



176th Wing • Alaska Air National Guard
eGuardian November 30, 2023

December 2023 Drill

EQUAL OPPORTUNITY TRAINING *Dec. 3*

176th Wing Equal Opportunity will host EO Training this drill Sun, Dec. 3 in the 176th Logistics Readiness Squadron classroom Building 8414 at 1000.

Squadron commanders:

- Please examine your DEOCS Commander Action Plan (CAP)—the six-month follow-up is due! EO can assist with CAP-related questions. Contact Capt. Westfall at 907-854-1030 or email kimberly.c.westfall.mil@army.mil
- IAW DAFI 36-2710, commanders must receive a Key Personnel Briefing from EO upon taking command. Contact Capt Westfall at 907-854-1030 or email kimberly.c.westfall.mil@army.mil for your briefing.

Leaders: please continue to notify 176 WG/EO whenever you encounter an incident or issue that could be EO-related (purview: race, color, national origin, religion, sex, sexual harassment.) IAW DAFI 36-2710, EO is required to assist in documentation and provide consultation for commander-worked issues within EO purview. Contact Capt Westfall 907-854-1030 or kimberly.c.westfall.mil@army.mil (she has document templates too!).

COLA LIVING PATTERN SURVEY *Month of December*

A new The Cost of Living Allowance (COLA) Living Pattern Survey (LPS) has been released and will run from Dec.1, 2023 through Dec. 31, 2023. **The information received in this survey directly impacts your COLA rate, and could eventually reverse Anchorage's projected COLA reduction.**

Since the LPS for a given COLA location is only conducted every three years, this will be the basis for a data point to compute COLA rates through 2025 with the next survey taking place in 2026. **All military members, active Guard Reserve (AGR) and Drill Status Guardsmen (DSG) are encouraged to take the survey.** The responses to this survey will have a direct effect on future COLA rates for all service members and their dependents in your area, so your participation is highly encouraged. Please feel free to forward the survey link to other service members who may not receive it. The link may also be found on the Defense Travel Management Office website at <https://www.travel.dod.mil/Allowances/Overseas-Cost-of-Living-Allowance/Overseas-COLA-Data-Collection-Surveys/>.

If you have recently transferred to another location, it would be appropriate for you to complete the survey based on your experience in Alaska so that others may benefit. Since the survey is not limited to those with access to the DoD network, the survey may be taken from any personal computer or device and by any family member who may experience most of the information being collected. Information from civilian employees is not requested as this survey only intends to capture the living pattern information of uniformed service members and their families. Please only submit one survey per household.

The survey will ask general information in the first segment about the service member and location such as number of dependents, branch of service, rank, unit and availability of commissaries and exchanges at your duty location. In the second segment, it will ask which goods and services you normally purchase and allow you to select an outlet where you would most often purchase those goods and services locally. Finally, in that segment, it will ask you to state a percentage of how much you purchase those goods and services locally, on-base, online or if you merely brought the items with you. It will continue with the next two segments asking you general information concerning how you travel locally (personal vehicle, taxi, bus, etc.) and where you generally eat your daily meals (home, work or

locally). Lastly, it will ask you about items you had to purchase due to the cold-weather climate in Alaska. Alaska is the only location where cold-weather purchases add to your COLA index. Once you get started, you will see a pattern develop and the survey goes fairly quick.

There are several data points that come together to create a COLA rate and the LPS is the only data point that comes straight from the service member, so take this opportunity to be a part of the process. Although participation is not mandatory, maximum participation is requested. Statistics will be reported weekly to your allowances coordinator until the survey concludes.

Please go to the following webpage to take the survey at your earliest convenience:

<https://www.travel.dod.mil/Allowances/Overseas-Cost-of-Living-Allowance/Overseas-COLA-Data-Collection-Surveys/>

or, just begin the survey at:

<https://www.defensetravel.dod.mil/Community/se/2511374556FF6A0F>

WING NEWS

ALASKA AIR NATIONAL GUARD RESCUES INJURED SKIER NEAR ARCTIC VALLEY

By David Bedard | 176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska -- Alaska Air National Guardsmen of 176th Wing rescued an injured skier Nov. 16 near Arctic Valley about eight miles northeast of downtown Anchorage.

The party used a cell phone to call the Alaska State Troopers. Due to poor weather, the Troopers requested assistance from the Alaska Rescue Coordination Center at JBER.

The AKRCC then requested assistance from 176th Wing, which dispatched a 210th Rescue Squadron HH-60G Pave Hawk helicopter with 212th Rescue Squadron Guardian Angel pararescuemen (PJs) onboard.

The crew of the HH-60 flew to the location of the skiers but had a difficult time finding them due to white-out conditions stemming from a localized snowstorm that quickly evolved into a blizzard.

Alaska Air National Guard Master Sgt. Tyler Albee, 212th RQS PJ, said it took some effort to get to the skiers. Once they spotted the party, and the helicopter crew determined they could safely approach the skiers' location, a special missions aviator inserted the PJs via hoist due to the skiers being in a mountain saddle with high-angle slopes on both sides.

"We ended up seeing them once we pushed into the weather," Albee said. "As soon as we got on the ground, the blizzard came in real heavy within five minutes of us hoisting in. The helicopter had to push off. I couldn't see the skyline from the ground, so I understand why they went."

Though Southcentral Alaska had snowy weather during the week, the blizzard was still unexpected with good visibility around the base.

"It caught us by surprise because when we took off from JBER, we could see clear to million, but as soon as we got in the mountains it was snowing pretty hard," he said.

The skier suffered a spiral fracture requiring immobilization of the limb.

"We splinted her leg, then we splinted it to her good leg, and we did pain management," Albee said.

Visibility became further degraded as the sun dipped below the horizon.

"Nightfall hit about 25 minutes after we hit the ground," Albee said. "It was snowing so hard around us, I couldn't see anything, even with [night vision goggles] on."

The conditions at the rescue site were so degraded, Albee said the AKRCC coordinated with the civilian volunteer Alaska Mountain Rescue Group to possibly get to the group by foot. Another course of action was to have more 212th RQS Guardian Angels get to the site by snowmachine.

The HH-60 returned to JBER to get fuel, and Albee and the other PJ dug snow pits as temporary shelter from the cold and pelting snow.

A few hours later, the helicopter crew found a break in the weather and got through to the group of rescuers and skiers. Albee's fellow PJ went up with

the injured skier on the hoist, and Albee and the uninjured skier went up with the next load.

"It was actually a pretty smooth hoist considering the conditions," Albee said. "It was still whiteout, so I'm sure the pilot was flying mostly off his cues, but I can't speak for him."

The helicopter crew evacuated the two skiers to Providence Alaska Medical Center in Anchorage where they were released to medical officials.

Though the party used a cell phone to call for help, they were also carrying a satellite communication device.

Alaska Air National Guard Senior Master Sgt. Jeff Hamilton, AKRCC senior superintendent, underlined the importance of carrying a satellite communication device.

"The pinpoint coordinates provided by a two-way satellite communication device can be very helpful in locating those in need, especially when the weather hampers visual search," Hamilton said. "When outside of cell reception, it's often the only option to call for help."

For the mission, 210th RQS, 212th RQS and the AKRCC received credit for two saves.

ALASKA AIR NATIONAL GUARD RESCUES INJURED SNOWMACHINER NEAR LIVENGOOD

By David Bedard | 176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska -- Alaska Air National Guardsmen of 176th Wing rescued an injured snowmachiner Nov. 6 near Livengood about 40 miles north of Fairbanks.

The uninjured member of the two-member snowmachine party used a satellite phone to call the Alaska State Troopers. Due to severe weather, the Troopers requested assistance from the Alaska Rescue Coordination Center at JBER.

The AKRCC then requested assistance from 176th Wing, which dispatched a 210th Rescue Squadron Detachment 1 HH-60G Pave Hawk helicopter with 212th Rescue Squadron Guardian Angel pararescuemen (PJs) onboard.

Detachment 1 stands alert at Eielson Air Force Base while the remainder of the 176th Wing rescue enterprise stands alert at JBER.

The crew of the HH-60 flew to the location of the injured snowmachiner, and the special missions aviator inserted the PJs via hoist. The PJs prepared the injured snowmachiner to be hoisted into the helicopter for evacuation to Fairbanks Memorial Hospital.

Alaska Air National Guard Master Sgt. Katelyn Biermann, AKRCC senior mission controller, credited the party for carrying a satellite communication device.

"Because the injured party was carrying a cell phone, our office was able to verify their exact location and injuries, so we could pass it to the aircrew," Biermann said. "Being prepared with a two-way communication device is essential for back-country adventures in Alaska."

For the mission, 210th RQS, 212th RQS and the AKRCC received credit for one save.

BETWEEN FLIGHTS TO TULUKSAK, OPERATION SANTA CLAUS TURNED INTO A RESCUE MISSION

By Francisco Martínezcuello | KYUK - Bethel

BETHEL, Alaska (KYUK) -- Over 100 kids and their parents waited patiently Wednesday for Santa and Mrs. Claus in the Tuluksak school gymnasium. The Alaska Army National Guard UH-60 Black Hawk from Bethel had to make two trips to Tuluksak, about 34 miles away. The first trip brought six passengers that included Guardsmen, representatives from the Salvation Army and this reporter. Most importantly, of course, it also carried presents.

But Santa was a bit delayed.

Chief Warrant Officer 2 Colton Bell is assigned to Golf Company, 2-211th General Support Aviation Battalion. He was the lead helicopter pilot for the mission.

"We had Santa on the second flight. He was with the medics," Bell said, referring to staff from the air medical transport company LifeMed.

In the middle of Operation Santa Claus, there was an urgent assistance call from the Alaska Rescue Coordination Center at Joint Base Elmendorf-Richardson in Anchorage.

"We got a rescue mission, patient transport from the village of Napaskiak about in the middle of it," Bell said. "So we took off from Bethel and took two LifeMed medics with us over to Napaskiak to drop them off, and then continue the mission up to Tuluksak. Dropped off those passengers, the second round of presents, and then returned back to Napaskiak. Picked up the patient and the two medics and transported them back to Bethel over to the hospital."

The wind and runway conditions made it too dangerous for LifeMed's air ambulance to respond to a man from Napaskiak, who had gastrointestinal bleeding. So they called the rescue center for help.

Chief Warrant Officer 2 David Berg was the helicopter's support pilot.

"We as a team, the whole crew here from Bethel, plus the support team from Anchorage — Air Force and Army — really came together to reconfigure the aircraft to include the medics and their equipment," Berg said. Berg also said that it was a seamless transition to go from dropping presents, Santa, Mrs. Claus, and their team of volunteer elves into a rescue mission.

"And then go back and pick up the patient — and it all happened fairly smoothly," he said. "We had to shut down a couple times, but it was a smooth afternoon. In my experience, it was definitely a highlight of my career."

Chief Warrant Officer 3 Nicholas Lime served as the crew chief for the second leg of the mission.

"So my role for this was purely to get the passengers loaded for the second leg," Lime said. "So normally when we're loading and unloading with the rotors turning, we'll have a backseater on board to make sure everybody gets out, clear the aircraft safely."

According to the crew, they didn't want to shut the Black Hawk down.

"We had a rescue mission, so we didn't want to shut the aircraft off and have something not start back up," Lime said. "So we landed in Tuluksak and unloaded while we're running. Make sure when he gets out safely away from the aircraft and then reconfigure the aircraft to put the back row or the

stretcher across the back row, instead of presents, and then help the LifeMed people put the passenger in the aircraft.”

Lime also said that the conditions in Napaskiak were wet, icy, and windy, not ideal conditions to transport a patient.

“Yeah, everyone’s okay. Nobody, nobody got dropped. Nobody slipped and no one got hurt. So yeah, it was a good mission,” Lime said.

The Alaska Army National Guard aviation facility in Bethel has been active since the Black Hawk’s arrival on Feb. 4.

The rescue center, which organized the medevac, said that the patient was stabilized and transported to Anchorage, where they remained in stable condition as of Thursday.

Then it was back to the mission of holiday spirit. The crew reconfigured the Black Hawk to allow for all 12 passengers, including Mr. and Mrs. Claus, to be picked up from Tuluksak, leaving the presents behind.

Although Santa and Mrs. Claus arrived a little later than scheduled in Tuluksak, the community immediately forgot about the tardiness when the honored guests arrived. And the pictures with Santa and Mrs. Claus, free ice cream, and presents helped.

EVENTS / OPPORTUNITIES

EMPLOYER SUPPORT OF THE GUARD AND RESERVE AWARDS

Recognize the amazing employer that you work for outside of the National Guard.

Patriot Award

Service members serving part time in the National Guard may nominate individual supervisors/managers for support provided directly to them. The Patriot Award reflects the efforts made to support citizen warriors. It is a simple online submission, and the certificate comes to the Alaska ESGR office. ESGR will contact you and present the award with you to your supervisor at your civilian business.

Online at <https://esgr.mil/Employer-Awards/Patriot-Award/Form>.

Secretary of Defense Employer Support Freedom Award

Nomination for this prestigious award runs from Oct. 1 to Dec. 31 each year. This award is the highest recognition given by the U.S. Government to employers for their outstanding support of employees serving in the Guard and Reserve (only 15 given out annually). The ESGR State Committee reviews nominations and submits three to compete at the national level. If you are interested in submitting your company for the Freedom Award, reach out to the Alaska ESGR Committee staff member Amy Arsenault, amy.m.arsenault.ctr@army.mil, 907-428-6576. The nomination is an online nomination but it is very detailed. ESGR can give you some tips for submission. <https://www.freedomaward.mil/>

CHILD CARE AWARE OF AMERICA

Child Care Aware of America is a Department of the Air Force childcare fee assistance program available to all Air Force Active Duty, Guard/Reserve Active Duty, or Dual Status Reserve Technicians. It supplements the cost of off-base child care so members only pay what they would at the base Child Development Center.

More Information: <https://www.childcareaware.org/fee-assistancerespite/military-families/air-force/fee-assistance/>

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.

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, providing a step-by-step process supported by a 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.

December: 8, 22

January: 2, 26

February: 9, 16

RSD SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

January: 20, 21

February: 3, 4

March: 2-7 quarterly drill, 2-3 core drill dates

WEEKEND DINING FACILITY HOURS

Normal Hours:

BREAKFAST: 0630-0830L

GRAB-N-GO: 0900-1030L

LUNCH: 1030-1330L

GRAB-N-GO: 1330-1630L

DINNER: 1630-1830L

MIDNIGHT: 2300-0100L

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>

ABOUT THIS PUBLICATION

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

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