



176th Wing • Alaska Air National Guard

eGuardian

October 1, 2020

October 2020 Drill

DUAL 176TH SFS RETIREMENT CEREMONY *OCTOBER 3*

Chief Master Sgt. Bryan Morberg and Master Sgt. Kaleo Vicente will mark successful careers during a Saturday, Oct. 3 retirement ceremony 1400. Due to social-distancing requirements, wing members are invited to tune in at the 176th Security Forces Squadron Facebook page for a live broadcast.

HRE/POSH TRAINING *OCTOBER 4*

176th Wing Equal Opportunity Program practitioners will be hosting a virtual HRE (Human Relations Education) / POSH (Prevention of Sexual Harassment) discussions Oct. 4 at 10 a.m. UTM's will register students and provide a link to students.

This training will cover:

- Air Force policy and procedures as they relate to inequities and sexual harassment.
- DoD definitions of sexual harassment and discrimination in the workplace.
- Tools for naming and addressing the impacts of microaggressions in the military.
- Best practice response and reporting for military leaders to support members who have EO-related concerns.

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

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)

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: 9, 16 & 30

November: 13, 27

December: 11, 24

ALASKA NEWS

ALASKA AIR NATIONAL GUARD AIRMEN RESCUE FIREFIGHTER

By David Bedard
176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Alaska Air National Guard members of the 176th Wing rescued an Anchorage Fire Department firefighter Aug. 16 near Beluga Point south of Anchorage near the Seward Highway.

Alaska Air National Guard Senior Master Sgt. Evan Budd, Alaska Rescue Coordination Center superintendent, said four hikers were stranded when they could neither safely ascend or descend on steep terrain. The party called 911, and the Anchorage Fire Department deployed a rescue team skilled in technical climbing.

The AFD firefighters managed to rescue the four hikers. During the rescue, one firefighter sustained a minor leg injury. The AFD contacted the AKRCC and requested aerial evacuation of the injured firefighter.

The AKRCC notified the 176th Wing, which dispatched a 210th Rescue Squadron HH-60G Pave Hawk helicopter carrying two 212th Rescue Squadron pararescuemen (PJs).

Aircrew of 210th RQS are trained in day or night personnel recovery operations in challenging weather and environmental conditions. PJs of 212th RQS are highly trained search-and-rescue experts and paramedics with advanced mountaineering skills as part of their mission.

The aircrew navigated to the firefighter. The 210th RQS special mission aviator hoisted the PJs to the firefighter. On-scene firefighters medically assessed their injured colleague before PJs packaged him for hoist into the helicopter.

The PJs continued to render medical aid aboard the helicopter en route to the Providence Alaska Medical Center in Anchorage, where they released the firefighter to hospital medical personnel.

Budd said it is important for hikers to understand and mitigate risks when venturing into the Alaska wilderness.

"When you go outdoors, have a plan," he said. "Recognize your abilities and don't exceed your abilities."

For this rescue, 210th RQS, 212th RQS and AKRCC were awarded one save.

176TH SFS COMMANDER EARNS STATEWIDE HONORS

By Sgt. Seth LaCount
JFHQ Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Alaska Air National Guardsman and retired Alaska State Trooper, Lt. Col. James Truesdell, commander of the 176th Security Forces Squadron, was awarded the 2019 Field Grade Officer of the Year award Sept. 15 for his accomplishments last year.

"Lieutenant Colonel Truesdell has demonstrated a level of excellence that distinguished him from his peers," said Col. John Oberst, the Alaska Air National Guard's Director of Staff. "For this I thank him. I also want to thank his supervisor for caring enough to recognize his efforts by taking the time to submit him. This recognition matters and it will benefit Lt. Col. Truesdell as he navigates his future in the military."

Truesdell trained and equipped 23 Airmen from the 176th SFS prior to the unit deploying in support of Operation Enduring Freedom in Afghanistan last year. He also enhanced his unit's readiness beyond the deployment by designing and implementing rigorous training courses and scenarios, crafting a combatives program that enabled three Airmen to become instructors, and immersing his Airmen in a litany of simulated, operational environments.

In 2019, Truesdell bolstered hands-on training for 125 Security Forces Airmen from four different Air National Guard units around the country, fostering multi-state cooperation during 2019 annual training events. He coordinated joint

training with both Air National Guard and active duty Airmen from the ANG's 168th Wing and Regular Air Force's 673rd Wing here, involving more than 5,000 man-hours and 85 Airmen.

Truesdell's higher leadership and subordinates alike have described him as a constant, innovative thinker. This is evidenced by his force management planning and his ability to create lasting relationships with the people he works with. The lasting impact of Truesdell's command will be highlighted by the strides the unit has made in the personal development of its Airmen.

211TH RESCUE SQUADRON CAPTURES TOP INDIVIDUAL AWARDS FOR 2019

By Sgt. Seth LaCount
JFHQ Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Alaska Air National Guardsmen Capt. Natasha Sanders and Tech Sgt. Christopher Luther, both assigned to the 211th Rescue Squadron, achieved top honors for 2019 and were awarded with a plaque and coin Aug. 28 for their accomplishments.

Both Airmen were evaluated based on leadership and job performance in their primary duty and whole Airman concepts.

The awards were presented on behalf of Brig. Gen. Scott Howard, commander of the Alaska Air National Guard.

"Supervisors who take time to recognize their Airmen codify the excellence of everyday Airmen for the rest of their career," said Col. John Oberst, the Alaska Air National Guard director of Staff. "It matters."

Sanders, an HC-130 Combat King II pilot, was nominated for company-grade officer of the year and Luther was nominated for noncommissioned officer of the year, competing against approximately 500 members from their respective rank peer groups and about a thousand members at the wing level before they were judged at the state level for the air component.

A few of Sanders' individual accomplishments for 2019 included participating in a rescue effort where three Alaska citizens were successfully located and saved. She flew 43 combat sorties that airdropped 21 personnel and planned 82 combat sorties with no air traffic control delays. She maximized wing training opportunities for her Airmen, and enabled swift Combat Search and Rescue Task Force response.

Luther, an instructor/evaluator loadmaster, braved five search and rescue missions, flying more than 10 hours in adverse weather and saving three lives. He was a key volunteer for squadron programs and stepped forward to become the unit fitness program manager, responsible for squadron readiness. He graduated No. 1 out of 79 of his peers at the Air Force Noncommissioned Officer Academy and garnered the highly coveted Levitow award.

Members of the 211th RQS attended the award ceremony to celebrate their fellow Airmen. The award presentation was followed by Squadron Roll Call, a tradition that dates back to World War I. The Airmen told personal stories, toasted the fallen, and talked about the 211th RQS' proud heritage. It's a heritage that's demonstrated today, by the hard work of men and women like Sanders and Luther.

176TH ADS FIRST SERGEANT EARNS STATEWIDE HONORS

By Sgt. Seth LaCount
JFHQ Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Alaska National Guard Airman, Master Sgt. Melissa Erhard, was awarded the 2019 First Sergeant of the Year award Sept. 15 for her accomplishments last year.

As an Anchorage resident and Arizona native, Erhard has been a first sergeant with the 176th Air Defense Squadron since October 2015.

Erhard is the only first sergeant in the unit of more than 150 personnel. Uniquely, she is one of only three full-time first sergeants in the entire Alaska Air National Guard.

"I consider Master Sgt. Erhard an indispensable asset for myself and the unit," said Lt. Col. Shane Wallace, commander of the 176th ADS. "She adroitly navigates the spectrum from taking care of our people to ensuring good order and discipline, all in order for us to accomplish our core missions of Homeland Defense and Air Sovereignty for Alaska and the United States."

Erhard has distinguished herself through her ability to foster resiliency among her Airmen and community. In 2019, she amassed more than 24-thousand dollars in donations and dispensed Thanksgiving meals to more than 500 families in need, on base and in the local community. She also helped raise more than 30-thousand dollars in emergency funds for JBER members in need through Operation Warm Heart, a first sergeant program that grants cash, gift cards and

food vouchers to Airmen, Air Force civilians and contractors from Thanksgiving through Christmas.

"Master Sgt Erhard embodies the Air Force's Core Values of Integrity First, Service Before Self, and Excellence in All We Do," said Chief Master Sgt. Heather Pineiro, chief enlisted manager for the 176th ADS. "Her heartfelt compassion and steadfast dedication to the men and women in the 176th Wing is unmatched, both as a first sergeant and a senior noncommissioned officer. I am honored to work alongside her and trust in her guidance and support with enlisted personnel matters."

To develop her own professional ambitions and to bolster unit readiness, Erhard attended 10 courses in 2019 that refined her team building and mentorship skills. She developed a first sergeant annual training course for 17 first sergeants and taught at base-wide seminars that focused on mentoring fellow noncommissioned officers.

"Master Sgt. Erhard is the dedicated first sergeant for the 176th ADS but she also supports all six squadrons in the Operations Group with more than 500 personnel," said Chief Master Sgt. Brandon Grisham, 176th Operations Group Superintendent. "She has always been a sounding board for all squadron commanders and chiefs when they needed a listening ear."

As a leader, Erhard places families at the forefront. She responded to three domestic disputes in 2019, and obtained shelter for displaced members of several families. When one of her Airmen's spouse suddenly passed away, she mobilized support resources for the Airman to ease their grief.

"Master Sgt. Erhard aligns and strengthens the command team, setting the example for other senior non-commissioned officers as first sergeants to emulate," remarked Chief Master Sgt. Christopher Wilson, State Command Chief for the AKANG.

Col. John Oberst, director of staff for the AKANG, and Wilson presented Erhard with a trophy and commander's coin on behalf Brig. Gen. Scott Howard, commander of the AKANG, thanking her for her exemplary dedication and service to the people that perform the daily mission for the state of Alaska and the nation.

COMBAT ARMS INSTRUCTOR KEEPS 176TH WING SHARP

By David Bedard
176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Carrying a bullhorn and wearing a neon-red hat emblazoned with “Combat Arms,” Alaska Air National Guard Tech. Sgt. Brian Sears looked like he might have been ready to kick off opening night of a three-ring circus, but his camouflage uniform gave up the jig.

Sears wasn’t about to introduce a high-wire act or an acrobat catapulting from a cannon, but he was rather keeping tight control of a 176th Security Force Squadron firing lane Aug. 27 at Joint Base Elmendorf-Richardson.

Sears is a graduate of the 10-week long Combat Arms Apprentice Course at Joint Base San Antonio, Texas, where he learned how to operate firing ranges, enforce range safety, inspect and repair weaponry, perform preventative maintenance, instruct small arms weapons qualification training, and provide guidance on weapons placement to Security Forces and other base-defense force commanders.

What that list of knowledge boils down to is Sears is an expert in the range of Air Force small arms in terms of employing and maintaining them, getting the ammunition to put them into action, and training others how to accurately and effectively shoot them.

“A lot of our people, whether they’re aircrew or Security Forces, they carry weapons on a regular basis for their own protection or the protection of assets and resources,” Sears said.

Sears said it isn’t sufficient to carry weapons, National Guard Airmen need to know how to use them safely and proficiently.

“It’s necessary to make sure all of our Airmen are qualified on the weapon systems they will be carrying into harm’s way potentially,” he explained. “That way, we can get a baseline knowledge and experience with the weapons, so we can do more advanced training. They will be able to progress from there.” Sears said Defenders of 176th SFS are required to go deeper on a wide variety of weapons when compared to most other career fields.

“Security Forces are required to do a couple of extra things that your average mechanic or pilot may not be required to do, but for the most part, the qualification doesn’t change,” he said.

Though the basic qualification isn't different for Defenders, Sears said Security Forces add night and low-light conditions and practice special pistol and M4 carbine combination drills.

With rounds down range, holes punched in targets, and confidence built in their assigned weapons, Airmen of 176th SFS are prepared to accomplish their mission out there in the big top.

176TH WING HOSTS SENATORIAL DELEGATION

By David Bedard
176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — National Guard Airmen of 176th Wing hosted a staff delegation representing U.S. Sen. Lisa Murkowski Sept. 8 at Joint Base Elmendorf-Richardson.

The delegation visit provided congressional staff with an overview of U.S. military entities in Alaska, focusing on their impacts and relevance to the Pacific theater.

Wing leadership updated the delegation on current projects, future exercises and readiness, with an emphasis on forces assigned in Alaska and evolving Indo-Pacific Command and Arctic issues.

Alaska Air National Guard Col. Anthony Stratton, 176th Wing commander, informed the delegation the unit is the largest wing in the state and the sixth largest in the National Guard, comprising 17 squadrons, including six squadrons in the 176th Operations Group.

Those operations group execute air defense via the Region Air Operations Center embedded with Alaskan NORAD Region, strategic airlift via C-17A Globemaster III cargo aircraft, and combat search and rescue via HH-60G Pave Hawk helicopters and fixed-wing HC-130J Combat King II aircraft.

The Combat King II, the Air Force's only dedicated fixed-wing personnel recovery platform, replaced older 211th Rescue Squadron HC-130N aircraft in 2017.

Stratton said the wing is looking forward to fielding the in-development HH-60W Jolly Green II around 2026, greatly improving operational readiness over the aging HH-60G fleet.

"We typically have the highest operational tempo utilization rate of that weapon system in the entire Air Force enterprise for HH-60s," he said.

Stratton said Alaska's challenge of distance makes it a state dependent on aviation as a lifeline to remote towns and villages.

"If you took a map of Alaska and laid it over the Continental United States, there would be no major highways connecting towns west of the Mississippi," he said.

Stratton said combat support units are also busy. Airmen of 176th Maintenance Group recently deployed as an integral part of 210th Rescue Squadron's mission in Africa. Security forces and engineer Airmen have deployed to the Near East and Africa in support of contingency operations.

Airmen of 176th Medical Group have carried out Innovative Readiness Training treating more than 7,500 real-world patients in Kotzebue, Alaska; Puerto Rico; and the three-state region of Missouri, Kentucky and Kansas. In response to COVID-19, 176th MDG supported the Joint Task Force Alaska Medical Cell, contact tracers supporting the State of Alaska, and medical planning capabilities to Alaskan Command.

Alaska Air National Guard Lt. Col. John Romsper, 212th Rescue Squadron director of operations, presented the wing's Arctic Sustainment Package staged in warm storage on Elmendorf Airfield.

The ASP is a rapidly deployable air-droppable package that can provide shelter, heat, transportation, fuel and food for 28 people for up to six and a half days in extreme Arctic conditions. Men and women from the 212th RQS and the 176th Operations Support Squadron keep the ASP on alert year-round for potential remote or Arctic mass-casualty rescue operations.

Romsper said preparation of the ASP amounts to six months of cumulative man hours. Stratton said the ASP is designed to support complex rescue operations of a large military aircraft like an Air Force E-3 Sentry Airborne Warning And Control System or a Navy P8 Poseidon maritime patrol aircraft.

Lt. Col. Joshua Armstrong, 211th Rescue Squadron commander, led the delegation through a tour of an HC-130J, and he highlighted the new airframe will continue to undergo systems upgrades, which will continue to enhance its combat capabilities.

Stratton highlighted how JBER C-17s are part of the Total Force Integration Active Association construct, which means the Air National Guard owns the aircraft, while the Active Duty's 3rd Wing provides additional crew and maintainers. The colonel said this arrangement allows the 144th Airlift Squadron to be the busiest Globemaster unit in the National Guard.

"Everyone is involved — it's not Active versus Guard," he said. "It becomes a team sport."

A LIGHTHOUSE IN THE STORM: 176TH WING DIRECTOR OF PSYCHOLOGICAL HEALTH IS HERE TO HELP

By David Bedard
176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska --

A single COVID cell is no more than 140 nanometers in diameter — about 1/500th the width of a human hair — but it has come to dominate daily life the world over.

Beyond its physical health impact, Diann Richardson, 176th Wing director of Psychological Health, said the invisible microorganism also has psychological health impacts as Airmen, civilian employees and family members have been forced to change their daily habits such as looking after and teaching children who would otherwise be at school.

Like COVID, emotional and psychological struggles are invisible. Richardson said, like the virus, the mental health impact can range from mild to health-threatening.

Having recently moved from her office at the 176th Wing headquarters to Building 10480, Richardson said she is ready to serve anyone who is looking to make positive change.

"My role, in a nutshell, is to be a mental health resource for members, for the command, and for consultation with family members — I have worked with all facets of the wing including service member's children and spouses," she said. "I do a lot of triage. I ascertain what type of assistance someone needs. Sometimes, I just link someone to a useful podcast or stress management app. Sometimes, I teach a useful anger management strategy. If someone needs more intensive therapy, I link them with a provider who would be a good fit for their unique situation."

Holding a master's degree in social work from Florida State University, Richardson is a walking, social-work practicing encyclopedia of numerous resources, techniques and tools.

"After working in the field of clinical social work for over thirty years, I have seen many problems which are overwhelming to people that are relatively manageable

to deal with if they had the right tools,” she said. “And, at this point in my career, nothing really surprises or shocks me about human behavior — I have no problem talking about very uncomfortable subjects with people.”

Though she said her role in the wing does not involve therapy to the wing’s 1,500 members and family, she is knowledgeable of how to provide a “warm handoff” to help, ranging from an online resource to a mental health provider.

“We talk about a way forward,” Richardson said. “It might be as simple as visiting a website. Others have issues stemming many years from childhood, so a deeper dive might be helpful. I am making recommendations for the next steps, but the person in my office is in the driver seat of their mental health care.”

In a profession where Guardsmen can be separated from family for months and can find themselves in harrowing situations overseas, sometimes greater interventions are called for. Even setting the unique challenges of military service aside, seeking help for restless feelings is more common than one might think.

“Roughly 20 percent of the population in America has some sort of anxiety disorder,” Richardson said. “Just Google the word anxiety, and 400,000,000 results emerge. How is someone supposed to process relevant and helpful information specifically for their or a family member’s needs from that amount of data? When people contact me, I can gear them to what’s effective for their situation — either techniques they can do on their own or perhaps a counselor who specializes in anxiety disorders.”

She said she often serves as a sounding board for members who come to see her.

“Sometimes venting about an issue is super helpful, and they don’t need any other resource,” Richardson said. “Particularly in this time of COVID, some people are experiencing and believing things that further isolation and disconnection. When I consult with members during this time, I see a lot of similarities in people’s experiences. Just knowing you aren’t alone goes a long way.”

The pandemic has posed an unusual challenge to many whose healthy outlets for venting may have been cut off or compromised.

“We don’t have any blueprints on how to deal with this because it’s never happened in our lifetime,” Richardson said. “Even the strongest among us are struggling. It is tough to continually thrive in a vice of uncertainty. We are having a lot of grief and loss mourning the way it was before COVID.”

She said everyone needs to be honest with themselves about their mental state, and they need to get creative about alternative ways to cope. Richardson said she had this conversation with herself.

"I have self-awareness of the things I need to do to be better, to be happy, to be healthy and thrive, to be a nurturing mother to my children and a kind partner to my husband," she said. "In COVID, I have to tweak former coping tools. I didn't ask for the world to change so rapidly and have some strong feelings about all the resulting adaptations needed, but I also want to be a thriving person, so I am choosing adapting."

She recommends learning stress management, learning a new coping skill, or learning mindfulness, and she said she is happy helping members with those resources.

"There are some interesting and fun ways we can all do better," Richardson said. "For instance, playing a drum can greatly reduce anxiety and pain. Engaging in a creative hobby is a way to learn mindfulness."

The move of Richardson and the entire 176th Wing Wellness Center to the other side of the airfield serves the purpose of consolidating wellness experts like the chaplain and Yellow Ribbon Program coordinator. It also overcomes the perceived stigma of seeing wellness professionals.

"Even people who willingly wanted an external perspective to a personal dilemma said they did have some concerns being seen by senior leadership when my office was in HQ," she said. "Visiting the wellness center is an opportunity to get out of the headquarters building or a hangar and come to a neutral place, and we're all bound by confidentiality over here."

One not-so-secret weapon Richardson deploys is her partner, Bolt, a golden retriever perhaps better known throughout the wing than his owner. Bolt is a highly trained, nationally certified therapy dog.

"A therapy dog like Bolt, is a very well-trained dog that knows basic commands, is friendly, patient, confident, gentle and comfortable in many different situations," she said. "Additionally, he provides comfort and love to others, can interact with a variety of people, is not aggressive, and listens."

Though just as often seen rummaging in desk dustbins foraging for food as he is spotted greeting people he meets, Richardson said the dog is a valuable member of her team.

"Bolt is my coworker," she explained. "Bolt is an asset in my job as 70 percent of what I do is prevention, which means going into the squadrons, getting to know people, and being a relatable and reliable entity. My goal is really just to be another member of the wing whose role is to encourage positive mental health for those that run the mission and the people they care about."

You can follow Bolt's adventures in and out of the wing at Instagram @bolt_thetherapydog

Whether through easing tension by offering up Bolt as a friend, acting as a sounding board, giving an effective resource, or referring to outside counselors, Richardson is putting her 30 years of experience fighting invisible enemies in the cause of mental wellness.

Contact Richardson during duty hours at (907) 551-0283 or (907) 306-9941, or email at diann.richardson.1@us.af.mil. She can be visited in person at Building 10480, Suite 104, Room 109.

RSD SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

2020

November: 7 & 8 (Standard Drill)

November: 3 - 8 (Quarterly Drill)

December: 5 & 6

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	CANCELED	1715	Elmendorf		1900
Kodiak	1815	1830	Eielson	2000	2015
Homer	1910	1920	Elmendorf	2100	
Kenai	1935	1945			
Elmendorf	2000				
	CANCELED				
Sunday Return					
South UTA Shuttle			North UTA Shuttle		
Location	Arrive	Depart	Location	Arrive	Depart
Elmendorf	CANCELED	1715	Eielson		1700
Kenai	1800	1810	Elmendorf	1800	1815
Homer	1825	1835	Eielson	1915	
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

The Iditarod (Elmendorf) Dining Facility will be closed on Saturday August 1, as renovations are to be completed.

On Saturday members will be encouraged to have lunch at the Wilderness in (Bldg. 647 Ft Richardson).

The Wilderness Inn serves "brunch" from 1000-1400 on the weekend.

The Army DFAC will honor the provided ESM roster and not charge DSGs for their meal.

If anyone gets turned away on the Army side please contact MSgt Franz Deters 907-903-5545

If AGRs or officers wish to eat on the Army side, a flat rate of \$5.65 will apply.

On Sunday the Iditarod will be open again for business (normal hours).

There will not be POD support for the flight line over the weekend (located near F-22 hangers)

Normal 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>

JB ER

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.