancement Seminar hosted at the Elmendorf PME Center. They asked me, "What is the most difficult part about being a First Sergeant?" I replied that the hardest part about what I do is the feeling that you are alone on an island.

It is a First Sergeant's duty to build a relationship with their troops and we often share in the pain that they are feeling. We limit who we discuss problems with in order to maintain confidentiality and trust with our troops. This often leaves us to internalize negativity, which is a problem that many of our Airmen share. We as leaders expect our Airmen to seek help when they are struggling, but often fail to seek help ourselves when we are in the same situation. I know I, and every other First Sergeant, has struggled with dealing with negativity and stress caused by problems that we cannot control. Dealing with these feelings requires real strength. I, like many others, prefer to display that we are in control and are not dealing with internal pain. It is difficult to seek help and even harder to admit to someone else that we cannot solve the problem on our own. Real strength

doesn't come from hiding the fact that we're coping with a problem, it comes from seeking assistance for others so that we can solve the problem together.

There are two things that we can do to help ourselves to reduce negativity and stress. The first thing is internal to ourselves and involves developing our own resiliency. Improving the four domains of the Comprehensive Airman Fitness framework (physical, spiritual, mental, and social) within ourselves, helps us to better deal with stressors while utilizing healthy coping mechanisms. Being more resilient, doesn't mean that we need to deal with problems on our own. The second part of reducing negativity and stress involves seeking help. This is the part that many of us struggle with. It is hard to admit to others that we are in pain and we don't want to be seen as weak. On the contrary, I believe it takes real strength to seek help. We as Airmen, need to know that we all struggle with real world problems and we don't need to handle them alone. It is a sign of strength to do the difficult thing and seek help. As leaders, we need to reinforce this with our Airmen as well. I know I speak for each and every leader in our Wing when I say, my door is always open to you. We want to help remove stress and negativity, while helping you to achieve the potential that you display. Each and every one of you are needed for us to be successful. You Airmen, are the real strength of the Air National Guard.

RSD SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

2019	2020	
07-08 Sep	25-26 Jan	04-05 Apr
19-20 Oct	29 Feb-01 Mar	16-17 May
02-03 Nov	24 Feb – 01Mar (Super Drill)	06-07 Jun
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
9:00 a.m. - Arctic Warrior 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.

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

Friday Pick-up

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

PAX Transfer

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

PLEASE NOTE: the SOUTH UTA SHUTTLE has been CANCELLED until further notice. The North UTA Shuttle will still be scheduled on a monthly basis.

Sunday Return

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

PAX Transfer

North UTA Shuttle		
Location	Arrive	Depart
Eielson		1700
Elmendorf	1800	1815
Eielson	1915	

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%2FLGRD%20Log%20Plans%2FUTA%20Rotator&FolderCTID=0x01200074092A9858D1664D86D7BCF8C1287C0A&View=%7BC246B693%2DEB0F%2D4968%2DAEF8%2DD89451AEDCAA%7D>

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

ABOUT THIS PUBLICATION

The eGuardian is a service of the 176th Wing Public Affairs Office. See: <http://www.176wg.ang.af.mil/units/wingstaff/pa/eguardian.asp>

EXTERNAL/COMMERCIAL LINKS: The appearance of hyperlinks does not constitute endorsement by the 176th Wing, the Air National Guard, the United States Air Force, or the Department of Defense, of the external Web site, or the information, products or services contained therein. For other than authorized activities such as military exchanges and Morale, Welfare and Recreation (MWR)

sites, the United States Air Force does not exercise any editorial control over the information you may find at these locations. Such links are provided with the stated purpose of the Web site.