



176th Wing • Alaska Air National Guard
eGuardian December 5, 2024

December 2024 Drill

ARNZEN RETIRES *Dec. 7*

Chief Master Sgt. Shawn Arnzen, 176th Maintenance Group, marks 35 years of service during a Saturday, Dec. 7 retirement ceremony at 2 p.m. in the Kulis Theater, Hangar 18, Building 17470.

EQUAL OPPORTUNITY TRAINING *Dec. 8*

Training: EO training will take place Sunday, 10 a.m. Dec. 8 in the Wellness Center—10480 Sijan Ave Rm 113. POC for registration in ARCNet is your unit training manager.

Career opportunity: 176th Wing/EO has a DSG E-7 position vacancy. If you are interested in a challenging and meaningful position that works to eliminate barriers to the mission, support equity, and equip the wing with resources to prevent and remedy conflict, this may be the right cross-training opportunity for you. Strong administrative, communication, facilitation and public speaking skills required. Preference given for social science or human relations background. Reach out to Maj. Kimberly Westfall for application and screening requirements if you think EO is for you at kimberly.c.westfall.mil@army.mil

Hails and Farewells: Congratulations to DEOMI grad and new 176th Wing/EO practitioner, Master Sgt. Eddie Perez. Farewell to Master Sgt. Elijah Gutierrez who has been selected for the HRA position.

Climate Surveys: It is Defense Organizational Climate Survey (DEOCS) time. Please take a few minutes to complete this survey. Your input helps your unit commander improve the climate in your unit. Check your inbox for more information or access your unit's DEOCS here: <https://www.surveysdrc.com/DEOCS>.

Commanders: Please continue to notify 176th Wing/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 Maj. Kimberly Westfall at 907-854-1030 or kimberly.c.westfall.mil@army.mil (she has document templates too).

Please reach out with questions, concerns, and good ideas:
kimberly.c.westfall.mil@army.mil or call 907-854-1030

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/>

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.

WING NEWS

AIR FORCE RECOGNIZES ALASKA AIR GUARDSMAN AS TOP INSPECTOR GENERAL

By David Bedard | 176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — The office of the Department of the Air Force Inspector General recognized an Alaska Air National Guardsman as the Lt. Gen. Howard W. Leaf Award winner in the wing-level officer category.

Lt. Col Eric Manewal, 176th Wing Inspector General director of Inspections, is the first Guardsman to earn the award that recognizes inspectors general across the Air Force who demonstrate exceptional performance.

Lt. Col. Daniel Ucthmann, 176th Wing Inspector General officer-in-charge, said highlights of Manewal's award nomination include his duties as the National Guard Inspector General chair, his tenure as an Air National Guard IG Advanced Course instructor, and his exceptional efforts inspecting wing readiness for five complex mission sets.

"When the announcement was made for the Leaf award, it was obvious that Lt.Col. Manewal would be a strong candidate, as he has done so much for

both the wing and the field as the chair of the National Guard IG Council," Uchtmann said. "He has done a great job identifying actionable, meaningful deficiencies with the goal of improving lethality across the wing."

Manewal, a Sitka native, joined the regular Air Force as a C-5 Galaxy maintenance crew chief at the age of 18 with the goal of earning a commission and becoming a pilot. He attended college classes at night and realized his goal earning an Air Force Reserve commission through Officer Training School and flying C-5s with the 326th Airlift Squadron, 512th Airlift Wing, until the unit converted to C-17 Globemaster IIIs which he also flew.

As much as he relished flying airlift aircraft with 326th AS at Dover Air Force Base, Delaware, Manewal said the assignment was too far from Alaska.

"I was always looking for opportunities to get closer to home because my parents were getting older," Manewal said. "I was going to go to McChord [Air Force Base, Washington], but then they reduced the crew ratio Reserve-wide for C-17s."

Though there were no openings for C-17 pilots in Washington, there were vacancies for tactical air control party officers responsible for embedding with ground forces and directing close air support. Manewal was a TACP for five years, deploying for six months with 36th Infantry Division, Texas Army National Guard, to Iraq.

Manewal was the exercise planner for 194th Wing, Washington Air National Guard, before becoming the director of inspections for the same wing. Later, he held two jobs, one as the plans and policy officer and then deputy operations officer for 10th Region Homeland Response Force as an occasional active Guardsman while director of inspections.

Looking for a permanent active Guard position, Manewal's search led him to the 176th Wing for his current billet.

"The wing director of inspections manages the inspection program for the wing commander, and we oversee the unit-level/squadron-level inspection programs," Manewal said. "Additionally, we plan, execute and inspect readiness exercises, which validate all of our mission-essential tasks."

METs are the building blocks of a unit's readiness to deploy to combat with lethal effect. In addition to bedrock readiness expectations, the wing has aggressively pursued Agile Combat Employment, the Air Force's initiative to innovatively prepare for peer nation conflict in austere Pacific environments.

"There are additional aspects of the job, especially with the ACE construct where not everything we do during a readiness exercise is related to a MET that we currently have," Manewal said. "It could be testing concepts and providing feedback that could influence [concepts of operations] and even [operation plans.]"

Uchtmann said Manewal's previous experience as an exercise planner, plans and policy officer, and operations officer postured him to excel in the wing IG office.

"Lt. Col. Manewal is a well-rounded operator and Guardsman who came to the wing with a wealth of exercise planning experience and knowledge," Uchtmann said. "His ability to jump in and run the inspections side of the 176th Wing IG office definitely put us years ahead of where we would have been if we had hired an outside candidate without the IG experience."

Uchtmann said Manewal has had an outsize effect on the National Guard IG community as a teacher of the IG craft.

"As an instructor for the Advanced National Guard IG Course, he has pushed the best tactics, techniques and procedures to dozens of IGs from across the 94 Air National Guard wings, which really helps all across the Air National Guard," Uchtmann said.

Uchtmann hailed the award for its implications for the wing and the Air National Guard.

"As the first National Guard IG recipient of the General Leaf Award, it is great to see the years of work across the enterprise be acknowledged and supported through this honor," he said. "Eric's recognition identifies the contributions of the Air National Guard and the 176th Wing for the continued evolution of the Air Force inspection process, and how we continue to refine our lethality and readiness to get after the commander's intent."

Manewal said the recognition signifies the positive influence of his service.

"The award validates I am adding value and am having an impact to both the entire enterprise and here at the wing, so those are the things that matter to me," Manewal said. "I have been very fortunate and honored to be part of some amazing teams here at the 176th Wing."

ALASKA NATIONAL GUARD FLIES 14,000 POUNDS OF MEAT TO TOKSOOK BAY VIA IRT PROGRAM

By Alan Brown | Alaska National Guard Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Two years after the remnants of Typhoon Merbok flooded communities across thousands of miles of western Alaska in September 2022, the community of Toksook Bay made a big step toward replenishing what they lost from the storm – thousands of pounds of meat.

On Friday Nov. 15, 2024, the Alaska National Guard began the process of delivering nearly 14,000 pounds of frozen beef, chicken and pork to Toksook Bay as part of the Department of Defense Innovative Readiness Training Program.

The IRT program pairs U.S. communities that have an unsourced requirement, usually medical services, construction, cybersecurity or transportation, with military units that can provide the services while simultaneously gaining real-world readiness training.

After the storm, representatives from a Federal Emergency Management Agency Interagency Recovery Coordination team, the Rural Alaska Community Action Program worked closely with the Nunakauyarmiut Tribe in Toksook Bay to secure funding to aid in the long recovery process.

That collaborative effort led to the community receiving Bureau of Indian Affairs emergency supplemental funding in December 2023 which could be used, in part, to replenish the town's lost meat stores.

According to Robert Pitka, a Nunakauyarmiut Tribal administrator in Toksook Bay, the storm did more than spoil the community's freezers full of fish, moose and other subsistence reserves. It prevented community members from doing what they do every fall to prepare for the coming winter – fish and hunt.

"It was unpredictable after that big storm, and we were not able to get our fall-time fishing," he said. "Most everybody was unable to go moose hunting because of the long-time storm."

He credits FEMA and other organizations who worked with the community after the storm for not only helping the Tribe secure the funding, but also for making them aware of the DoD's IRT program which could be used to ship the newly purchased meat to the village.

"The IRT application would make it possible to deliver the meat products from Anchorage to Bethel, Bethel to Toksook," said Pitka. "We were surprised, like, 'Wow, it's possible. Let's go for it.'"

Pitka said the Tribe's participation in the IRT program saved the community \$35,000 in freight to cover the 525 miles from the Eagle River butcher shop to Toksook Bay, greatly increasing the amount of meat they could purchase.

The AKNG saw the opportunity to continue supporting their fellow Alaskans still recovering from Typhoon Merbok. Training wise, the Toksook Bay mission provided aviators, load masters, crew chiefs and logistics specialists valuable reps in rapidly moving a large quantity of palletized provisions.

The Alaska Air National Guard transported the frozen meat from Joint Base Elmendorf-Richardson to Bethel via an HC-130J Combat King II, the same aircraft that routinely conducts civil search and rescue missions across the state.

Once in Bethel, the meat was generously offloaded by Northern Air Cargo and safely stored in their airport freezer facility while awaiting airlift to Toksook Bay via two Alaska Army National Guard UH-60L Black Hawks.

The AKARNG aircrews assigned to the 207th Aviation Troop Command delivered 234 of the 280 50-pound boxes during multiple flights on Nov. 18 before poor weather postponed the final flight. Bethel area Guardsmen from Bison Company, 1st Battalion, 297th Infantry Regiment, assisted the effort by loading each helicopter for the roughly 75-minute flight to Toksook Bay. The remaining boxes will be delivered as soon as the weather clears, and the helicopters can safely continue the mission.

Chief Warrant Officer 3 Colton Bell was one of the Black Hawk pilots who delivered the meat to Toksook Bay. Coincidentally, he was also one of a handful of aircrew members who flew rotary wing missions after Typhoon Merbok, transporting Guardsmen and supplies to more than 30 communities across western Alaska.

"It's personally rewarding to see the impact that we have on the local community and being able to bring them the meat and give back in a time of need," said Bell.

Recent examples of successful or ongoing Alaska IRT projects include the delivery of construction materials to Nuiqsut by the Kentucky Air National Guard, Arctic [medical] Care in Kodiak supported by the Army Reserve, Marine Corps Reserve, Air Force, Navy and Air Force Reserve, and the early

stages of the Shepard Point Marine Tribal Transportation Oil Spill and Marine Casualty Response Facility, supported by multiple Guard units from Alaska and the lower 48, as well as the Marine Corps Reserve.

Pitka encouraged other Alaskan tribes to pursue the IRT program, saying he was surprised at how quickly the entire process took.

"So we took that offer applying for IRT [in the spring of 2024], knowing we may wait two years. But then again thanks to the [military], they approved it no time," he said. "I think other villages have the opportunity to learn about IRT. In case there's an emergency, they can apply."

ALASKA COAST GUARD, ALASKA AIR NATIONAL GUARD RESCUE PILOT AT ILIAMNA LAKE

By David Bedard | 176th Wing Public Affairs

JOINT BASE ELMENDORF-RICHARDSON, Alaska — Alaska Air National Guardsmen of 211th Rescue Squadron assisted District 17 Coast Guardsmen rescue a pilot of a downed Cessna 207 Nov. 21 at Iliamna Lake.

The Coast Guard dispatched an HH-60 Jayhawk from Coast Guard Air Station Kodiak, and the 176th Operations Group search and rescue duty officer dispatched a 211th Rescue Squadron HC-130J Combat King II, callsign "King," from JBER after the Alaska Rescue Coordination Center received notification of the crash on Iliamna Lake's northwest shore.

The HC-130 was already airborne on a training flight. Alaska Air National Guard Maj. George Geiges, 211th RQS HC-130 combat systems officer, said the diversion expedited their response to what could have been serious situation beyond the crashed plane.

"We were out on a local training line, and we received word of an aircraft down in the vicinity of Lake Iliamna," Geiges said. "There was some confusion at first as to whether the aircraft had crashed in the lake or was on or near the shore. We knew the pilot had gotten out of the aircraft, and our initial concern is if he had crashed in the lake, he would be wet and hypothermic within minutes.

"We accepted the mission and climbed high-level and got out there as fast as we could," Geiges continued. "It was about a 40-minute flight. As we got on station, we got a working frequency from the RCC because there was another air taxi in the area who was talking to the survivor. He was able to

give us a situation overview, letting us know he had crash-landed on shore, and he seemed okay.”

Geiges commended the pilot’s preparedness despite operating an aircraft that would otherwise disappear into its surroundings.

“It was a white aircraft with a dark blue bottom crashed into snow and brush, so it blended in really well,” Geiges said. “Luckily, the pilot was smart. He had a bright-orange engine blanket, which he had placed in front of the aircraft. That is what we saw first.”

The HC-130 was able to contact the pilot via radio once overhead.

“He came up on frequency, we talked to him and did a quick medical assessment,” Geiges said. “He was good. He was up and walking, and he was uninjured. He had enough warm clothing and supplies for a couple of hours.”

Geiges let the pilot know the HC-130 was in coordination with the AKRCC who was also working to get the Coast Guard Jayhawk to the pilot’s location to pick him up.

Because the pilot wanted to conserve his battery, he worked out with the HC-130 to turn off his radio. King would fly overhead rock a wing to signal the helicopter was near so he could reactivate his radio.

As the HC-130 CSO, Geiges has access to a suite of sensors including an electro-optical/infrared camera mounted on the nose of the aircraft that helps the crew to find isolated personnel and to precisely pinpoint their coordinates using an integrated laser rangefinder.

“We set up a mile-and-half orbit around his vicinity, we got eyes on with the sensor, and we pulled a really detailed set of coordinates with the EO/IR,” Geiges said. “We passed that back to the RCC and coordinated a common deconfliction frequency with the Coast Guard helo.”

“Once the Coast Guard helicopter got closer to the scene of the crash, we established communications with them, and gave a situation overview – what the pilot state was, what the aircraft state was – vectored them in to the survivors location. We did a low pass when the helicopter was about 10 minutes out to get the pilot back up on comms.”

The Jayhawk landed, and the crew did a quick check of the pilot before transporting him to the Iliamna clinic for further assessment.

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: 13, 27 (25: Christmas Holiday)

January: (1: New Years Holiday) 3, 17, (20: MLK Holiday) 31

Feb: 14, (17: Presidents' Day) 28

RSD SCHEDULE

MARK YOUR CALENDAR FOR REGULARLY SCHEDULED DRILL WEEKENDS

January: 25, 26

February: 22-27 (22 and 23 core drill dates)

March: 22, 23)

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>

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