



176th Wing • Alaska Air National Guard

eGuardian

June 4, 2020

June 2020 Drill

CHIEF MASTER SGT. CARTE RETIREMENT CEREMONY *JUNE 7*

Chief Master Sgt. Robert Carte, 176th Operations Group superintendent, will mark a successful career during a Sunday, June 7 retirement ceremony at 1400. Due to social-distancing requirements and venue limitations, attendance will be by invitation only.

EVENTS / OPPORTUNITIES

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

Military Family Life Counselors (MFLC) provide short term non-medical solution-focused counseling to support military families with the challenges of deployments, reintegration, parenting, relationship issues, conflict resolution, anger management and other life issues. They provide free, confidential services on and off military installations, flexible service delivery in non-traditional settings and times. With the exception of child abuse, domestic violence, mandatory reporting, and duty to warn situations, services are confidential.

In response to COVID-19, MFLCs are providing services via secure, encrypted video teleconference.

For more information and to schedule an appointment, call Husch Hathorne-Cantil at 382-1407. Appointments are available within 24-48 hours.

SERVICES / ANNOUNCEMENTS

176TH FORCE SUPPORT FLIGHT ANNOUNCEMENTS

Effective June 8, 176th FSF will resume normal operations

The DEERS/ID Card Hours are:

Mon – Fri 0800-1500

Saturday Drill – 0900-1500

Sunday Drill – 0800-1200

We remain by appointment only at this time.

To schedule an appointment, please call 551-0197.

GOVERNMENT TRAVEL CARD ISSUES TO BE ADDRESSED

The 176th Wing needs your help in fixing our Government Travel Card program, specifically our delinquency problem (60+ days past due date).

- GTC Delinquencies have remained an ongoing problem within the wing and specifically are causing:
 - Cards to be shut off and leave cardholders without the ability to travel.

- The wing to miss its valuable rebates every single quarter, due to not meeting headquarters delinquency metric (no more than 2 percent of total spent, goes past 60 days). As one of the largest and busiest wings in the Air National Guard, we are basically giving away an average of \$35,000 potential quality-of-life funds (\$140K a year) to other National Guard wings who are in fact meeting the metric.
- Poor standing among NGB and higher HQ from lack of internal controls.
- To get the program up where it needs to be:
 - The comptroller (Wing APC) office will first need updated primary and alternate Agency Program Coordinators (APCs) appointed and sent back from each of our units.
 - Reoccurring hands-on APC and DTA (Defense travel Administrator) training (in addition to mandatory CBT) will be offered on a reoccurring (starting June Drill), along with scheduled inspections in August and September
 - GTC use is mandatory for all DoD Members, however a Statement of Understanding (SoU) and Trax Training is required (every three years) to acquire and maintain a GTC in the first place. If not on file, members are not authorized a GTC.
 - GTC overdue listings will be pulled and sent out every Monday by the Comptroller office to start the week, and require statuses sent back by all units by the end of each week. This will seem like a moving target, but will effectively track statuses through each cycle, and hopefully eliminate or at least mitigate negative trends.
 - Leadership will be getting briefed on all members' overdue government travel card statuses at least monthly, on the first Tuesday of every month.
 - APCs will need to actively work their Citibank reports and with their cardholders, cardholder supervisors, and commanders.
- Final Notes
 - Per DoDi and SoU, all GTC balances are the responsibility of the cardholder (not the government), regardless of their travel voucher payment status.
 - ▶ Negative credit indicators will effect members (like any other credit card) if balances are not paid in allotted time periods.
 - ▶ Reinstatement fees, paperwork, and reinstatement waiting periods will also be imposed.

- ▶ Additionally, administrative action from unit can be considered and at the determination of the commander.
- The GTC cycle ends on the 22nd and begins 23rd of every month.
 - ▶ As example: This means that's if charge is made on June 25, the unpaid balance will not show 30 days officially overdue until Aug. 23, and 60+ days (delinquent) until Sept. 23.
 - ▶ Members that apply, must be placed in the appropriate mission-critical status (MC) before they hit 30 days overdue. The system will not allow otherwise. This will allow any unpaid balances to come off the reporting clock (up to 120 days) with Citibank, and resume from where it left off upon being placed in MC status.
- The primary point of contact on the Wing Government Travel Card Program is MSgt Anthony Celia, who can be reached at 551-0154 or at anthony.celia.2@us.af.mil. You can also reach us through our normal customer lines at either 551-0129 or 176cptf.finance@us.af.mil

FIRST QUARTER AWARDS WINNERS ANNOUNCED

Congratulations to the wing's first quarter award winners:

Airman: Airman 1st Class Nicole Padro, 176th Force Support Flight

Noncommissioned Officer: Staff Sgt. Dustin Brown, 176th Operations Group

Senior NCO: Master Sgt. Nathan Namauu, 176th Force Support Flight

STATUS OF DISCIPLINE LINK

The status of discipline for the wing can be found at the following link and accessed on a computer networked to the wing Share Point:

<https://cs2.eis.af.mil/sites/12468/Pages/176th-Wing-Status-of-Discipline.aspx>

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. 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)

JOINT BASE CHARLESTON HOSTS RESCUE TEAM AHEAD OF NASA HUMAN SPACE FLIGHT MISSION

By Senior Airman Cody Miller
Joint Base Charleston Public Affairs

NASA launched a human space flight mission called "Launch America" carrying two U.S. astronauts to the International Space Station in coordination with Space X and the Department of Defense, May 30, 2020.

The launch and the mission to the ISS marked the first time since the space shuttle program was retired in 2011 that a U.S. manufactured rocket carried astronauts into space. It also demonstrated the U.S. government's commitment to space, space exploration, and ensuring free and continued access.

As a precautionary measure, U.S. Space Command and the U.S. Air Force assigned teams of search and rescue professionals to stand alert ahead of the launch at Joint Base Charleston, South Carolina; Patrick Air Force Base, Florida; and Joint Base Pearl Harbor-Hickam, Hawaii.

The teams comprised pararescuemen, combat rescue officers, and aircrew flight equipment specialists who were ready to board HH-60 Pave Hawk rescue helicopters, HC-130J Combat King II rescue aircraft or C-17 Globemaster III aircraft at a moment's notice and perform open-ocean, airdrop-enabled rescue operations to extract, stabilize and ensure transport to definitive medical care, if needed.

"We all want this to go well and hope we're not called," said Alaska Air National Guard Lt. Col. Jeff Banker, the human space flight rescue team mission commander and commander of 144th Airlift Squadron, 176th Wing. "We're happy to go out there and assist our guys [and] provide them peace of mind in climbing into the capsule."

Banker added this was the first time a rescue element has been added to the C-17's mission list.

"The C-17 allows us extended reach in our rescue missions," he explained. "It has allowed us to go farther distances and respond to scenarios that maybe other teams wouldn't be able to accomplish."

Had a "pad abort" or an anomaly within the first few minutes of flight occurred, the forces at Patrick Air Force Base would have immediately deployed to conduct an open-ocean rescue of the crew, returning to pre-selected hospital facilities for definitive medical care. Further up the ascent track, or in the event of a "once-around" emergency, forces from one of the other locations, including those at

Joint Base Charleston, were prepared to utilize the speed and reach of the C-17 Globemaster III to locate the capsule and airdrop the rescue team, boats and emergency equipment.

"As with any rescue, time is critical," said Maj. Marcus Marris, a rescue division chief assigned to the Department of Defense Human Space Flight Support Office out of Patrick. "If somebody is injured you want to get to them fast. Every minute counts. We don't want to be reactionary, we want to be proactive and leaning forward in rescuing our guys and getting hands on the capsule as soon as possible."

The DOD has a long history of supporting NASA's human space flight programs. DOD assets maintain a constant state of readiness and are uniquely postured to assist with these operations, especially in regard to crew module recovery. The DOD's Human Space Flight Support mission is a steady-state, enduring mission requiring long-term support and resourcing to contribute to NASA's crewed space flight efforts.

"The DOD has the technical expertise and range which allows for us to ensure the safety of all those who participate in these launches as well as NASA and its commercial partners," said Mike McClure, a search and rescue team technical expert assigned to the DOD Human Space Flight Support Office at Patrick AFB. "It's nice to be on the cusp of the mission and see it happen."

WINGS AND BLADES OF HOPE: AIR GUARD, AIR FORCE SALUTE ALASKA'S COVID-19 RESPONDERS AND ESSENTIAL WORKERS

By David Bedard
176th Wing Public Affairs

In the case of the HH-60 Pave Hawk and HC-130J Combat King II combat search and rescue aircraft, the first "H" stands for "help."

Both machines and crews, of the Alaska Air National Guard's 210th and 212th rescue squadrons respectively, provide that help by training every day for their combat mission of going behind enemy lines and inserting pararescuemen (PJs) to rescue downed pilots and other isolated allied troops.

At home station, the crews partner with PJs of the 212th Rescue Squadron to provide civil search and rescue statewide.

It was only appropriate then that the 176th Wing Airmen of the three rescue squadrons went a little out of their way May 13 to fly low and slow over Eagle River, Palmer and Wasilla near JBER.

Later, aircraft from U.S. Air Force and Air National Guard units in Alaska honored frontline COVID-19 responders and essential workers with flights over 23 communities in the state May 15.

The Salute to Alaska flyovers, allowed as part of an approved training mission, are part of the Air Force Salutes initiative designed to show appreciation to the heroes around the world battling the pandemic, and to lift morale in communities across America.

Participating JBER aircraft during the week included the C-17 Globemaster III, F-22 Raptor, HC-130 and HH-60. Participating Eielson Air Force Base aircraft were the F-16 Fighting Falcon, F-35 Lightning II, and KC-135 Stratotanker.

The flyovers were a collaborative salute to healthcare workers, first responders, and other essential personnel to showcase solidarity with all of Alaska during the COVID-19 pandemic.

During the May 13 sortie, both aircraft went their separate ways to carry out unique training profiles before meeting again to accomplish the community flyover.

Alaska Air National Guard Lt. Col. Jeremy Groat, 210th RQS commander, said he wanted to expose Maj. Ryan Wiese to Alaska airspace.

An experienced command pilot who just came from the elite U.S. Air Force Weapons School at Nellis Air Force Base, Nevada, Groat said Wiese nonetheless needed to build familiarity with Alaska's unique weather and terrain.

To accomplish their goal, Groat guided the Pave Hawk to the ascending and plunging Chugach Mountains, still covered in snow and ice from last winter. The cement gray helicopter appeared like a mosquito against the backdrop of a refrigerator as the crew expertly navigated the folds and contours of the terrain.

"We wanted to get Major Wiese out to the mountainous and snow-covered glacier fields east of JBER," Groat said. "We completed glacier landings and complex hovers."

Miles away, Capt. Christopher Brunner, 211th RQS rescue pilot, and his crew were focused on a completely different set of tasks.

Beginning over JBER's Malemute Drop Zone, the HC-130's loadmasters kicked out container delivery systems, which safely delivered supplies and equipment under the canopy of parachutes.

The pilots then pulled on the yoke, bringing the aircraft to 10,000 feet. In the whisper-thin air, PJs stepped into the summery void, falling thousands of feet

before pulling their parachute releases, precisely gliding to a simulated isolated survivor.

Finally, the two aircraft rendezvoused across the frigid, restless ocean water at Mount Susitna, where they would undertake a synchronized waltz at altitude when the HC-130's refueling boom delivered fuel midair to the thirsty whirlybird.

The airborne duo speared east and north on their route to show the Alaska Air National Guard's colors to communities slowly emerging from lockdown.

Though they soared above migrating geese and nesting eagles, they said they still felt a connection to the community.

"I saw some people waving; some people taking pictures," Brunner recalled. "I ended up getting some pictures sent to me directly saying how cool it was."

"It was a good way to show the community as a whole that this is the piece we can do to show solidarity and our support of the community at large as well as first responders and hospital workers," Groat said.

While they were tracking along the goodwill route, Brunner said he could hear approving chatter from pilots passing through the area.

"From the sky to the ground, it seemed like there were a lot of excited people," he said. "I thought it was awesome. It's good to go out there and show the military still has a presence in Alaska. We're here to assist in any way we can, including defending our country."

MIDNIGHT SUN GUARDIAN AEROSPACE MEDICINE AIRMAN IMPACTS THE MISSION

By David Bedard
176th Wing Public Affairs

Impact. Defined as yielding an effect, having an impact is the singular goal Senior Airman Loida Torres Román had in mind when she joined the Alaska Air National Guard's 176th Wing.

Impact can also be defined as the striking of one object against another, and that is exactly what happened in a humanitarian sense when Torres Román was out on a drive in Anchorage.

She spotted a man who fell down on the side of the road, and something told the Airman it was more serious than a clumsy slip on the ice. She recalled there was

something odd about the way he fell. When she got to the man, she found he was unresponsive and had no pulse.

After calling 911, Torres Román followed her training and performed CPR. With chest compressions, she was keeping him alive by circulating oxygenated blood to the rest of his body, long enough for paramedics to arrive.

She learned later the man had a massive heart attack and required open-heart surgery. Her attentiveness to the situation, her willingness to get out of the car, and her knowledge of what to do saved his life. Impact indeed.

Torres Román, a native of Camuy, Puerto Rico, serves as a 176th Medical Group health-systems technician, and she was recently recognized as the Air National Guard's Aerospace Medicine Airman of the year for 2019 — a national award.

The impact she has on wing operations on a day-to-day basis stems from her work staffing flight physicals, firefighter physicals, pre-training physicals for pararescue (PJ) Airmen, medical waivers, and line-of-duty investigations.

The mission doesn't happen if Guardsmen aren't medically cleared to meet demanding operational requirements. Weekend drilling Guardsmen don't get the medical care they need if there isn't properly staffed LOD investigations following an on-duty accident.

Tech. Sgt. Brooklyn Panfil, noncommissioned-officer-in-charge of Health Systems, said by going the extra mile to "green up" Airmen to be able to do their jobs, Torres Román has a critical role in the wing's mission success. Because of her impact, Panfil said he was confident she would earn Airmen of the year laurels.

"I wasn't surprised," he said. "I would honestly be surprised if she didn't get it because of how much she does in the section. When I told her, she didn't believe me until she saw her name on the [winners'] list."

After moving to Alaska in 2013 from Puerto Rico, Torres Román said she wanted to get a job where she could make the greatest difference — a profession that she said would set the example for her son.

After returning from Basic Military Training and technical school at Joint Base San Antonio, Texas, she took a job as a temporary full-time technician working in human resources at the Alaska National Guard headquarters. A year later after an active tour with the medical group, Torres Román landed her current permanent technician job.

She said her work requires careful bedside manner because retention standards and medical waivers can have far-reaching implications for Airmen and their careers.

"It can be scary for them," Torres Román said. "It's challenging knowing how to present that to the wing members in a way that they don't get scared. We're always trying to help them sort it out, so they can continue to be in the military doing their jobs."

When members return to duty and thank her for her work, she said she finds that the most rewarding part of the job.

"It's also rewarding knowing the mission happens because of what I'm doing here," Torres Román explained. "PJs [and aircrew] can all perform their sorties here in Alaska or deployed overseas in part due to the paperwork I do."

Following the devastation wrought by Hurricane Maria on Puerto Rico, Torres Román had an opportunity to go home on a disaster-relief mission with the wing.

"For me, it was really emotional because that's where I'm from," she said. "I never thought I would be back home helping my own, and the Alaska Air National Guard made that possible."

As far as winning national honors for her work in 2019, Torres Román said she was surprised her quiet work behind the scenes was recognized.

"I like to stay in my corner and do my best, I like to fly under the radar," the Airman explained. "It's good to know our work in the medical group is getting the entire wing recognized."

RSD/AWS SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

2020

July: No drill

August: 1-2

September: No drill

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: 12

July: 2, 17, 24

August: 7, 21

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
				Eielson		1700
Elmendorf	CANCELLED	1715	PAX Transfer	Elmendorf	1800	1815
Kenai	1800	1810		Eielson	1915	
Homer	1825	1835				
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%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>
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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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