



176th Wing • Alaska Air National Guard

eGuardian

March 24, 2022

MARCH 2022 RSD

Lewis promotes to chief master sergeant *March 25*

Senior Master Sgt. Jamie Lewis promotes to chief master sergeant during a noon ceremony Friday, March 25 at the Kulis Theater.

EVENTS / OPPORTUNITIES

SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

Check out SAPR's upcoming events for Sexual Assault Awareness and Prevention Month in April.

Every Tuesday in April, wear teal on Tuesday's in order to bring awareness to sexual violence and show support for survivors.

Denim Day is April 27 and is an event in which people are encouraged to wear jeans or denim to raise awareness of rape and sexual assault. The day grew out of a 1998 Italian Supreme Court decision that overturned a rape conviction because the victim wore tight jeans.

FAMILY RESILIENCY MEMBERSHIP

The Family Resiliency Membership is an initiative to provide resiliency resources to Alaska National Guard families.

Here's what participants get when they register:

- At the beginning of each month, participants will receive a packet with resiliency facts, activities or crafts, and challenges to do that month with the family.
- We will have virtual meetings once a month to share how families did with the resiliency challenges and discuss additional resources.

- Registration is valid for the year (except June and July)
- The membership is completely FREE!

Please send us an email to receive a registration form to jordanweber.ctr@gmail.com or gaizka.c.vazquez-lam.ctr@mail.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 907-382-1407. Appointments are available within 24-48 hours.

SERVICES / ANNOUNCEMENTS

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.

April: 1, 14

May: 6, 20, 27

June 17

ALASKA AIR NATIONAL GUARD AIRMEN PARTNER WITH ALASKA STATE TROOPERS, COAST GUARD TO RESCUE 5 PLANE CRASH VICTIMS AT LAKE ILIAMNA

By David Bedard | 176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Alaska Air National Guardsmen of the 176th Wing worked with the Alaska State Troopers and U.S. Coast Guard District 17 to rescue five victims of a March 5 crash of a Cessna 206 at Lake Iliamna.

The Alaska Rescue Coordination Center received an emergency locator transmitter signal from the Cessna 206 early in the afternoon showing the Cessna's location on the lake's ice 7 miles southwest of the town of Iliamna and approximately 200 miles southwest of Anchorage.

The Alaska State Troopers launched a King Salmon-based R44 helicopter to the area while local crews and privately owned aircraft from Iliamna attempted to access the crash site.

A good Samaritan flying a Cub aircraft on skis located the Cessna 206 and landed at the crash site. He reported the five adult occupants were alive but had sustained serious injuries.

The Alaska Rescue Coordination Center requested assistance from the 176th Wing and from the Coast Guard at Air Station Kodiak.

At the request of and under the direction of the AKRCC, Alaska Air National Guardsmen of 210th, 211th and 212th Rescue Squadrons launched on a 210th RQS HH-60G Pave Hawk helicopter and a 211th RQS HC-130J Combat King II from JBER. The Coast Guard launched an MH-60 Jayhawk from Kodiak.

Both the HH-60G and HC-130J carried Guardian Angel pararescuemen, who are highly trained paramedics.

Poor weather initially prevented both services from reaching the area, but by early evening both helicopters arrived at the crash site. The Coast Guard MH-60 hoisted two of the crash victims, and the 210th RQS HH-60 landed on the ice, transporting three crash victims from the scene.

The victims were evacuated to Iliamna and transloaded to the HC-130J and civilian medical evacuation aircraft. The Combat King crew transported one injured victim to JBER and transloaded the patient to a ground ambulance for further evacuation to an area hospital.

According to the Alaska State Troopers, as of March 6 all five occupants were continuing to receive medical care at Anchorage area hospitals with one listed as serious, one as fair and three as stable.

Alaska Air National Guard Lt. Col. Christen Brewer, AKRCC director, said inter-agency coordination was key for the complex rescue mission.

"This joint effort required extensive teamwork between the Alaska Air National Guard, the Alaska State Troopers, the Coast Guard, and good Samaritans on the ground," she said. "With Alaska weather and distance, teamwork is crucial to ensure the best outcome of an unfortunate situation."

For this mission, 210th RQS, 211th RQS, 212th RQS, the Alaska State Troopers, Coast Guard District 17 and the AKRCC were credited with five saves.

NATIONAL GUARD TESTS PREPAREDNESS IN NOME JOINT EXERCISE

By Davis Hovey | KNOM

National Guard members from multiple states, including Alaska, have landed in Nome for a pre-scheduled military exercise called Arctic Eagle. This large, statewide exercise has taken place every two years since 2012, but this is the first time it has partially been held in Nome.

Original estimates from Lt. Colonel Eric Marcellus said roughly 250 people would be coming into Nome for Arctic Eagle but that has since been updated to 150. Marcellus is the joint-task force commander for the Nome portion of this training exercise.

"It really is bringing a lot of different entities together," explained Marcellus. "And one of the reasons you need to do that, is because the coordination piece in a real natural disaster or emergency, is going to bring all those same players together. And this is our opportunity to get to know each other and also to understand how each other operates, what we can and can't do, and the capabilities and limitations that each has," Marcellus said.

Marcellus highlighted the other partners that are part of this exercise, including other states' National Guard members and other federal agencies like the National Oceanic and Atmospheric Administration, or NOAA.

So far, the Alaska National Guard and its partners have assembled communications equipment, done drills and cold-weather exercises with snowmachines, as well as setup a temporary air base near the Alaska National Guard Air Hangar.

Their time in town is spent at a handful of buildings or specific areas, public affairs officer Major Chelsea Aspelund said.

"A lot of that movement is between our main points, so between NACTEC, the Recreation Center, the Armory, and then out to the airfield," stated Aspelund. "It is important to note, there have been concerns about our movement and interruptions to trapping season or some of the subsistence areas. And all of our personnel have been given routes to follow and those routes were coordinated carefully with the LEPC and with the Nome City Council to make sure we are moving in common use areas."

Arctic Eagle personnel were supposed to be housed at NACTEC bunk houses, but Aspelund told KNOM on Saturday those accommodations were delayed and so all members have been staying in the Nome Recreation Center. They are also getting some meals in town at local restaurants, grocery stores and dining at coffee shops like Bering Tea or Pingo.

For the impact on Nome, this means the Recreation Center's gymnasium has been closed to the public while the facility is occupied by Arctic Eagle participants. Residents may also notice military personnel moving around town in rental cars, snowmachines, or even squad utility vehicles known as SUSVs (Small Unit Support Vehicles). There have also been daily C-130s flying in and out of Nome as they drop off some of the 150 total exercise participants.

Aspelund said there has also been a C-17 and an HH-60 helicopter fly into Nome as part of this exercise.

But the Alaska National Guard says their movements have been timed to avoid causing traffic congestion or delays. For sharing daily updates and more details on their activities, the Guard is hosting regular town hall meetings that are open to the public, Aspelund said. The next public event will be a town hall meeting at the Nome Public Safety building at 6 p.m. on March 3.

The timing of this military exercise comes during heightened tensions between the United States and Russia over the Russian invasion of Ukraine, a continuation of the COVID-19 pandemic in Western Alaska and just before one of Nome's busiest times of the year with the annual Iditarod sled dog race.

However, this military exercise was planned out months in advance and Lt. Colonel Marcellus says the current circumstances in Nome allow for an ideal time to test the National Guard's preparedness.

"I would argue that this is a perfect example of why we need to do these types of exercises," emphasized Marcellus. "The military is all about preparedness; and preparedness means you are exercising, that's where the whole term comes from, your ability to react to things. And we may need to react to natural disasters, but we may also need to react to threats. And there is a component of the exercise that deals with that."

National Guard members and military personnel are scheduled to be in Nome through this weekend. All Arctic Eagle participants will be departing town by March 7 at the latest, according to Aspelund.

HERE'S HOW AIRMEN ARE TRAINING TO SURVIVE IN THE ARCTIC

By Amy Hudson | Air Force Magazine

The temperature hovered in the mid-teens, and the skies were crystal blue here March 14 as members of the Alaska Air National Guard's 211th Rescue Squadron prepared for a seven-hour round-trip flight north, well into the Arctic Circle. The mission, part of the ongoing biannual Arctic Edge exercise, was to drop an Arctic Sustainment Package, consisting of Guardian Angel Airmen and a pallet of survival gear, onto an ice pack 200 miles off the northern coast of Alaska where they would set up camp.

Despite the near-perfect conditions on the ground, the weather can change in an instant in the Arctic, and crews know they must be prepared for anything.

"Weather is great here, but it doesn't look great up north," said Capt. Chris McKnight, the mission's HC-130J pilot. "It's [going to be] white on white. It's like flying in a golf ball."

The temperature also will plummet. Depending on the time of year, it could drop as low as minus 60 degrees in Alaska. When the rear ramp opens on this mission, McKnight will be flying 130 knots—about 150 miles per hour—and the temperature will be at least minus 20 degrees, likely colder. That kind of freezing wind is enough to shock anyone's system, but Capt. Miles Brodsky, a combat rescue officer with the Alaska ANG's 212th Rescue Squadron and the flight commander for the mission, said, "It's one of the most amazing experiences ever."

But training is key to survival.

"People talk about flow state, or like, hyper-focused," Brodsky told Air Force Magazine during an interview on base before the flight. "It's like everything we train for coming up to that one moment. It's almost like everything goes in slow motion, and you can see every step forward, 10 steps at a time. It is the ultimate 'being in the moment,' I would say, because you're just completely focused on executing this mission properly and getting out of the plane."

The 212th has a unique mission. It is the only unit in the entire Department of Defense with an Arctic Sustainment Package capability—Canada is the only other country in the world with the capability, said Lt. Col. John Romsper, commander of the 212th RQS. Created in 2010 after the Northwest Passage and Polar Ice Cap started melting, making room for more Arctic exploration, tourism, and nation building, the baseline Arctic Sustainment Package is capable of treating 23 people in 96 hours in the harshest of conditions.

It includes one combat rescue officer, a survival, evasion, resistance, and escape (SERE) specialist, and four pararescue jumpers. They jump with up to five modular pallets of survival gear, including everything from vehicles to tents.

The SERE specialist will help set up the camp and keep an eye out for rapidly changing environmental conditions as the PJs treat any survivors on the ground and the combat rescue officer focuses on resupply and getting everyone safely home, Romsper said.

"What a lot of people who don't operate in the Arctic realize is how dynamic it is," he said. "It could be clear blue when you jump in, and 45 minutes later, you're in a storm that lasts for 10 days at minus 60 degrees. So, just because you got in, doesn't mean you're going to get out right away. It takes a team effort and constant coordination to make sure that the operation is just running smoothly."

In the Arctic, the weather is the biggest adversary, and Airmen operating in these conditions need to understand how to control their own body temperature. Too many layers, and you might start sweating, and that could freeze later and lead to hypothermia. Not enough layers, and again, hypothermia could set in.

"We are constantly managing our own bodies in the situation, our own layers, just to exist in the environment," Brodsky said. "We always have to be thinking ahead because if we're staying in the evening, or a couple of nights, the environment becomes a huge factor ... It's just a constant challenge ... that's why we train a lot."

Arctic Edge, which runs through March 17, is a U.S. Northern Command-scheduled exercise with some 1,000 U.S. and Canadian forces participating. First held in 2018, it takes place every two years, with the goal of providing realistic training

throughout Alaska. It is the largest joint exercise in Alaska this year and one of several occurring simultaneously, including the National Guard's Arctic Eagle/Patriot, the U.S. Army's Joint Pacific Multinational Readiness Capability exercise, and the U.S. Navy's ICE-X.

"Arctic operations and exercises such as Arctic Edge demonstrate the capabilities utilized to defend our homeland and our interests," said Lt. Gen. David A. Krumm, commander of Alaskan North American Aerospace Defense Command, Alaskan Command, and 11th Air Force. "To deter day-to-day, de-escalate in crisis, and if required, defeat in conflict, we must be able to operate and thrive in the Arctic."

RSD SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

April: Core-drill dates, 9, 10; Quarterly drill, 9-14

May: 14, 15

June: 4, 5

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				
	CANCELLED				

PAX Transfer

Sunday Return					
South UTA Shuttle			North UTA Shuttle		
Location	Arrive	Depart	Location	Arrive	Depart
Elmendorf	CANCELLED	1715	Eielson		1700
Kenai	1800	1810	Elmendorf	1800	1815
Homer	1825	1835	Eielson	1915	
Kodiak	1915	1925			
Elmendorf	2030				

PAX Transfer

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>

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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<http://www.176wg.ang.af.mil/units/wingstaff/pa/eguardian.asp>

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