



176th Wing • Alaska Air National Guard

eGuardian

Oct. 17, 2019

OCTOBER RSD

HUMAN RELATIONS/PREVENTION OF SEXUAL ASSAULT *OCT 19 & 20*

Key personnel (all new commanders and leadership) will attend POSH training Saturday, Oct. 19 from 1200-1230 in the 176th Mission Support Group classroom.

Human relations/POSH training will be offered (for everyone every four years) Saturday, Oct. 19 from 1230-1400 in the MSG classroom and Sunday, Oct. 20 from 0915-1045 at the Kulis Theater.

See your unit training manager for registration in ARcNet.

EVENTS / OPPORTUNITIES

SCOOPY DOO HALLOWEEN EVENT *OCT. 18*

The Alaska National Guard's Child and Youth Program hosts a Groovy Scooby Doo Halloween Event Oct. 18 from 1800-2100 at the Armory's Drill Hall Floor.

CCAF GRADUATION *NOV. 8*

The 176th Wing will host a Community College of the Air Force graduation ceremony 1000 Nov. 8 at the Frontier Theater for 24 Airmen.

STRONG BONDS *NOV. 15-16 & JAN. 3-4*

The 176th Wing Chaplaincy will host two Strong Bonds married couples retreats, which will be filled on a first-come, first-serve basis.

One night in Anchorage Nov. 15-16, hotel and three meals included can be registered at <https://www.eventbrite.com/e/strong-bonds-marriage-retreat-tickets-54002087698>

One night in Girdwood Jan. 3-4, hotel and three meals included can be registered at <https://www.eventbrite.com/e/laugh-your-way-to-a-better-marriage-tickets-77065173007>

For more information, contact Chaplain (Maj) Burns at (907) 551-1049.

THAT 'CULTURE CHANGE' THING: EXPLORING AND CHALLENGING THE CULTURAL NORMALIZATION OF PREDATION AND VICTIM BLAMING

NOV. 20, 0900 @ THE AWEC

"We have to change the culture." These words are often provided as a directive to military personnel, but without an adequate explanation of the specific strategies needed to affect real change. Thus, this presentation focuses on skill-building to help military personnel realize their potential to change culture, prevent sexual violence, and support those who are victims of it. Beginning with an analysis of the ways that sexual predators think and operate in an effort to normalize, hide, and justify their behavior, participants will learn when and how to disrupt dangerous ideas and behaviors. Then, through an exploration of the theory of magnetic advocacy, participants will develop skills to assist them in creating environments that are safer for survivors to report and be supported.

MAGNETIC ADVOCACY: CREATING ENVIRONMENTS OF TRUE SURVIVOR SUPPORT

NOV. 20, 1300 @ THE AWEC

Rape and victim blaming do not just "happen." Our culture has normalized environments where too many people comfortably judge and demonize victims and their "choices." This is why many survivors who disclose their experiences report secondary traumatization, and why many survivors do not feel safe to come forward at all. Too many survivors of sexual violence are met with, or fear they will be met with doubt, disbelief, and even hostility from the culture around them. Applying the theory of magnetic advocacy, and key elements of interpersonal communication, this presentation will explore the cultural underpinnings of victim blaming in order to disrupt harmful practices and proactively facilitate safe space for survivors to come forward and be supported.

THE POP CULTURE PARADOX: MEDIA LITERACY, ADVOCACY AND SEXUAL VIOLENCE

NOV. 21, 0900 @ THE AWEC

The stories that we tell about ourselves and each other through popular culture are a powerful tool for not only unraveling our cultural construct and understanding the roots of violence, but are also critical tools in how to better

understand and assist survivors. In this stimulating presentation participants will explore how popular culture impacts our ideas about gender, health, agency, happiness, relationships, self-concept, sex, and sexual violence. This presentation will also explore experiences of male victims of sexual assault.

RESPECT ME: LINKING SEXUAL HARASSMENT AND SEXUAL ASSAULT

NOV. 21, 1300 @ THE AWEC

One of the most challenging aspects of violence prevention and response is helping people recognize the similarities and connections between all forms of abuse. This interactive presentation will use popular culture, activities, and performance to aid participants in making such connections in their own lives, and in the lives of the people they serve.

IT'S NO JOKE: THE CULTURAL ACCEPTABILITY OF STALKING *NOV. 22, 0900 @ THE AWEC*

"I'm totally your stalker."

"I'm facebook stalking you! Lol. "

Even with decades of data, survivor experiences, injuries and fatalities to demonstrate the very real dangers of stalking, this serious cultural problem is all too often ignored, joked about, or mocked. In our social media age, our conceptualizations and manifestations of stalking continue to evolve and offer more opportunities for creating fear, injury, and social cover for abusers. How can we expect victims, perpetrators, first responders, juries, or our families and friends to take stalking seriously, when cultural ideologies and tropes like "hard to get," "romance is passion," "being persistent," and "the stalking joke" are ever prevalent in our daily lives? Through audience interaction, humor, popular culture and narrative, this presentation examines representations of stalking and proposes practical tools for enhancing our prevention and response efforts.

REFRAMING RELATIONSHIPS: REALISTIC STRATEGIES FOR PROMOTING HEALTHY RELATIONSHIPS AND ENDING ABUSE *NOV. 22, 1300 @ THE AWEC*

Relationship violence is endemic in our society. Its victims know no gender, race, class, or border. This interactive lecture examines the systemic causes of relationship abuse by examining our cultural ideas about relationships, gender, power and violence. Using both ecological and social constructionist models, this presentation also explores how conceptualizations of healthy relationships are formed through popular culture, family, and narrative. Through this examination,

participants will receive practical strategies for engaging both victims and bystanders in critical dialogues about healthy and abusive relationships.

JFHQ Manpower and Personnel Symposium *DEC. 9-11*

Save the date for the annual JFHQ Manpower and Personnel Symposium scheduled for Dec. 9-11 here at the Armory. For the first time and at the request of those in the personnel career field, we'll conduct one day of training geared specifically toward CSS personnel.

This training will take place on Dec. 9 for the entire day. Please encourage and make provisions for your CSS personnel so they can participate. SMEs from the wing FSFs, JFHQ, NGB, and ARPC will be on hand to conduct the training.

Your POC for any questions is Lt Col Spear-Budd at kay.l.spear-budd.mil@mail.mil or CMSgt Groat at kim.t.groat.mil@mail.mil.

TRANSFORMATIONAL LEADERSHIP SUMMIT *APRIL 6 & 7, 2020*

The 2020 Alaska National Guard Transformational Leadership Summit: Military Professionalism Ethical Fitness Training for all technical sergeants will be hosted April 6 and 7.

The summit will be at the Arctic Warrior Events Center 6260 Arctic Warrior Drive, Monday, April 6, 2020, 0730-1700 and Tuesday, April 7, 2020, 0730-1700.

This course is conducted for all mid-level NCO's and provides these NCO's with opportunities to share and collaborate with fellow service members. Peer coaching and training is an important aspect in leadership growth.

Taking full advantage of this opportunity strengthens transformational leadership, Military Professional Ethical Fitness, and CCM. Registration will be open soon for this event.

POC is Senior Master Sgt. Janet Lemmons at DSN 317-551-3014 or (907) 551-3014 or janet.lemmons@us.af.mil.

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 provides 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.

SERVICES / ANNOUNCEMENTS

176TH FORCE SUPPORT FLIGHT ANNOUNCEMENTS

Effective Oct. 2, the FSF is closed every Wednesday.

The DEERS Hours are:

Mon, Tues, Thur, Fri 0800-1500

Saturday Drill – 0900-1600

Sunday Drill – 0730-1200

To expedite your visit, please visit hqappointments.com/eaftb to schedule an appointment.

Please remember to update your SGLI benefits by logging into <https://www.dmdc.osd/mil/milconnect/>

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.

October: 25

November: 8, 22, 29

WINTER DRIVING: GET TO YOUR DESTINATION SAFELY

By Mel Flynn
11th Air Force Safety Office

The leading cause of death during winter storms is transportation accidents.

Many accidents could be avoided if drivers took time to learn and practice these tips for driving safely during snowy and icy conditions.

Driving in Alaska during the long dark winter months can be quite a challenge; especially for the unprepared. There are many hazards that cannot be avoided.

Learning what to do in these situations will help to lessen drivers' chances of being involved in a motor vehicle accident.

Perhaps the deadliest danger of all is black ice. Black ice is ice which commonly forms on roadways, bridges and overpasses; usually due to snow melting and re-freezing.

Since it is almost invisible, drivers fail to recognize black ice conditions and may drive at normal speeds-often resulting in very serious accidents.

Always be alert to the possibility of black ice when temperatures are near or below freezing.

Pavement that looks dry but appears darker in color and dull-looking should alert you to the presence of black ice. Be especially cautious when driving into shaded areas.

Drivers' failing to allow an adequate amount of time to stop is a major cause of winter driving accidents. During slippery conditions stopping distances can triple.

Driving at slower speeds; anticipating stops at traffic lights and intersections, and applying brakes sooner than normal will help ensure accident-free stops.

When braking, brake carefully with short, rapid application of the brakes or as recommend by the vehicle operator's manual.

Always allow plenty of extra space between you and other vehicles to minimize the need for quick stops.

If wheels lock up, the driver loses control, so it is best to keep rolling.

Operators shouldn't be overconfident because a vehicle has traction control, four-wheel drive, front-wheel drive, or any other device.

Four-wheel-drive does not provide any advantage in braking; it takes just as long as any other vehicle to stop.

Acceleration, turning, and passing also present dangers during winter driving. Accelerate slowly to avoid loss of traction and subsequent loss of control.

Drivers should turn slowly, with caution, to avoid sliding into a stationary object or the path of an oncoming vehicle; avoid abrupt movements; pass with care because passing lanes are not maintained as well as driving lanes.

Drivers should also think ahead and leave room for stopping or maneuvering before the vehicle begins to respond to conditions. It takes at least 8 to 10 seconds of following distance in winter conditions, and even more if the road is icy.

Here are some additional tips to remember for driving safely in winter.

Before driving, clear the snow and ice from the windows, hood, lights, and roof.

Keep vehicles clean to be more visible to others.

Vehicle maintenance is always important, but even more so in weather extremes. Be sure all these systems are in good working order - ignition system, fuel system, belts, hoses, fluids, brakes, exhaust system, wiper blades and operation, heater and defroster, cooling system, battery, and lights.

Make sure to have winter-grade oil in the crankcase. Keep the fuel tank full - don't let it get below half before filling up. Add gasoline antifreeze if necessary.

Tires and Traction: Tires should have at least 1/8 inch of tread depth and proper inflation.

Cold temperatures have a lowering effect on tire pressures - check frequently to maintain adequate inflation.

Invest in good winter tires.

Traction devices often greatly increase your stopping distance, so control your vehicle carefully.

Allow for sufficient travel time. Don't get in a hurry. Reduce speed according to the conditions.

Reduce speed by 30 percent in rain, 50 percent in snow.

If the road is icy, reduce more than that.

While it is important not to drive too fast, it's also important to keep moving and not go too slow - it takes momentum to keep a vehicle chugging ahead through snow, especially on grades.

Keep a light touch on the controls. When driving in snow and ice, smoothness is the key.

Sudden moves will almost certainly result in loss of traction on slippery roads, and at that point the driver becomes just a passenger - they go wherever the car goes.

More than any other factor, even experience and skill, smoothness will keep the vehicle going the right direction.

Don't use electronic speed control if the car might encounter slippery stretches of roadway.

If a driver loses traction and the vehicle begins to skid, they should gradually let up from the accelerator but not touch the brakes.

Steer the vehicle gently toward the direction the driver wants it to go. When the tires begin rolling again, slow gently and stop if needed.

Other considerations:

Beware of Carbon Monoxide - Do not start a car in an enclosed area and let it idle with the cabin closed up.

Remember that driving in poor conditions is fatiguing - Driving in winter weather conditions causes physical and mental fatigue and reduces reaction times. Plan adequate rest stops.

Don't drive while sleepy or on medication that causes drowsiness.

Stuck - Generally, the best thing is stay in the vehicle and keep warm while waiting for help. Again, be careful about carbon monoxide, check the exhaust pipe and clear away snow, ice, or anything that might be blocking it.

Don't take shortcuts in winter - keep to the main roads. Most back roads in Alaska are not maintained during winter months, and if a car gets stuck, it may be out there a long time.

Turn on headlights - Turn on headlights during adverse weather conditions, overcast skies and falling snow limit visibility; it is important to see and be seen.

Adhere to posted signs - Bridges and overpasses freeze before the roadway; use extra caution on these.

Road side emergency - Stock an emergency kit containing heavy clothes and a blanket, traction material such as sand or kitty litter, tire chains, a small shovel, first aid kit, flashlight, jumper cables, emergency rations, and a bright cloth to use as a flag.

Wildlife - Watch for Moose and other wildlife. Moose-vehicle collisions are common throughout the year in Alaska.

Many moose-vehicle collisions occur during the months of December and January. Always be alert for the possibility of wildlife in the roadway.

Preventing an accident is much easier to deal with than handling the results of an accident.

Winter conditions call for different driving tactics, remember; ice and snow, take it nice and slow - slower speed, slower acceleration, slower steering, and slower braking; schedule extra time to reach destinations safely.

ALASKA NEWS

MIDNIGHT SUN GUARDIANS PARTICIPATE IN GOBI WOLF 2019

By David Bedard
176th Wing Public Affairs

On Nov. 30, 2018, a magnitude 7.1 earthquake jolted Southcentral Alaska.

In the temblor's crosshairs was Alaska Air National Guard Senior Airman Liana Chythlook who had just reported to work. The intensity of the quake's shockwaves rocked the building like a Dixie cup in a tornado.

"I looked up, and the doorway was shaking like paper," said the 176th Medical Group public health technician. "I just ran outside."

Miles away, 2-year-old Adrik couldn't understand what force of nature violently shook his daycare center with thunderous report. His father, Senior Airman Angelo Romano, a 176th Medical Group bio-environmental engineer, said the now 3 year old boy still runs for the sanctuary of the tub when an alarm goes off.

The earthquake left the city of Anchorage and surrounding communities paralyzed with massive damage to highways, bridges and buildings. On Dec. 4, 1957, a magnitude 8.1 earthquake — 32 times stronger than the Alaska earthquake — struck southwest Mongolia. Thirty two people were killed, and it could have been worse if it hit a more-populated area.

For three weeks in September, Mongolia National Emergency Management Administration, Mongolian Armed Forces and local Mongolian agencies partnered with their U.S. and international counterparts in Sainshand during Gobi Wolf 2019, which centered around a simulated response to a catastrophic earthquake in Dornogovi Province.

GW 19 is hosted by NEMA and MAF as part of the U.S. Army Pacific's humanitarian assistance and disaster relief "Pacific Resilience" series.

Chythlook and Romano represented Alaska's delegation to the U.S. medical team working with their Mongolian partners.

According to Washington Air National Guard Lt. Col. Ann Beyer, 141st Medical Group readiness officer, the Mongolian medical providers hosted a subject matter expert exchange where behavioral health, public health, bio-environmental engineering, mass-casualty evacuation and triage procedures were discussed and compared.

"Our mission here is to build lifelong working relationships with the Mongolians to network and create a partnership where we can always count on one another in a natural disaster," Romano said.

At the end of the exchange, the combined group worked through some tough tabletop scenarios arising from the simulated earthquake. Along with physicians and commissioned medical planners, the two enlisted Airmen took the opportunity to share their knowledge.

"They are both so knowledgeable and are real go-getters," Beyer said, elaborating how the National Guardsmen are trained to deploy nation and worldwide to help out during a disaster. "They're ready to do anything, anytime, for anyone. It's a proud fact in the National Guard that we have such caring people who are willing to take care of everybody."

Chythlook is a full-time Guardsmen who grew up in the city of Teresina, Brazil, a metropolis comprising more than a million citizens. She moved to Alaska to be with her husband, joined the Alaska Air National Guard, and swore in as a U.S. citizen in June 2018.

"I didn't just want a job," she said. "I wanted a career. I wanted to do something that I liked."

Romano, a native of Nampa, Idaho, moved to Alaska in 2013 when his wife got a job as a store manager. The Airman was laid off at his job during a downturn in the petroleum market, and it left him looking for other employment options.

He joined the Guard in 2016, earning money while attending Basic Military Training and technical school. Still a traditional weekend-drilling Guardsman, Romano said the skills he learned at tech school led to his full-time job as an Occupational Health and Safety Administration lead industrial hygienist.

"I owe a great debt of gratitude to the Air Guard because it helped jump start my career in industrial occupational safety and health," he said. "I've always wanted to do that. It's my dream job."

For Romano, GW 19 was his first opportunity to travel overseas. For Chythlook, a languages major at one time, it was her first time visiting Mongolia. Both expressed gratitude for the chance to work with their Mongolian hosts.

Romano learned dozens of Mongolian phrases and used every chance to try out his new linguistic skills. Chythlook grabbed an opportunity to ride a two-humped Bactrian camel at a Sainshand farm. Romano was not so brave.

"Mongolia more than meets my expectations," Chythlook said of her visit.

"Culturally, it's very different here for me, but I've been getting to know different people, and that's a wonderful part without knowing the language. It's been a great experience."

RSD SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

2019

19-20 Oct

02-03 Nov

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 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	
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
Eielson		1700
Elmendorf	1800	1815
Eielson	1915	

PAX Transfer

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%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>

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