



176th Wing • Alaska Air National Guard

eGuardian

June 26, 2020, Supplemental

EVENTS / OPPORTUNITIES

STRONG BONDS - CALLING ALL SINGLES

Single wing members, you are invited to register for a free weekend in Homer, Alaska.

Your 176th Wing Chaplain Corps is pleased to present "Got Your Back" for singles at the marvelous Land's End Resort July 24-26.

Register at this link on a first-come, first-served basis: <https://www.eventbrite.com/e/singles-retreat-in-homer-tickets-77062412751> You will likely NOT be able to register using a DoD computer, and will have to click this link and register on a personal device.

Space is limited. Event includes two nights at the resort, five meals, and training program — all for free.

This "Got Your Back" training is specially designed **for singles** to build resilience by helping participants improve their self-awareness, their understanding and acceptance of others, and their decision-making skills in dating/partner relationships.

*Friday, July 24: Check in to the resort and with the chaplains in the lobby between 1600 and 1800. Enjoy a complimentary dinner, then participate in the evening Strong Bonds session.

Saturday, July 25: A hot breakfast will be provided at 0800. The program will begin at 0830 and continue until ~1500. Lunch is included. You are free for the rest of the day but dinner is provided at the resort at 1730.

*Sunday, July 26: Breakfast will be available at 0800. There will be an optional worship service at 0830, and the session will begin at 0900. The program will conclude by noon. Lunch is not provided.

Important Notes: This event is free but participation at ALL sessions in full is required. This is a singles retreat for unmarried wing members. Child care is not

provided; single parents should find safe care for their children for the full weekend. The drive to Homer from JBER is a minimum of 4.5 hours with no stops, and can easily be over five hours in the summer. Please give yourself plenty of travel time and drive safely! We can help coordinate carpooling, if desired.

For more information, call your 176th Wing Chaplain at 907-229-0010, or email Chaplain Benjamin McEntire.

211TH RESCUE SQUADRON CSO HIRING BOARD

The 211th Rescue Squadron will host a hiring board Nov. 7-8, 2020, over drill. Selectees will attend Undergraduate Navigator Training (UNT) to become Combat Systems Operators (CSOs). Completed undergraduate degrees and AFOQT scores are required for this rated commissioning opportunity.

Contact a 176th Wing recruiter for dates and times of AFOQT testing. Check out the wing website at <https://www.176wg.ang.af.mil/Careers/Flying-Officers/> for application details. Applications are due Oct. 1, 2020. Feel free to contact the 211th RQS via 176WG.CSO.UNT@us.af.mil or stop by Hangar 18 on the second floor, room 230.

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.