

WARRIORS

Quarterly Magazine for the Alaska Department of Military & Veterans Affairs

SPRING 2010



Alaska National Guard Supports Haitian Relief

Anchorage VA Outpatient Clinic and Veterans Benefits Regional Office

1201 N. Muldoon Road

the VA is Moving!



New Location Open *May 10th, 2010*



Questions?

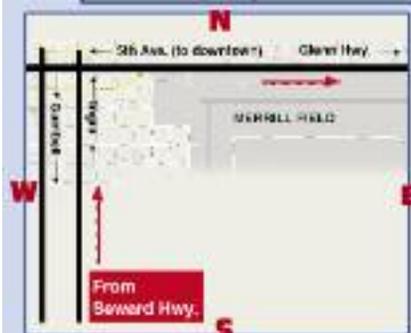
257-4700

Toll Free 1-888-353-7574



**Alaska VA
Healthcare System
& Regional Office**

**1201 N. Muldoon Rd.
Anchorage, AK 99504**



SERVICES FOR ALASKA VETERANS

- Primary Care
- Mental Health
- Surgery Services
- Ambulatory Surgery
- Pharmacy
- Radiology
- Laboratory
- Dental
- Audiology & Speech Pathology Services
- Veterans Canteen Service
- Physical Therapy
- Case Management
- Home Telehealth
- Patient Education
- Smoking Cessation
- Nutrition Services
- Veterans Service Center
- Vocational Rehabilitation & Employment



Governor Sean Parnell
Commander in Chief



Brigadier General Thomas H. Katkus
Adjutant General, Alaska National Guard
& Commissioner of the DMVA

Ms. Kalei Brooks
Managing Editor/DMVA Public Affairs

Contributors

Major Guy Hayes
Sergeant Karima Turner
Private First Class Karina Paraoan
DMVA Public Affairs

First Lieutenant John Callahan
176th Wing

Captain Maria Perkins
Staff Sergeant Daniel Heselton
168th Air Refueling Wing Public Affairs

Lieutenant Colonel Tom Stephens
212th Rescue Squadron

Jeremy Zidek
DHS&EM

Sergeant Jack W. Carlson III
49th Missile Defense Battalion

Colonel Roger Holl
Alaska State Defense Force

Verdie Bowen
State Veterans Office

Sergeant First Class Kevin Slayden
Alaska Army National Guard

Deborah Ward
Fort Greely Public Affairs

Brandon Oursler
National Guard Strength Readiness Support Center

Senior Airman Matt Davis
NATO Training Mission –
Afghanistan Public Affairs

Senior Airman Laura Turner
U.S. Air Force

Master Sergeant Andy Miller
Mississippi Air National Guard

Alaska National Guard Family Programs
City of Seward
Department of Transportation & Public Facilities
FEMA
Guam National Guard Public Affairs



Bob Ulin
Publisher
Marie Lundstrom
Editor
Gloria Schein
Graphic Artist
Chris Kersbergen
Darrell George
Advertising Sales

Toll Free:
(866) 562-9300

www.AQPpublishing.com

Warriors is a commercial enterprise publication, produced in partnership, quarterly, by the State of Alaska, Department of Military & Veterans Affairs, PO Box 5800, Camp Denali, Ft. Richardson, Alaska 99505-5800, phone (907) 428-6031, fax 428-6035; and AQP Publishing Inc., 8537 Corbin Drive, Anchorage, Alaska 99507. Views and opinions expressed herein are not necessarily the official views of, or endorsed by, the Departments of the Army and Air Force, or the State of Alaska. All photos are Alaska Department of Military & Veterans Affairs photos unless otherwise credited.

WARRIORS

Quarterly Magazine for the Alaska Department of Military & Veterans Affairs



Features:

Alaska State Defense Force Modernizes 11
Alaska Air Guardsmen Train Japanese on Air Refueling 13
Alaska National Guard Lead Sponsor for 2010 Iron Dog 14
Guardsmen Conquer Trail Class 15
Alaska National Guard Deploys to Help Haiti 18
Airlift Squadron Assists in Relief Efforts 20

Departments:

For the People	2	Education	28
The Adjutant General	3	ESGR	31
Dispatches from the Front	5	Who We Are	33
Where in the World	6	Awards & Decorations	34
Joint Forces	8	Promotions	35
Family Support	17	Retirements	35
Veterans	22	Start of the Trail	36
Homeland Security	24	Training Schedule	36
Missile Defense	26		

<http://dmva.alaska.gov>

Top Photo:

C-17 Brings in Supplies. Alaska Air National Guard First Lieutenant Jeremy Vancil, right, pilot with the 249th Airlift Squadron, and Lieutenant Colonel Scott Ditto, Mississippi Air National Guard pilot with the 183rd Airlift Squadron, park a C-17 at the Toussaint Louverture International Airport in Port-au-Prince, Haiti. The two Guard units partnered together to bring relief supplies into Haiti.



Photo: Master Sergeant Andy Miller, Mississippi Air National Guard

Bottom Photo:

Supporting Relief Efforts. Technical Sergeant John Stone, 249th Airlift Squadron, leads communications while crews remove cargo from a C-17 Globemaster III. Two Humvees and a water tank were delivered to help the Haiti relief effort during this flight. Photo: Senior Airman Laura Turner, U.S. Air Force

Creative Drill

Routines. Alaska Military Youth Academy Cadet Xavier Ramos, 3rd Platoon Wolf Pack, walks between two columns of cadets as they bring their mock M-16 rifles into a bridge formation during the final drill and ceremony competition for Class 2010-1 in February. Ramos led the pack to victory, winning the coveted drill and ceremony banner for the platoon guidon. The event featured AMYA cadets performing a mix of rigid marching formations combined with creative drill routines. Photo: Sergeant Karima Turner, DMVA Public Affair



Concepts for section head logos derived from clipart provided by Alaska Native Knowledge Network. www.ankn.uaf.edu

veterans and families are invited and encouraged. Please send articles and photos with name, phone number, e-mail, complete mailing address and comments to:

Warriors Magazine
Alaska Department of Military & Veterans Affairs
Office of Public Affairs
 PO Box 5800, Camp Denali
 Fort Richardson, AK 99505-5800
 (907) 428-6031 / Fax 428-6035

HOW TO REACH US

Letters: Letters to the editor must be signed and include the writer's full name and mailing address. Letters should be brief and are subject to editing. **Submissions:** Print and visual submissions of general interest to our diverse civilian employees, Alaska National Guard military members,



For the People

Governor Sean Parnell
Commander in Chief



2010 has already proven to be a productive year for the Department of Military & Veterans Affairs. The Alaska National Guard responded to the natural disaster in Haiti, and completed successful deployments. Additionally, Guard members are actively designing and engaging a new military advisory team. This team will advise leadership on strategies for retaining a military presence, while expanding opportunities for the use of Alaska air, water and land for training and defending our homeland.

Following the aftermath of Haiti's earthquake, 36 Alaska Guard members flew cargo aircraft to deliver critical relief supplies and provide necessary assistance. I am grateful for the men and women who offered service to Haiti in its time of need.

Our state is honored by these Guard members' dedication and service.

We marked the anniversary of the 1964 Good Friday earthquake with a successful statewide tsunami test through the Division of Homeland Security & Emergency Management. I am confident these types of readiness exercises will increase our ability to alert Alaskans of emergency situations in a timely manner.

As we endure another spring flood season, I am reminded how much damage our mighty rivers can inflict on communities. We continue to monitor rivers across the state to ensure residents are informed of adverse conditions as quickly as possible.

Meanwhile, the Alaska Air National Guard completed a deployment to Afghanistan. For five months, more than 140 members of the 176th Wing supported Operation Enduring Freedom with

maintenance and airlift operations. Their continued success overseas testifies to the strength and dedication of the Alaska National Guard and citizen Airmen.

To retain and build on Alaska's current military force capability, I recently created the Alaska Military Force Advocacy and Structure Team (AMFAST). Led by Brigadier General Thomas H. Katkus, Commissioner of the Department of Military & Veterans Affairs, this team is committed to maintaining in-state military missions and to expand or acquire future missions in Alaska.

Thank you for your efforts, dedication and sacrifice on behalf of Alaska and its people; we are grateful for the way you defend our freedom and keep us safe.

Sean Parnell
Governor

YOU ARE A LEADER

Certificates • Associates • Bachelors • Masters

YOU ARE UIU

www.uiu.edu/ng

Upper Iowa University enhances your leadership by offering quality degree programs.



- Regionally accredited
- Multiple course delivery options with flexible start dates
 - Independent Study
 - Online
- Maximum credit for your military training, transfer credits, CLEP & DSST exams
- Military spouse scholarship program
- Member of SOC, GoArmyEd, NCPDLP, and AU-ABC
- Proud member of the Yellow Ribbon Program






UPPER IOWA UNIVERSITY
1-800-603-3756 • www.uiu.edu/ng

On Campus • Online • Independent Study • U.S. & International Centers



The Adjutant General



Brigadier General Thomas H. Katkus
Adjutant General, Alaska National Guard
& Commissioner, Alaska Department of Military & Veterans Affairs

Making a Difference Every Day

The Department of Military & Veterans Affairs is a diverse organization composed of people with exceptionally great character. We are a community that embraces the intrinsic worth and importance of sharing perspectives, values and ideas in our increasingly complex world. We come to work each day for something greater – making a difference in people’s lives.

In March, two Alaska National Guardsmen from our Civil Support Team assisted in saving the lives of five people at the scene of a multi-vehicle crash near Cantwell. Two days later, Air Guard personnel from the 210th, 211th and 212th Rescue Squadrons and Soldiers from the U.S. Army Alaska teamed up to parachute into a remote cabin 50 miles northwest of Clear, Alaska, to save the life of a man suffering chest pains. Four days after that dramatic rescue, Alaska Army National Guard Soldiers and members of the Coast Guard synchronized helicopter rescue efforts to save a hiker stranded for 18 days in 12 feet of snow on Meade Glacier. These valiant acts of bravery are but a small example of the great work our people do every day for the citizens of this great state.

On a national level, within hours of the Haitian disaster, our department initiated action to provide assistance. Twenty-one Alaska Air National Guardsmen from the 144th and 249th Airlift Squadrons departed Alaska on C-130 and C-17 aircraft to provide vital humanitarian assistance to the people of Haiti. In the weeks following the Haitian tragedy, our Alaska Air Guard ferried people and supplies, flew airlift and airdrop missions and contributed significantly to this incredible humanitarian effort. Their heroic effort changed the lives of many people.

During the past three years, our Division of Homeland Security & Emergency Management, in conjunction with the Alaska National Guard, has partnered with active-duty military, local and statewide first responders and other emergency agencies for an April statewide exercise. This national-level event significantly increased and evaluated emergency response capabilities within our state.

In February, Governor Sean Parnell gave the keynote address at the Alaska

Military Youth Academy graduation and recognized 136 cadets for the completion of five-and-a-half rigorous months of academics, community service, and military-style discipline and training. These graduates joined 2,926 alumni who have graduated from the AMYA Challenge program since it started in 1994 and are now on the path to a better, brighter future.

The Alaska National Guard Drug Demand and Reduction team continues to make a difference in the lives of Alaskan youth through its outreach programs. This year alone, Alaska Guardsmen taught lessons on substance abuse, risk assessment and life skills at 14 schools. They continue to engage and look for new opportunities.

Our continued support to the nearly 77,000 veterans and their families in Alaska is critical. We continually recognize and pay tribute to them for their great

service and sacrifice. In a relatively new program, our Alaska National Guard military funeral honors team conducted 159 funerals in 2009 and will support more than 300 this year. The team has more than 40 Soldiers who honor and pay final tribute to veterans and their families.

Assisting our youth, our service members, their families, and the great veterans of Alaska is, and always will be, a major focal point of the Department of Military & Veterans Affairs. Every day, I reflect on the tremendous honor and great privilege the governor provided by giving me this opportunity to lead this extraordinary organization. Words cannot express the pride I have for the men and women of our organization who truly make a difference in the lives of the people here in Alaska and around the world.

Thank you for what you do! ■

**WE HONOR YOUR SERVICE TO
OUR NATION
WITH QUALITY DENTAL COVERAGE**



**The TRICARE Dental Program
is the ONLY plan sponsored by
the Department of Defense for:**

**National Guard/Reserve
Members**

**National Guard/Reserve
Family Members**

**Active Duty Family
Members**



**Enroll today!
800-866-8499**

TRICAREdentalprogram.com

UNITED CONCORDIA



We were there when you landed on the northern coast of France.

We were there when you returned to the Philippine shore.

We were there when you fought in Korea and Vietnam.

We were there when you rolled across the deserts of Iraq.

We were there then. We will always be there.

Serving the insurance needs of Enlisted Military for over 72 years.

GEICO
geico.com

1-800-MILITARY (1-800-645-4827)

AUTO * HOME * RENTERS * MOTORCYCLE * BOAT

Homeowner's, renter's, and boat coverages are written through non-affiliated insurance companies and are secured through GEICO Insurance Agency Inc. Motorcycle coverage is underwritten by GEICO Indemnity Company. Some discounts, coverages, payment plans, and features are not available in all states or in all GEICO companies. Government Employees Insurance Co. GEICO General Insurance Co. • GEICO Indemnity Co. • GEICO Casualty Co. These companies are subsidiaries of Berkshire Hathaway Inc. GEICO, Washington, DC 20078. © 2009 GEICO



Dispatches from the Front...

Alaska Civil Support Team Participates in Exercise Mañe'lu

By Sergeant Karima Turner,
DMVA Public Affairs

CAMP DENALI, Alaska ... The Alaska National Guard's 103rd Civil Support Team traveled more than 4,000 miles in January to the small U.S. territory of Guam to participate in the civil support portion of Exercise Mañe'lu, working alongside the Guam National Guard's 94th Civil Support Team.

Crucial to homeland security, Mañe'lu was a joint training exercise designed to practice interoperability among local organizations in case of chemical, biological, radiological or nuclear explosive attacks.

"This was the first time the entire Alaska CST conducted an exercise in Guam," said Lieutenant Colonel Kevin Peterman, commander of the Alaska National Guard's 103rd Civil Support Team. "Our yearly training guidance from the National Guard Bureau specifies that we accomplish at least one air load mission per training year, and this mission was the perfect opportunity. The Alaska Civil Support Team and the Guam Civil Support Team have an excellent training and mentoring relationship."

Once the 103rd CST landed in Guam, the team hit the ground running, literally,

participating in numerous physical training exercises to help get the Alaska Guardsmen acclimated to the 85-degree weather, nearly a 70-degree difference from the temperatures seen in Anchorage at that time.

"Both teams received training oversight from the U.S. Army Pacific, 196th Training Support Brigade," Peterman said. "U.S. Army Pacific was the driving force in setting up the exercise, and it was important that the Alaska CST had the opportunity to participate in this level of training outside of their comfort zone."

During the field training scenarios, the civil support teams responded to simultaneous "attacks" in which an unknown chemical, biological, radiological or nuclear explosive agent had been released. The teams had to identify what kinds of attacks were going on, map the areas of contamination, conduct decontamination operations, assist the incident commander with proper paperwork, identify the need for additional CST support, provide communication support and recommendations to first responders and brief incoming civil support teams.

"The exercise refined our maritime skills, which is a priority for the Alaska



Homeland Security in Practice. A member of the Alaska National Guard's 103rd Civil Support Team surveys a mock "terrorist cell" for chemical, biological, radiological or nuclear explosive agents during Exercise Mañe'lu in Guam in January. The 103rd CST and the Guam National Guard's 94th CST worked together during Exercise Mañe'lu to practice interoperability when responding to such attacks.

Photo: Courtesy of Guam National Guard Public Affairs

CST," Peterman said. "Also, any time we can deploy to a location and work on a major full-scale exercise with numerous state, federal and local agencies, it's a huge benefit for us because that's what we would be doing in a real-world situation." ■

Guardsmen in Afghanistan Watches Daughter's Play in Alaska

By Private First Class Karina Paraoan,
DMVA Public Affairs

CAMP DENALI, Alaska ... Thousands of miles away, deployed to Afghanistan in support of Operation Enduring Freedom, an Alaska Army National Guardsman was able to see his 12-year-old daughter's school play at Trailside Elementary School in Anchorage.

Master Sergeant Eric Schlemme deployed to Afghanistan in September 2009 as one of two U.S. liaisons to the Mongolian Expeditionary Force. He has been working as a tactical adviser, base security operation consultant and mentor to the Mongolian Expeditionary Force through the Alaska National Guard's State Partnership Program with Mongolia. Typically, he has time to talk to his family and daughter, Camille, only once a week.

After Camille landed a role in the school play, *Cinderella*, she was disappointed that her dad would still be deployed and unable to watch her perform in February. When Linda Bender, the music teacher at Trailside, heard about her situation from Camille's mom, Erin, she came up with a plan.

"Something clicked, and I thought of trying to send the show, *Cinderella*, to him," Bender said. "Normally, the contract with the production company doesn't allow any broadcasting of the show, but I wrote to them and explained the circumstances, and they made a special exception to Skype the show to Camille's dad in Kabul."

After getting permission from Rodgers and Hammerstein Theatricals and asking around for help with the technical aspect of the situation, Bender had successfully come up with a plan to connect Camille with her father while she was on stage.

"When I told Camille that we were going to be able to show him her performance, she hugged me and was in tears," Bender said.

Bender used Skype, a software application that allows users to make voice calls and video conferencing over the Internet for free, so Schlemme could watch and enjoy Camille's performance with everyone else.

"My dad's been gone since September, and I really miss him," Camille said. "I was so excited that he got to see my play, because I worked really hard preparing for it. Even though it was over the computer, it felt like he was there watching me."

"With two active kids, Eric has missed a lot this year," Erin said. "Having this small opportunity for him to participate in a major family event is something to truly celebrate." ■

Where in the World

Air Guard Hosts Training in Guam

By Captain Maria Perkins,
168th Air Refueling Wing Public Affairs

EIELSON AIR FORCE BASE, Alaska ... Alaska Air National Guardsmen from the 168th Air Refueling Wing flew to Andersen Air Base, Guam, in February to train Guardsmen there on KC-135 aircraft maintenance skills.

During an intense four-day training, 16 Alaska Guardsmen conducted hands-on and classroom training for 33 Guam Guardsmen attached to the 168th Air Refueling Wing. The Guam Guard members are part of a unique partnership with the Alaska Air National Guard to stand up a new tanker unit in Guam and complete the Pacific strategic triangle.

“The goal was to bring an aircraft to these Guardsmen to focus on the specific core tasks they need to be proficient at in order to maintain a KC-135, and at the same time, get these guys ready to join us in the upcoming May operational readiness inspection,” said Lieutenant Colonel Brian Fulkerson, 168th Air Refueling Wing mission commander.

Alaska maintainers worked side by side with Guam maintainers on core maintenance tasks, signing them off to legally service the KC-135. A typical day consisted of six hours of intense training on the flight line followed by four hours of classroom work.

In the classroom, four certification tests were administered, plus training given on topics such as sexual assault and prevention response, gas mask fit tests, aircraft corrosion control and foreign object damage prevention.

On the flight line, maintainers worked to launch an aircraft piloted by Captain



Tropical Training Day. Technical Sergeant George Bender, left, and Staff Sergeant John Palomo inspect a KC-135 during training. Bender was one of 16 Alaska Guardsmen who traveled to Guam in January to train Guam Guardsmen, like Palomo, on the KC-135.

Photo: Captain Maria Perkins, 168th Air Refueling Wing Public Affairs

Scanning the Frozen Zone. Specialist Jose Carrillo-Mojica, 49th Missile Defense Battalion military police officer, scans his patrol zone on the Missile Defense Complex at Fort Greely. The military police company of the 49th Missile Defense Battalion conducts the only 24/7 continuous site security mission of a strategic missile defense site in the Army National Guard. Photo: Staff Sergeant Jack W. Carlson III, 49th Missile Defense Battalion



Sharing Emergency Management Expertise.

Representatives from Mongolia's National Emergency Management Agency meet with Division of Homeland Security & Emergency Management Director John Madden, second from left, DHS&EM Planning Program Manager/Alaska Army National Guard Captain David Kang, fourth from left, and FEMA Alaska Area Manager Robert Forgit, sixth from left, in Mongolia during a Gobi Wolf initial planning conference in January.

Photo: Courtesy of FEMA

Arnold Banks, the only KC-135 pilot in the Guam contingent, while Lieutenant Colonel Robert Mackelprang ensured that the aviator was proficient in tasks such as transition and emergency procedures while in flight.

Although the training week was short, it was an overall success in seeing not only the trainers' abilities to train in a limited amount of time but the trainees' abilities to learn and utilize the skills they acquired.

Technical Sergeant Robert Albaugh, one of the crew chiefs on the training team, commented, “Never in my life have I seen such an eager group of Guardsmen who are hungry to know more and do more.” ■

Emergency Management Exchange in Mongolia

By Jeremy Zidek, DHS&EM Public Affairs

CAMP DENALI, Alaska ... Benefits to Alaskans and Mongolians are growing, as the Alaska-Mongolia State Partnership Program continues to expand through exchanges that share emergency plans and operations.

The State of Alaska Division of Homeland Security & Emergency Management sent a team of two to Ulaanbaatar, Mongolia, in January to work



Distinguished Visitor. Defense Secretary Robert Gates is center front in a group photo with members of the Mongolian Expeditionary Task Force and Alaska Army National Guardsmen Master Sergeant Eric Schlemme, front row, second from left, and Major Wayne Don, front row, right. Gates visited Camp Eggers, Afghanistan, in March and received briefings on the Mongolian Expeditionary Task Force and troop contributions. Schlemme and Don deployed to Afghanistan in September 2009 as embedded liaisons with the Mongolian Expeditionary Task Force.

Photo: Senior Airman Matt Davis, NATO Training Mission – Afghanistan Public Affairs



Welcome Home. Technical Sergeant Darryl "Justin" Wilson holds his daughter after returning home in January from a deployment to Afghanistan. Wilson was part of the Guard's mission to provide maintenance and intra-theater airlift, transporting people, equipment and supplies throughout the region in support of Operation Enduring Freedom. Photo: Major Guy Hayes, DMVA Public Affairs



Training Deployment. Staff Sergeant Abigail Olivares, left, a liquid fuels technician with the Alaska Air National Guard's 176th Civil Engineer Squadron, pushes a concrete saw across a patio at Coast Guard Air Station Borinquen, Puerto Rico, in February with guidance from fellow Guard member Staff Sergeant Cody Grella. Forty-five members of the Alaska Air National Guard's 176th Civil Engineer Squadron were in Puerto Rico for two weeks to train on a wide range of infrastructure projects and other upgrades.

Photo: First Lieutenant John Callahan, 176th Wing Public Affairs

with Mongolia's National Emergency Management Agency during an exercise planning session designed to enhance emergency management capabilities. The planning session set the foundation for the 2010 Gobi Wolf exercise, an annual MNEMA national disaster exercise.

"The Mongolians have a strong, highly professional response organization; with our assistance, the Mongolians have strengthened their disaster preparedness and recovery capabilities in a very short time," said John Madden, director of DHS&EM. "By sharing the way Alaska plans for disasters, highlighting best practices and explaining lessons learned,

we have helped the Mongolians prepare for a set of hazards that are similar to the challenges we face in Alaska."

Mongolia and Alaska share many characteristics: large geographic areas with sparse population, metropolitan cities and remote rural communities, fragile supply chains, limited transportation options and a wide range of natural hazards.

"The Mongolians' interpretation of Alaska's suite of emergency plans has been very illuminating," Madden said. "As we conduct parallel testing and evaluation, we will be able to use each other's identified gaps to strengthen our own plans and capabilities. In the end, everyone is

better prepared through these exchanges."

The Alaska-Mongolia partnership started in September 2003. Cooperation has continued through the years, with recent activity including the 2009 Gobi Wolf Hazardous Material Exercise and the Alaska National Guard's participation in annual Khaan Quest peacekeeping exercises.

The State Partnership Program continues to branch into other aspects of Mongolian society, with emphasis on health care improvement, education cooperation and defense reform. ■

176th Wing Completes Afghanistan Deployment

By DMVA Public Affairs Staff

KULIS AIR NATIONAL GUARD BASE, Alaska ... The Alaska Air National Guard welcomed home from Afghanistan in January the final rotation of men and women supporting Operation Enduring Freedom.

Since September 2009, more than 140 members of the 176th Wing deployed to Afghanistan in "shifts" of 30 or 60 days. The deployed Guard members were primarily flight crew members and support personnel from the wing's 144th Airlift Squadron, as well as maintenance specialists with the 176th Maintenance Group and a

variety of support personnel from other wing units. They flew to Afghanistan using Alaska Air National Guard C-130 Hercules aircraft.

Their primary mission was to provide maintenance and intra-theater airlift, transporting people, equipment and supplies throughout the region in support of Operation Enduring Freedom.

Most of those who deployed are "traditional" Guard members – that is, they train and serve with the Air Guard on a part-time basis. For the remainder of the time, they are members of the civilian work force and part of the fabric of our communities. ■

Joint Forces

Ready to Serve

Rescue Squadron Settles into New Abode



Old Pararescue Home. The Armory on Spenard Road is the former home of the 212th Rescue Squadron, Alaska Air National Guard. The pararescue team recently relocated to a new facility on Joint Base Elmendorf-Richardson as part of the 2005 Base Realignment and Closure directive. Photo: Major Guy Hayes, DMVA Public Affairs

By Lieutenant Colonel Tom Stephens,
212th Rescue Squadron

KULIS AIR NATIONAL GUARD BASE, Alaska ... The north side of Joint Base Elmendorf-Richardson's main airfield will soon house the most diverse Operations Group in the entire Air National Guard.

The 176th Operations Group, consisting of more than 600 personnel and six weapon systems, will relocate assets from Kulis Air National Guard Base to Elmendorf Air Force Base as a result of the 2005 Defense

Base Closure and Realignment Commission that announced the 176th Wing's relocation. Currently, two of the six 176th Operations Group squadrons are already operating on JBER.

Since the BRAC announcement, the 176th Wing has been a frenzy of planning, designing and building – all while continuing uninterrupted operations, including numerous deployments, hurricane support and rescue missions throughout Alaska.

The first squadron to make the BRAC directed move was the 212th Rescue

Squadron, vacating the Armory on Spenard Road in Anchorage where it had conducted operations since 1992. The 212th is composed of combat rescue officers, pararescuemen, survival evasion resistance and escape specialists, as well as a robust combat support element.

Since its establishment in 1990 as the 210th PJ, the team has grown in numbers and changed nomenclature. The pararescue team, now known as Guardian Angel, changed from the 210th PJ to the 212th Rescue Squadron and increased in numbers from 38 to 72 personnel. We are bursting at the seams, and the move came at a great time, as we had certainly outgrown our old facility.

The new Guardian Angel building is the second new construction project completed for the 176th Wing and was the first to be occupied during the BRAC move. The first completed building was the Aircraft Maintenance Facility. The BRAC team has been making consistent progress, completing an engine shop for the active duty's 3rd Wing and completing renovations to Hangars 10 and 11.

The state-of-the-art Guardian Angel facility is now fully operational. The rest of the 176th Operations Group will follow the 212th early in 2011. ■



Guardian Angel Building. This is the new Guardian Angel building and is home to the 212th Rescue Squadron, Alaska Air National Guard. The pararescuemen moved to Joint Base Elmendorf-Richardson in April.

Photo: Major Guy Hayes, DMVA Public Affairs



Work Force Consolidation to Improve Services and Operations

By Sergeant Karima Turner,
DMVA Public Affairs

CAMP DENALI, Alaska ... To maximize the efficiency and effectiveness of the current state facility management, maintenance and operations work force, Brigadier General Thomas H. Katkus, adjutant general of the Alaska National Guard, has directed the consolidation of the Department of Military & Veterans Affairs facility management and operations functions.

Consolidation of the work force often means cutbacks, but in this case, no jobs will be lost; in fact, the reorganization will provide new opportunities for employees to cross-train into other fields and will give them the ability to travel throughout the state to do their jobs. Some of the jobs they perform are snow removal, landscaping and maintenance on facilities.

The kick-off for this plan was to consolidate maintenance workers from Kulis Air National Guard Base, Bryant Army Air Field, Eielson Air Force Base and Camps Carroll and Denali under one authority.

“The first phase was to do a consolidated supervision, and that’s what happened,” said Jerry Walton, consolidated work force deputy director. “I became the supervisor of all the work units in those main areas in February; so now, all the activities we do have one voice and one direction instead of moving in several different directions.”

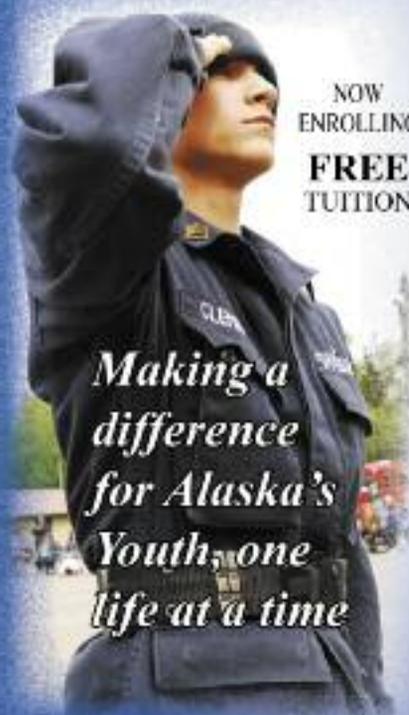
Katkus named Brigadier General Deborah McManus, assistant adjutant general – Alaska Air National Guard, as director of the not-yet-named consolidated work force, and Walton as the deputy director. Together they will work to

minimize the duplication of responsibilities and reporting requirements, manage DMVA facilities in the best interest of the tax payer, and provide the best possible service in support of the Alaska National Guard and DMVA missions.

The consolidation of the work force is scheduled for completion in October 2011, prior to the Alaska Air National Guard’s relocation to Joint Base Elmendorf-Richardson.

“I am excited to see the end result,” Katkus said. “I know at first it will be a challenge, but Brigadier General McManus, Jerry Walton and the rest of the maintenance work force supervisors will work together to make this a seamless transition for everyone, and in the end, one of the most successful changes that the DMVA has seen thus far.” ■

DO YOU HAVE WHAT IT TAKES TO CHANGE YOUR FUTURE?



NOW
ENROLLING
**FREE
TUITION**

*Making a
difference
for Alaska's
Youth, one
life at a time*



**Anchorage Admissions
Offices:**

907.375.5556
907.375.5554
Toll Free: 877.242.5643

**Fairbanks Admissions
Office:**

907.374.7960

PROGRAM CORE COMPONENTS



LEADERSHIP/FOLLOWERSHIP

Learn positive leadership and followership responsibilities and positive roles within social groups.



RESPONSIBLE CITIZENSHIP

Understand the civic responsibilities and the role of a positive citizen within the community.



ACADEMIC EXCELLENCE

Increase grade levels in reading and mathematics, attain a GED or high school diploma and pursue higher education.



JOB SKILLS

Learn basic employment skills, resume writing, job interview techniques and career exploration.



LIFE COPING SKILLS

Learn personal financial management, teamwork skills, anger management, and drug and alcohol avoidance strategies.



HEALTH AND HYGIENE

Understand nutrition basics, substance abuse awareness and positive personal relationships.



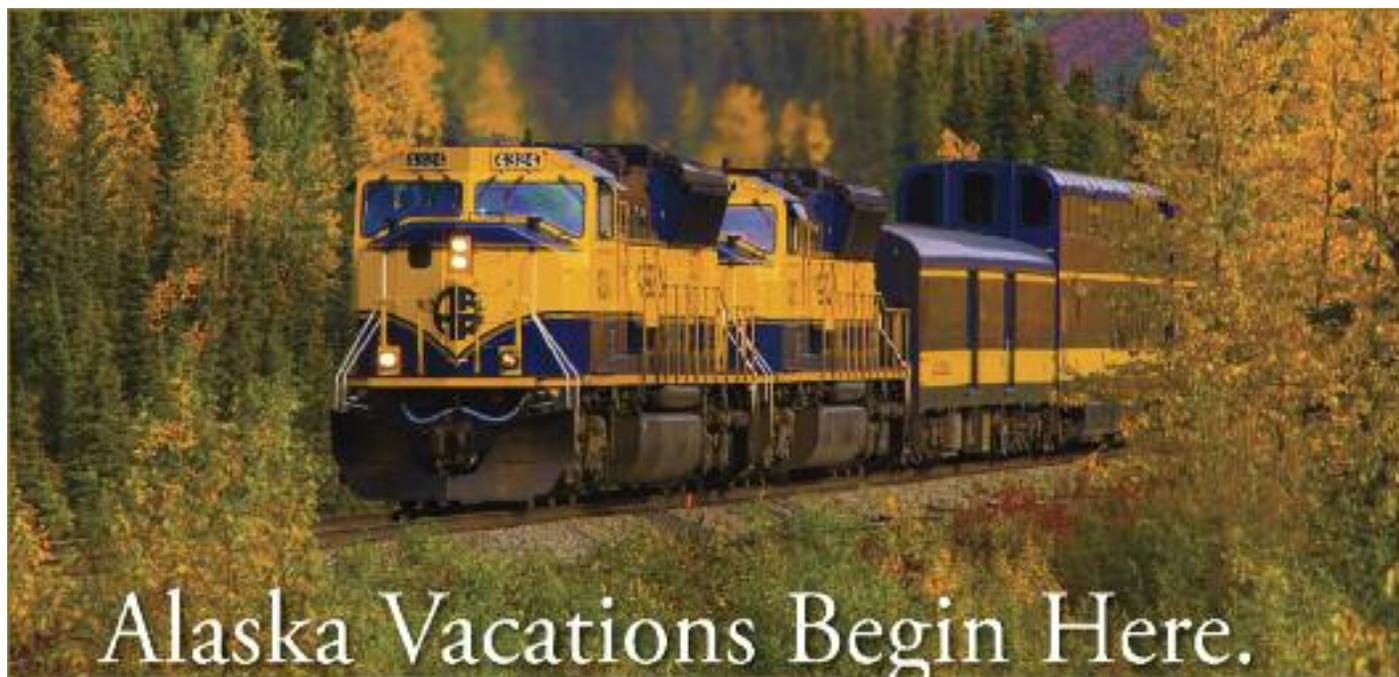
SERVICE TO COMMUNITY

Give back to the community by performing a minimum of 40 hours of service to community.



PHYSICAL FITNESS

Improve personal fitness through daily exercise activities and intramural sports.



Alaska Vacations Begin Here.

Make your journey more memorable with great adventures like day cruises, rafting and guided hikes.

Call (907) 265-2494, 1-800-544-0552 or visit us at AlaskaRailroad.com



You need to know... diabetes is preventable!

Stay healthy to avoid risks

- Take a walk or be active each day
- Talk to a health care provider about a healthy weight for you

Make healthy food choices

- Lower fat intake — grill foods instead of frying
- Snack wisely with fruits and vegetables
- Serve smaller portions of food
- Lose weight if needed

Family and friends can help

- Make a plan for better health
- Get support from family and friends
- Get started today

How can I tell if I have diabetes?

Look for — Increased thirst, hunger, fatigue, unexplained weight loss and blurred vision



For more information, contact your healthcare provider or,

Alaska Native Diabetes Program

4315 Diplomacy Drive • Anchorage, AK 99508
(907) 729-1125

<http://www.anmc.org/services/diabetes>



Alaska State Defense Force Modernizes

CAMP DENALI, Alaska ... In 2009, the Alaska State Defense Force launched a program to update and modernize the organization.

National Guard Regulation 10-4 dictates that the mission of the Alaska State Defense Force is to provide an adequately trained and organized state military reserve force under the exclusive control of the governor. The Alaska State Defense Force serves as a cadre composed of manning that equates to approximately 10 to 15 percent of its perceived mobilization strength.

The adjutant general expects the Alaska State Defense Force to accomplish missions involving state emergency responsibilities normally assigned to the National Guard. The Alaska State Defense Force performs those state missions of the Alaska National Guard when the Guard is unavailable because of mobilization or other requirements. Alaska Statute 26.05.100 provides the basis for this statutory mandate. In its historic and statutory role, the Alaska State Defense Force augments the Alaska National Guard.

Colonel Roger Holl commands the Alaska State Defense Force, while Brigadier General Deborah McManus provides responsible oversight. As the division director of the Alaska Air National Guard, a State of Alaska employee, and the senior general serving as the deputy adjutant general, Administrative Order 203 provides the authority for McManus' involvement. As an exempt state employee, she falls within the chain of command at the Department of Military & Veterans Affairs and provides value, assistance and direction to the Alaska State Defense Force in developing its new role.

The Alaska State Defense Force received recognition as one of the exceptional state defense forces in the United States and earned the national Superior Unit Citation award. 2009 marked the 25th anniversary of the creation of the Alaska State Defense Force. With new recruits joining each month, along with quality training, the Alaska State Defense Force remains a vibrant and relevant force for the protection of Alaska and its people.

Adjusting for new missions, the Alaska State Defense Force recently participated in training on the Joint Incident Site Communications Capability. If called upon, members are qualified to augment and support Alaska National Guard troops at sites throughout the state with portable communications.

Additional training includes warrior tasks and battle drills. This training regimen develops critical military skills of leading, organizing and planning. The warrior tasks and battle drills serve as a vehicle to reinforce generic military skill sets. Mastering these standards, in conjunction with its experience and institutional knowledge of the military, allows the Alaska State Defense Force to conduct its primary mission as cadre and to be better prepared to lead its perceived mobilization end strength on any assigned tasking.



Field Training. Two officers with the Alaska State Defense Force 1st Battalion discuss land navigation training during a field training exercise in summer 2009. The Alaska State Defense Force is a strategic reserve, all-volunteer force with the capabilities to command, control, lead and organize in times of emergency and disaster.

Photo: Courtesy of Alaska State Defense Force

The extent and potential applications in the future are subject to a variety of challenges and opportunities. The Alaska State Defense Force, through preparation and training, wishes to be a part of necessary solutions embodying the concept of neighbor helping neighbor, while simultaneously fitting into the new framework of our complex security environment. ■

SPONSORS

These companies proudly support the National Guard Family Program.



Daily News - Miner
The voice of Interior Alaska since 1903
www.newsminer.com



SAMSON
www.sam-ak.com



TIKIGAQ
www.tikigaq.com



**Denali Center
Fairbanks Memorial Hospital**
www.denali.com



Rain Proof Roofing, LLC
www.rainproofroofing.com



MR. PRINCE BEER
www.mrprincebeer.com

To add your support, call (866) 562-9300 and have 25% of the cost of your ad contributed to the National Guard Family Program.

Responsibility – you’ve got a lot of it.



Right now, you're responsible for our nation's safety and security. In civilian life, your responsibilities will change. Someday, your family will depend on you for their safety and security, even if you are no longer there.

With MBA-sponsored Group Term 90 coverage, you can purchase up to \$250,000 of competitively-priced group term life insurance that you can take with you when you leave the military. You do not have to convert this coverage to the government's more expensive VGLI.

Coverage highlights:

- Your spouse may purchase separate group term life insurance coverage up to \$250,000.
- Your children may be covered for up to \$12,500 at no additional cost when you purchase \$250,000 of life insurance.

MBA offers a selection of valuable benefits to promote the economic interests and improve the quality of life of MBA members and their families, including the MBA Scholarship Program. To learn more about this life insurance and other MBA benefit programs, visit our website:

www.militarybenefit.org

Or call us at: **1-800-336-0100**



MBA
Military Benefit Association

facebook

facebook.com/MilitaryBenefit

twitter

twitter.com/militarybenefit



Ready to Take Flight. Captain Junichi “Mia” Takamiya, right, and Captain Yasutaka “Zono” Higashizono, center, both UH-60J pilots from the Japanese Air Self-Defense Force, are briefed prior to entering an Alaska Air National Guard HH-60 Pave Hawk with their instructor Major Karl Westerlund, 210th Rescue Squadron.
Photo: Sergeant Karima Turner, DMVA Public Affairs

Alaska Air Guardsmen Train Japanese on Air Refueling

By Major Guy Hayes, DMVA Public Affairs

KULIS AIR NATIONAL GUARD BASE, Alaska ... The Alaska Air National Guard trained two members from the Japanese Air Self-Defense Force here in January on air refueling.

Captain Junichi “Mia” Takamiya and Captain Yasutaka “Zono” Higashizono, UH-60J pilots from Japan received hands-on training during day and night air refueling missions on the HH-60 Pave Hawk helicopter.

“The first day of their training centered on ground training,” said Lieutenant Colonel Thomas Bolin, 210th Rescue Squadron commander, Alaska Air National Guard. “We built a syllabus to teach them the differences between the UH-60J and the HH-60, and then we focused on air refueling operations, procedures and techniques.”

The second part of training focused on two day-refueling missions, in addition to three night-air refueling missions. “Mia” and “Zono” flew on a two-hour air refueling track, following three different air refueling rendezvous procedures.

“We started out with two day-flights and transitioned to three night-flights with the JASDF members sitting in the co-pilot seat and watching us before taking over as pilot,” Bolin said.

The Air National Guard also recently trained two UH-60J pilots and two HC-130 pilots in helicopter air refueling at Moffett Federal Airfield, Calif., in December, and is working on deploying an HC-130 and crew from New York to Japan to provide additional training to the JASDF crews.

The training is part of the JASDF desire to purchase refueling pods for the C-130H. They are currently flying KC-767 jet tankers and the UH-60J but don’t have air refueling capability, which limits their ability to assist in long-range rescue operations.

“Mia” and “Zono” planned to take their newly learned skills back to Japan to train other JASDF UH-60J pilots on air refueling techniques.



Air Refueling. Captain Yasutaka “Zono” Higashizono, left, and Captain Junichi “Mia” Takamiya, center, both UH-60J pilots from the Japanese Air Self-Defense Force, look at an air refueling probe on an Alaska Air National Guard HH-60 Pave Hawk with their instructor Major Karl Westerlund, 210th Rescue Squadron, before an air refueling mission.

Photo: Sergeant Karima Turner, DMVA Public Affairs

“‘Mia’ and ‘Zono’ are both accomplished pilots and learned quickly from our 210th Rescue Squadron instructors,” said Brigadier General Charles E. Foster, 176th Wing commander, Alaska Air National Guard. “We can be very proud of the 210th and 211th aircrews, as well as the maintenance and other logistical support that made this happen – and all without disrupting the level of services we routinely provide to the state and nation.”

“The Japan Air Self-Defense Force can never say thank you enough to all who made enormous efforts to make this unique helicopter air refueling training happen,” said Major Hiroshi “Kage” Kageura, Japanese Air Self-Defense Force. “In the very near future, our UH-60J will fly extended range and save lives by using the tactics, techniques and procedures given by the Alaska Air National Guard.” ■



On Your Mark. Specialist Anthony Lee, Alaska Army National Guard, drops the flag on the start of the 2010 Alaska National Guard Iron Dog trail class. Photo: Major Guy Hayes, DMVA Public Affairs

ALASKA NATIONAL GUARD LEAD SPONSOR FOR 2010 IRON DOG

By Major Guy Hayes, DMVA Public Affairs

CAMP DENALI, Alaska ... The Alaska National Guard was proud to be the presenting partner for the 2010 Iron Dog Race in February.

The Guard became lead sponsor in October 2009 in order to support a uniquely Alaska event and bolster the Alaska National Guard throughout Alaska and the nation.

“The idea was to increase brand awareness and the Guard program,” said Lieutenant Colonel Joe Lawendowski, Alaska Army National Guard Recruiting and Retention commander. “The Guard’s participation in this event raised community involvement and was great for Alaska, impacting more than 25 communities.”

The Iron Dog, which began in 1984 and is held in mid-February each year, travels across 2,000 miles of some of the most grueling trails in the world.

The race is broken up into two levels of racers – the pro class and the trail class. The trail class follows the historic Iditarod trail from Big Lake to Nome and is not meant to be a competitive race. The pro class, which is highly competitive, begins in Big Lake and



Break Time. Staff Sergeant Elaine Jackson, left, and Warrant Officer Rick Fleming take a break along the trail from Big Lake to Nome during the 2010 Alaska National Guard Iron Dog. Photo: Brandon Oursler, National Guard Strength Readiness Support Center



Checkpoint Comforts. Staff Sergeant Leland Driggs, Alaska Army National Guard, assists Iron Dog participants as they pull into the check point in Poorman. As the presenting partner for the Iron Dog, the Alaska National Guard was heavily involved throughout the race, with representation in Big Lake, Poorman, Nome and Fairbanks. Photo: Sergeant First Class Kevin Slayden, Alaska Army National Guard

follows the same route to Nome but continues on and finishes in downtown Fairbanks.

Each team includes two racers and two snowmachines and does not require a qualifying race to enter. Each team has to work together while facing some of Alaska’s most rugged terrain in order to finish.

The Alaska Army National Guard, in addition to being lead sponsor, also had two Guardsmen competing this year in the trail class event. Warrant Officer Rick Fleming, from Palmer, and Staff Sergeant Elaine Jackson, of Anchorage, represented the Guard on the trail.

“We were excited to have Fleming and Jackson represent the Guard in the Iron Dog,” Lawendowski said. “Fleming is an Iron Dog veteran and Jackson was a rookie, but like good Soldiers, they were prepared and ready to take on the Iron Dog challenge from Big Lake to Nome.”

The Guard was heavily involved throughout the race, with representation in Big Lake, Poorman, Nome and Fairbanks. ■

Guardsmen Conquer Trail Class

Trail Ride. Staff Sergeant Elaine Jackson, left, and Warrant Officer Rick Fleming practice during a trail ride in preparation for the 2010 Alaska National Guard Iron Dog. Photo: Major Guy Hayes, DMVA Public Affairs



By Major Guy Hayes, DMVA Public Affairs

CAMP DENALI, Alaska ... Two Alaska Army National Guardsmen finished as one of the top three teams in the 2010 Alaska National Guard Iron Dog, the world's longest and toughest snowmobile race.

Warrant Officer Rick Fleming, from Palmer, and Staff Sergeant Elaine Jackson, of Anchorage, represented the Guard on the trail from Big Lake to Nome in the trail class portion of the race and were ready for the challenge.

"We put in more than 900 miles of training in various snow and visibility conditions," Fleming said. "I would have liked to have done a couple hundred more miles, but this is what we could do with our schedules."

Competing in a race that covers 1,000 miles across a landscape as unforgiving as Alaska can test your mental and physical strength no matter how hard you train.

"We were discouraged at times, with both of our sleds needing repairs, but our skills from our time in the Guard helped us along the way," Fleming said. "During combat basic training, I learned physical courage and stamina, so no matter how bad the conditions or situations were during the race, we had a mission to accomplish."

Fleming and Jackson knew they would meet hurdles during the race but weren't expecting the difficult situations they would have to overcome just to continue the race.

"I pushed my machine too hard during the Farewell Burn section, and my coolant system boiled over," Fleming said. "After the engine cooled, I put in a liter of water and took off again but could only make it a mile or two before having to shut down again."

Jackson was dealing with challenges of her own, with the break of her main support bracket that holds the steering and front suspension together on her sled.

"We were discouraged and beat up, but over the next few days we pushed ourselves to make up time," Jackson said. "We met a lot of people in the communities along the way who were interested in the Guard, and they were eager to come out, see us and give advice on the trail ahead."

Each checkpoint along the trail welcomes Iron Dog racers and helps with food, fuel, refreshments and trail conditions up ahead. The Alaska Army National Guard has armories in many of these villages with past and present Guard members living in the communities.

"At a lot of the villages we stopped in, the community members were there waiting for the National Guard team and came into town to see us and our National Guard shrink-wrapped snowmachines," Jackson said. "I had a lot of women give me hugs too because they heard I was out here competing."

But despite all their adversity and leaving McGrath in last place, they pushed hard the last two days of the race and finished third out of 14 teams in their class.

"We couldn't have accomplished this if it wasn't for all the people involved – our families, sponsors, leadership, the Alaska Army National Guard mobile event team, and all the people who believed and prayed for us along the trail," Fleming said. "Without their support, we wouldn't have been able to do this."

In 2011, Fleming plans to compete in the pro class event, which continues on from Nome to Fairbanks. As for Jackson, when asked if she wants to compete again, she said, "Absolutely."

"It's not easy, but well worth it," Jackson said. "It was an awesome challenge, and I'd like to do it again."

Jackson was the first woman to make it to Nome since 2001, a true testament to her mental and physical toughness and training as an Alaska National Guard member. ■



Third Place Finish. Staff Sergeant Elaine Jackson, left, and Warrant Officer Rick Fleming celebrate after finishing the trail class portion of the 2010 Iron Dog. They represented the Alaska National Guard on the trail from Big Lake to Nome, finishing in third place. Photo: Brandon Oursler, National Guard Strength Readiness Support Center

They've been there

At the University of Mary our staff and facilitators know where you're coming from — *they've been there.*

Dr. Brian Kalk

Major, U.S. Marine Corps (Ret)
1987 – 2007
University of Mary
Program Facilitator

Wayne Maruska

U.S. Army 1969 – 1976
University of Mary
Adult Learning Counselor
and Program Advisor



You don't always know where you're going to be. We can support your pursuit of a degree regardless of your assignments or where you may be deployed. Some degrees can be earned in as few as 15 months. We'll cover your flanks because we want you to earn your degree and advance your career.

You've served us. Let us serve you.

Yellow Ribbon Program School

800-408-6279, ext. 8353 • umary.edu/sade

Situation Advancement in life requires an advanced degree.

Mission Earn your college degree from anywhere in the world.

Execution Enroll in a U-Mary accelerated degree program.



UNIVERSITY OF MARY
America's Leadership University

Heat Without Electricity

Prices for all budgets

WOOD



Century

2300

INTRODUCING Stovemate® Kettlefan



Self-Powered
downdraft fan sits
 atop stove and
improves heat
distribution,
eliminates cold
spots and Saves
you Money on fuel

- Can be used for cooking
- Up to 80% efficiency
- Up to 47,500 BTU output
- Easy lighting

OIL



GT100

Rustic

Burn #1 or
#2 Fuel Oil

Large selection of models and sizes



Helping Alaskans Save Energy
www.rural-energy.com

For more information
or the name of your nearest dealer, call
1-800-770-7330
907-278-7441



Family Support

Resilience: Build Skills to Endure Hardship

By Alaska National Guard Family Programs

CAMP DENALI, Alaska ... Resilience means being able to adapt to life's misfortunes and setbacks. When something goes wrong, do you tend to bounce back or fall apart? When you have resilience, you harness inner strengths and rebound more quickly from a setback or challenge, whether it's a deployment, job loss, illness, disaster or the death of a loved one.

In contrast, if you lack resilience, you tend to dwell on problems, feel victimized, become overwhelmed and turn to unhealthy coping mechanisms, such as substance abuse. You may even be more inclined to develop mental health problems.

Resilience won't make your problems go away, but resilience can give you the ability to see past them, find enjoyment in life and handle stress better. If you aren't as resilient as you'd like to be, you can develop skills to become more resilient.

Resilience means adapting to adversity. Resilience is the ability to roll with the punches. It means that although you encounter stress, adversity, trauma or tragedy, you keep functioning both psychologically and physically.

Resilience isn't about toughing it out or living by old clichés, such as "grin and bear it." It doesn't mean that you ignore your feelings. When adversity strikes, you still experience anger, grief and pain, but you're able to go on with daily tasks, remain generally optimistic and go on with your life.

Being resilient also doesn't mean being stoic or going it alone. In fact, being able to reach out to others for support is a key component of being resilient.

Resilience means having a healthy mental attitude. Resilience helps protect you against mental health problems, such as depression and anxiety. It can also help offset factors that put you at risk of mental illness, such as lack of social support, being bullied or previous trauma. And being resilient can help you cope better with an existing mental illness.

Tips to Improve Your Resilience

Working on your mental well-being is just as important as working on your physical health. If you want to strengthen your resilience, try these tips.

Get Connected

Build strong, positive relationships with family and friends who provide support and acceptance. Volunteer, get involved in your community or join a faith or spiritual community.

Find Meaning

Develop a sense of purpose for your life. Having something meaningful to focus on can help you share emotions, feel gratitude and experience an enhanced sense of well-being.

Learn from Experience

Think back on how you've coped with hardships in the past. Build on skills and strategies that have helped you through the rough times, and don't repeat those that didn't help.

Remain Hopeful

You can't change what's happened in the past, but you can always look toward the future. Find something in each day that signals a change for the better. Expect good results.

Take Care of Yourself

Tend to your own needs and feelings, both physically and emotionally. This includes participating in activities and hobbies you enjoy, exercising regularly, getting plenty of sleep and eating well.

Accept and Anticipate Change

Expecting changes to occur makes it easier to adapt to them, tolerate them and even welcome them. With practice, you can learn to be more flexible and not view change with as much anxiety.

Take Action

Don't just wish your problems would go away or try to ignore them. Instead, figure out what needs to be done, make a plan and take action.



Restore an inner sense of peace and calm by practicing such

stress-management and relaxation techniques as yoga, meditation, deep breathing, visualization, imagery, prayer or muscle relaxation.

Maintain Perspective

Look at your situation in the larger context of your own life and of the world. Keep a long-term perspective and know that your situation can improve if you actively work at it.

Practice Stress Management and Relaxation Techniques

Restore an inner sense of peace and calm by practicing such stress-management and relaxation techniques as yoga, meditation, deep breathing, visualization, imagery, prayer or muscle relaxation.

When to Seek Professional Advice

Becoming more resilient takes time and practice. If you don't feel you're making progress – or you just don't know where to start – consider talking to a mental health professional. With professional guidance, you can improve your resiliency and mental well-being. Need to talk? Call a Military Family Life Consultant. MFLCs are professional counselors available locally to you for short-term, non-medical, solution-focused counseling. The Alaska MFLC is Lyn Tashea, and she can be reached at (907) 428-6662, (907) 382-1795 or nationwide toll-free at (888) 917-3608. ■





Night Shift. The 249th Airlift Squadron loads a C-17 aircraft at a Kentucky Air National Guard Base in support of relief missions to Haiti.

Photo: Master Sergeant Andy Miller, Mississippi Air National Guard

Alaska National Guard Deploys to Help Haiti

By Kalei Brooks, DMVA Public Affairs

CAMP DENALI, Alaska ... In response to the devastating 7.0 earthquake that rumbled through Haiti in January, the Alaska Air National Guard stepped in to help with 36 Airmen sent to support relief efforts.

The first to leave were members of the 249th Airlift Squadron. They deployed with three C-17s to Haiti and based operations out of Jackson, Miss., and Charleston, S.C. Their mission was to fly cargo and personnel in and out of the destruction zone.



Ready for Haiti. Airman First Class Nick Jordan, 144th Airlift Squadron loadmaster, connects his headset to the C-130 Hercules communication system prior to takeoff from Kulis Air National Guard Base in January. The eight-man crew assisted in Haitian relief efforts for approximately two weeks carrying supplies from the United States to Haiti. Photo: Sergeant Karima Turner, DMVA Public Affairs

Flight Preparations. Lieutenant Colonel Charles "Chaz" Fitzgerald, left photo, 249th Airlift Squadron director of operations, takes care of final flight preparations prior to departing Port-au-Prince, Haiti, where his crew supported relief efforts.

Photo: Master Sergeant Andy Miller, Mississippi Air National Guard



Cargo Filled. A C-17 Globemaster III, operated by a crew from the Alaska Air National Guard's 249th Airlift Squadron and active-duty 517th Airlift Squadron, transports six pallets of water and two Humvees with trailers to aid the Haitian relief effort. The crew flew in and out of Haiti every few days, returning to the United States each time to pick up additional cargo to be flown to Haiti. Photo: Senior Airman Laura Turner, U.S. Air Force

"Everyone was very eager to contribute and willing to drop everything to go," said Lieutenant Colonel Charles "Chaz" Fitzgerald, 249th Airlift Squadron director of operations. "That's the Guard way of doing things, and that's why we wear the uniform. It was also nice to help out another Air Guard unit."

The 249th integrated operations with the 183rd Airlift Squadron, Mississippi Air National Guard, based out of Jackson, Miss. Not only did the Alaska crews fly missions in direct support of Haitian relief, but they also backfilled the Mississippi crews on other missions such as medevacs, so the 183rd could focus more resources on Haitian relief as well.

The 12 members of the 249th who deployed in direct support of Haitian relief are credited with flying nearly 100 hours in the delivery of 82 pallets of supplies and 34 pieces of rolling stock equipment totaling 925,500 pounds of cargo. Their cargo loads included transporting forklifts, fire trucks, Humvees and water buffalos into Haiti. On the return flights back to the United States, the Alaska Air Guardsmen transported more than 800 passengers, mostly people who held U.S. passports or U.S. visas.

Meanwhile, 17 members of the 176th Logistics Readiness Squadron/Aerial Port were in Hawaii on an annual tour and found themselves pitching in to help Haitian relief efforts as well. They loaded C-17s eventually bound for Haiti.

The 144th Airlift Squadron deployed a crew of eight and a C-130 Hercules to lend assistance as well. The crew based its operations out of Florida and flew nearly 70 hours on missions to and from Haiti during the two weeks they were deployed. The 144th Airlift Squadron was credited with evacuating 136 people from Port-au-Prince and hauling more than 33,000 pounds of cargo.

"It was extremely fulfilling to be able to go over there and help," said Lieutenant Colonel Dirk Cain, aircraft commander with the 144th Airlift Squadron. "You train all the time, so between our missions this year to Afghanistan for Operation Enduring Freedom and now Haiti, it was extremely rewarding to be involved and offer support. It's a pretty big deal to be involved in something like this." ■



Sending in Relief Equipment. Staff Sergeant Thomas Berry, loadmaster with the 249th Airlift Squadron, directs a forklift during the offloading of cargo in Port-au-Prince, Haiti. Photo: Master Sergeant Andy Miller, Mississippi Air National Guard

Airlift Squadron Assists in Relief Efforts

By Private First Class Karina Paraoan,
DMVA Public Affairs

CAMP DENALI, Alaska ... An Alaska Air National Guard crew made a big impact on earthquake relief efforts in Haiti, spending 16 days flying missions and delivering more than 50,000 pounds of cargo into the heavily damaged nation.

Eight members of the 144th Airlift Squadron, based at Kulis Air National

Guard Base in Anchorage, left Alaska in January flying a C-130 Hercules bound for Haiti.

They delivered 23,000 pounds of food, water and other necessities to the earthquake demolished country on that first trip. They also picked up 57 people, most of whom were U.S. citizens living in Haiti; in addition, three Haitian citizens in wheelchairs and eight Haitian children

were also picked up and taken to Miami International Airport.

"The first mission went smooth and exactly how I thought it would be," said Master Sergeant Glenn Tillman, a loadmaster with the 144th Airlift Squadron. "I enjoy doing missions like these whenever I get the chance because I get to do exactly what I'm trained to do and get to help others in need while doing so."

The second mission, a few days later, entailed delivering 16,000 pounds of more cargo to Port-au-Prince, then returning with 70 passengers.

The crew flew to Port-au-Prince for the last time in mid-February to drop off an additional 14,000 pounds of cargo. Although the destruction was hard to see while they were flying in, the Alaska Guard members knew they were an integral part of the relief efforts.

"The crew had flown in during the evening each time, only being able to see very little of what the earthquake left Haiti," said Major Chris Prince, a C-130 Hercules navigator with the 144th Airlift Squadron. "It was hard to see, but even at night, you could tell the earthquake had hit pretty hard."

After more than two weeks and logging 70 hours of flying, the Guard members returned home to Alaska in mid-February.

"The mission to Haiti was a lot of work for us," Prince said. "But to see the hope and relief in the people's eyes when they stepped off the plane in the United States made it all worth it. ■

45,000
~~30,000~~

military students choose AMU.

Find out why AMU is the #1 online school
serving the military.

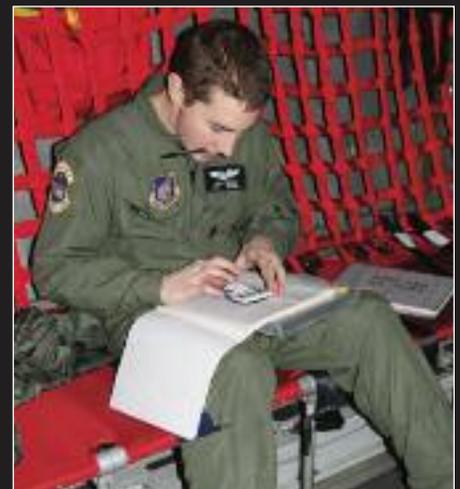
American Military University

AMU is a member of the regionally accredited American Public University System.



 University of Heroes

LEARN MORE AT www.amuonline.com OR CALL 877.777.9081



C-130 Calculations. Airman First Class Levi Oyster, 144th Airlift Squadron loadmaster, recalculates the load plan for the C-130 Hercules headed to assist in the Haitian relief efforts in January. Eight Alaska Air National Guardsmen from the 144th Airlift Squadron left in the C-130 as they conducted supply runs between Haiti and the United States. Photo: Sergeant Karima Turner, DMVA Public Affairs



**THINK YOU CAN'T
SERVE YOUR COUNTRY
AND STILL EARN
YOUR COLLEGE DEGREE?**

THINK AGAIN.

The Military Degree Completion Program at Thomas Edison State College accommodates the special needs of National Guard members and other military personnel.

Through the program, National Guard members can complete a college degree through innovative and flexible credit earning methods that optimize their military training and experience.



To learn more about this educational program,
visit www.tesc.edu or call 1.888.442.8372.

Exposure Period of 12/1/05 and 10/05

***The Alaska Construction Industry Can Use Your
Heavy Equipment Operating or Mechanic Skills***



Apprenticeship Opportunity
**Alaska Operating Engineers/
Employers Training Trust Local 302**



The Alaska Operating Engineers/Employers Training Trust is accepting applications in August for Heavy Equipment Operators, Heavy Duty Mechanics, and Heavy Duty Service Oilers. The IUOE Local 302 and the AGC Alaska administer the federally approved and registered apprenticeship program. Each apprentice receives a minimum of 432 hours of related classroom instruction, plus 6,000 hours on the job training before they are graduated and promoted to journeymen.



**PLEASE CONTACT US
FOR FURTHER INFORMATION**

Alaska Operating Engineers/Employers Training Trust

4001 Denali St., Suite B, Anchorage, AK 99503
(907) 561-5044 • 1-800-460-5044

3002 Lathrop St., Fairbanks, AK 99701
(907) 456-5421 • 1-866-456-5421





Veterans



Funeral Honors.

During a funeral at the Fort Richardson National Cemetery in November, members of the Alaska National Guard Military Funeral Honors Team fire rifle volleys. The funeral honors program is supported by Alaska Army National Guard Soldiers and conducts funeral honors for all branches of service. Photo: Sergeant Karima Turner, DMVA Public Affairs

Alaska Guardsmen Honor Those Who Served

By Major Guy Hayes, DMVA Public Affairs

CAMP DENALI, Alaska ... The Alaska National Guard Military Funeral Honors Team conducted 159 funerals in fiscal year 2009 and is projected to support more than 300 in 2010.

Established in 2007, the program is supported by Alaska Army National Guard Soldiers and conducts funeral honors for all branches of service but focuses mainly on Army, Army National Guard and Alaska Territorial Guard members.

"We provide military funeral honors all over the state, including rural Alaska villages," said Rod Julian, Alaska Military Funeral Honor Guard coordinator. "And with more than 77,000 veterans, Alaska has more veterans per capita than any other state."

Since the beginning of fiscal year 2010, Oct. 1, 2009, the honors team has performed more than 30 Alaska Territorial Guard military funeral honors, supporting Alaskan veterans who were

organized in 1942 by Alaska Territorial Governor Ernest Gruening in response to attacks by the Japanese on Pearl Harbor Dec. 7, 1941.

In 2000, U.S. Sen. Ted Stevens introduced legislation that changed law and officially recognized the members of the Alaska Territorial Guard for their service, making them eligible for military funeral honors.

"Alaska Territorial Guard members represent the best Alaska has to offer, and we're dedicated to supporting these great Alaskans who defended our state in our greatest time of need," said Brigadier General Thomas H. Katkus, adjutant general of the Alaska National Guard.

As more veterans become aware of the funeral honors team, the team expects to serve more people in the future.

"We are seeing the increase in funeral honors due to various veterans outreach programs, like the Yellow Ribbon program,

which provides information and assistance to veterans regarding their benefits and entitlements throughout the state,” said Jan Myers, Family Programs director for Alaska.

Currently, the team has more than 40 Soldiers who serve on the Alaska National Guard Military Funeral Honors Team.

“Prior to the funeral, we get everyone together and do flag folding training, casket and rifle practice, and we also go over wear and appearance of uniforms,” Julian said.

Military funeral honors trains National Guard Soldiers to conduct and support funerals across the state in two categories – the basic funeral honors and full funeral honors, depending on family request.

The basic funeral honors includes the folding of the flag, presenting of the flag and playing of taps. Full funeral honors adds pall bearers for the casket and rifle volleys by a fire team.

Additionally, honorary transfer of remains is conducted when Soldiers are killed in action. The body is transferred back to Alaska, where a six-person detail renders honors as the casket is transferred from the airplane to the funeral director’s hearse. They then accompany the veteran for final committal at national cemeteries on Fort Richardson or in Sitka, or in private or public cemeteries across the state.

“It’s the right thing to do for veterans who have served their state and country,” Katkus said. “We owe them and their family our gratitude for their selfless service and sacrifice.”

Veterans with honorable military discharges and retired veterans with honorable military discharges are eligible for military funeral honors. ■



Honoring the Fallen. Members of the Alaska National Guard Military Funeral Honors Fire Team stand ready at funeral services held in December at the Fort Richardson National Cemetery.

Photo: Major Guy Hayes, DMVA Public Affairs

Spring 2010 • WARRIORS

Improved Benefits Help Veterans

By Verdie Bowen, State Veterans Office

CAMP DENALI, Alaska ... Alaska is an excellent place to be a veteran, and we had some great program enhancements in the past few months affecting the GI Bill and Alaska Territorial Guard payments.

We completed the first semester of the Post-9/11 GI Bill. What a wild ride it is for veterans who are using this new program! Some say the new program rivals the post-WWII GI Bill of Rights, and I say it’s much better. Not only does this education benefit help the veteran but the veteran’s family as well.

In the past, a veteran could only dream of passing on his/her education benefits to a family member. I still remember the rumors that surrounded the Montgomery GI Bill that this would be part of the plan. Now it is reality.

Just like all military programs, there are rules.

The Department of Defense has authorized individuals who on or after Aug. 1, 2009, have served at least six years in the Armed Forces and who agree to serve at least another four years, the ability to transfer unused entitlements to their spouses.

Once members have reached their 10-year anniversary, they may choose to transfer the benefit to any dependents – spouse or children. Keep in mind that the ability to transfer benefits is limited to those currently serving in the military, with some limited provisions for those retiring in the next few years. To get the final scoop, see your service education counselor.

If you are a veteran using this great benefit, keep in mind that some payments are running late, and that’s okay. The check truly is in the mail. The U.S. Department of Veterans Affairs has hired more than 760 new employees, bringing the processing center up to 1,200 staff members who are processing approximately 5,000 claims per day. The VA projects that the work load will move along faster once the new employees are fully trained.

We have worked hard on full federal payments to our Alaska Territorial Guard veterans, and as of Feb. 1, we accomplished this task. All ATG members are now receiving a check reflective of their complete military service.

We have also added four new ATG members to the retirement list, which brings our ATG retired veterans population to 26. Along with this venture, we have processed paperwork for 32 surviving spouses for benefits – they are pending review at the federal level. This could not have occurred without the dedication of all the State of Alaska Department of Military & Veterans Affairs staff. ■



Helping Communities Rebuild After Disasters

By Jeremy Zidek, DHS&EM Public Affairs

CAMP DENALI, Alaska ... The State of Alaska Division of Homeland Security & Emergency Management works with Alaska's communities year round preparing for the wide range of natural disasters Alaskans experience. When an event, such as a severe storm, results in damages beyond a community's ability to repair, DHS&EM supports local recovery. In 2009, two seemingly similar fall and winter storms demonstrate two paths to recovery.

Kodiak's record-setting rainfall in October led to flooding, landslides, erosion, and damaged roads and culverts that blocked access to critical infrastructure and key resources.

In Seward, December's storm-driven sea swells, lifted by full-moon high tides, slammed into the city's coast with full force. Large waves crashed on land that normally remains high and dry. The water damaged roads, critical infrastructure and coastal armor protecting the city.

After completing initial damage assessments, both the city of Seward, through the Kenai Peninsula Borough, and the Kodiak Island Borough recognized that repairing the storms' damages exceeded their local capacity. Both communities declared local disasters and requested additional assistance. Governor Sean Parnell issued a state disaster declaration for both events.

Because Seward's damages did not meet the criteria for federal assistance, the State of Alaska authorized and activated its Public Assistance Grant Program. Kodiak's more extensive damages resulted in a Federal Disaster Declaration and authorization of the Federal Emergency Management Agency Public Assistance Grant Program.

DHS&EM, as the lead agency for both state and federal disasters, ensures that although Seward uses the state public assistance program and Kodiak uses the federal public assistance program, their recovery processes are much the same.



High Surf. Strong, storm-driven sea surges batter Seward's coast and send waves crashing into the parking lot of the Seward Sea Life Center in December 2009.

Photo: Courtesy of City of Seward



A River Runs Through It. The Department of Transportation & Public Facilities clears roads blocked by landslides in Kodiak. Critical infrastructure throughout the island was damaged during record-setting rainfall in October 2009. Through public assistance grant programs, emergency response costs, such as restoring roadways, are eligible for reimbursement. Photo: Courtesy of Department of Transportation & Public Facilities

Events, large and small, occur at the local level, and so does recovery. Communities already affected by the disaster are additionally taxed with the recovery effort. While the state may occasionally agree to oversee a large or complex project for a small jurisdiction, communities generally retain control of projects to make sure they meet local needs.

DHS&EM supports communities until each project is complete, and the disaster is closed. Alaska currently has 19 open disasters – nine federal and 10 state.

"Whether we use state or federal public assistance programs, DHS&EM works with the applicant to ensure the damaged community is restored to its pre-disaster condition," said David Andrews, DHS&EM Disaster Assistance Program manager.

"The wide-range of disasters that Alaska encounters requires different levels of public assistance programs," added John Madden, DHS&EM director. "A one-size-fits-all approach would mean that some disaster-affected communities would receive little help, while others would be subjected to a cumbersome process designed for widespread destruction."

State and federal public assistance programs have parallel processes; however, federal disasters are reserved for events that cause widespread and severe damages, such as Kodiak's 2009 storm. These events require a larger, more complex response.

FEMA's Public Assistance Disaster Grant program provides financial assistance to eligible state and local governments, as well as certain private nonprofit organizations, on a cost-sharing basis for emergency work and the repair or replacement of facilities damaged by a disaster. Alaska is one of the few states that cover shared costs without passing them on to local jurisdictions.

Alaska's smaller communities can be easily overwhelmed by the sudden request for documents, estimates, cost breakdowns and

detailed accounts of employee hours. In a federal disaster, FEMA Disaster Assistance employees deploy to disaster areas with a limited amount of time on location to help complete initial paperwork within established time-frames. While FEMA Disaster Assistance employees may leave early in the recovery process, the DHS&EM staff continues to work with communities.

The DHS&EM disaster assistance staff oversees all federal public assistance projects throughout recovery. Initially, DHS&EM staff serves as an advocate for the applicant, walks the applicant through the process and ensures that adequate funding is obligated to restore the community to a pre-disaster condition.

“FEMA can bring an amazing amount of resources to the disaster recovery process, and FEMA personnel are geared to get their jobs done in a short amount of time,” Andrews said. “It is DHS&EM’s job to make sure that the process is meeting the applicants’ needs, that disaster-damaged facilities are repaired and that the community is confident that it can call on DHS&EM when it needs help.”

For both federal and state programs, experienced DHS&EM personnel help affected communities deal with complex paperwork requirements, constraints of the short construction season and Alaska’s logistical challenges.

State public assistance projects, such as Seward’s, typically proceed quickly because DHS&EM has direct relationships with applicants and makes final decisions on projects, as authorized in the Governor’s Disaster Declaration.

“The state’s public assistance team did a very good job helping the city understand the state’s public assistance program,” said Phil Oates, Seward’s city manager. “They were able to balance the state’s ability to restore the damaged area to pre-disaster conditions and the city’s eye for mitigation.”

DHS&EM builds ongoing relationships with communities before a disaster occurs. DHS&EM staff members assist communities with non-disaster events, working with local government leaders, emergency managers, first responders and other key personnel. Outreach, planning, training, exercise, and regional and statewide events provide scheduled opportunities to increase local preparedness and build local, regional and statewide partnerships essential during a disaster.

Alaska faces almost every type of natural disaster – floods, fires, earthquakes, storms, landslides, volcanoes and high winds. When disaster strikes, DHS&EM will be there, with state and federal public assistance grant programs to help Alaska rebuild. ■



State Travels to the Scene. DHS&EM deployed the Mobile Emergency Operation Center to Seward to support state public assistance teams conducting applicant briefings and site inspections.

Photo: Jeremy Zidek, DHS&EM Public Affairs

LYNDEN Only pay for the speed you need...
Dynamic Routing!

With shipping costs on the rise it only makes sense to match your time requirements to the mode. Lynden's exclusive Dynamic Routing™ makes it easy to change routing between modes to meet your delivery requirements. If your vendor is behind schedule we can make up time and keep your business running smoothly. If your vendor is early we can save you money and hassle by slowing down the delivery to arrive just as it is needed. Call a Lynden professional and let us design a Dynamic Routing™ plan to meet your supply chain needs.

www.lynden.com
1-888-596-3361

The Lynden Family of Companies
Innovative Transportation Solutions



Fort Greely Follows Time-Honored NCO Tradition

By Staff Sergeant Jack W. Carlson III,
49th Missile Defense Battalion

FORT GREELY, Alaska ... While not officially recognized or sanctioned by the Army, the tradition of inducting newly promoted noncommissioned officers into the ranks of the NCO corps has been followed for more than 20 years. In keeping with this enlisted Soldier tradition, the military police officers of 2nd Platoon, Alpha Company, 49th Missile Defense Battalion, Alaska Army National Guard, held its first NCO induction ceremony here in January.

Moving from a junior enlisted Soldier to an NCO is one of the biggest milestones in an enlisted Soldier's career. This tradition is upheld and passed on by the senior NCOs of an organization, and the 49th Missile Defense Battalion is no different.

Sergeant First Class Maureen Meehan, 2nd Platoon sergeant, saw the time between NCO Induction ceremonies growing and wanted to emphasize the pride NCOs share, while allowing her Soldiers to be part of such a time-honored tradition.

"I still remember my induction into the NCO corps. While it was many years ago, it continues to serve as a milestone in my career," Meehan said. "This promotion [to sergeant] will shape these future leaders and build on the pride they have in being an NCO."

Knowing there was nothing a platoon of Arctic Warriors could not do, Meehan went to work, capitalizing on the skills her Soldiers possessed. One such Soldier, Specialist Carlos Gonzales, military police



Leaders. Newly promoted Sergeant Carlos Gonzalez receives the oath of the noncommissioned officer from Alaska Army National Guard State Command Sergeant Major Gordon Choate during the NCO induction ceremony in January. As the most senior enlisted Soldier in the Alaska Army National Guard, Choate spoke about the important role NCOs play in America's Army. Photo: Deborah Ward, Fort Greely Public Affairs

officer, 2nd Platoon, was tasked with producing the script, program and NCO slideshow.

"Specialist Gonzales took the task and ran with it; he was very eager and motivated to make this mission happen, all before he knew he would be getting promoted and inducted during this event," Meehan said.

"Having the responsibility given to me to make this event go well was challenging," Gonzales said of the NCO induction ceremony. "I learned a lot about coordi-

nating events, and most importantly, I now will be able to pass this tradition on to my Soldiers in the future."

More than 50 noncommissioned officers attended the ceremony at this remote missile defense base, including senior NCOs from the Alaska Army National Guard headquarters in Anchorage.

"I am very proud of the accomplishments of our Alaska National Guard noncommissioned officers," said Alaska Army National Guard State Command Sergeant Major Gordon Choate. "It takes dedication, intelligence, and leadership to train Soldiers and accomplish the mission, and I am confident these newly inducted leaders are up to the task."

During the induction, Command Sergeant Major Pam Harrington, 38th Troop Command, administered the oath of the noncommissioned officer to the inductees, reminding them that Soldiers of lesser ranks now would look to them for guidance and leadership.

Soldiers inducted into the NCO corps in January were Gabriel Ives, James Bates, Christopher Minatra, Justin Taylor and Carlos Gonzalez. ■



ARS
ALASKA RUBBER & SUPPLY INC.

**IF WE DON'T HAVE IT
WE'LL GET IT**



GOOD YEAR
ENGINEERED PRODUCTS

*Largest In-state Stock of Industrial & Hydraulic Hose
Fittings for Any Application and All Industries.
We Have Pumps, Fittings, V-Belts and More.*

AlaskaRubber.com or AlaskaRubberandRigging.com

ANCHORAGE 562-2200 1-800-478-7600 5811 Old Seward Hwy	FAIRBANKS 451-0200 210 E Van Horn Rd	WASILLA 373-1345 651 Railroad Ave
--------------------------------------------------------------------	---------------------------------------------------	------------------------------------------------



Hands-on Training. Specialist Omar Santiago, rear, performs a rear naked choke on Private First Class Zachary Eisen during a combatives match as part of the Modern Army Combatives Program. These skills teach Soldiers how to defeat the enemy in hand-to-hand combat.

Soldiers Put COMBATIVE SKILLS to the Test

Story and photos by Deborah Ward,
Fort Greely Public Affairs

FORT GREELY, Alaska ... Throughout military history, grappling drills have been taught as fundamentals in unarmed combat. In the wars of today, where there is no defined front line, it is crucial for Soldiers to learn these combative skills.

Combative skills can also teach a Soldier how to stay calm and rationalize how to get out of an uncomfortable and sometimes painful situation by defeating the enemy in hand-to-hand combat.

There are four levels of training in the modern Army Combatives Program. Level I is a 40-hour course and mandatory for all deploying Soldiers. Currently at Fort Greely, the Level I Combatives Course takes place every other week for five days. It teaches Soldiers basic techniques that form the foundation skills needed for advanced courses. These basic skills can be performed as part of a Soldier's daily physical training.

"The only way to be truly prepared for this training is to actually do combatives," said First Lieutenant Ryan Skaw, officer in charge of the Fort Greely Army Combatives Program. "It's a different type of cardio requirement. For most Soldiers, a solid cardio program such as high intensity running or swimming, along with a long slow run will help them in the 'smoke' session they will experience in combatives."

During the Level I training, Staff Sergeant Matthew Campbell, a combatives instructor for the 49th Missile Defense Battalion, teaches common moves such as the side mount, guard, arm bar, rear naked choke and key-lock arm bar. In addition, he encourages Soldiers to practice with the combatives team to benefit from their wealth of experience.

The Soldiers have an opportunity to match up in pairs and go for three- to six-



Combatives Course in Action. Specialist Ernesto Ventura, top, conducts a side mount maneuver on Specialist Omar Santiago, both of the Alaska Army National Guard's 49th Missile Defense Battalion, while First Lieutenant Ryan Skaw, officer in charge of the Fort Greely Army Combatives Program, coaches from the back. At Fort Greely, the Level I Combatives Course takes place every other week for a period of five days.

minute round-robin bouts in order to put their newly acquired skills into practice. Some of the most difficult moves for Soldiers to learn are the arm bar techniques.

"Arm bars can give students the hardest challenge because they have the urge to enlist too much muscle, when in actuality, if they would relax and rely on the technical aspect of the maneuver, they would be more effective," Skaw said. "All of the combative moves are designed that way, and as the student becomes more exhausted, the clearer that becomes for them."

The equipment needed for the course is minimal: mats designed for grappling, standard ACUs, mouth guards and for the instructors, 16-ounce boxing gloves for Clench Day. Unfortunately, Fort Greely lacks the combative mats, which have a rougher texture and thicker padding to help to ensure proper footing and soften impact.

Clench Day, or test day, comes after 40 hours of Level I combatives training. Each Soldier is placed in a room with a potential attacker, and the task is to reduce the threat by "clenching" the attacker.

"Clench Day is going to be the first time in my life I get hit in the face," said Specialist Sean Davis, of the 49th Missile Defense Battalion. "That's never happened to me before."

The Soldiers who trained during the recent December course had a 100 percent passing rate. ■



Graduation Day! Elated Alaska Military Youth Academy ChalleNGe Program graduates toss their berets into the air upon being dismissed for the final time. Class 2010-1, with 136 cadets, completed five and a half months of intense military-style training, focusing on academics, physical fitness and community service. Fifteen of the graduating cadets received more than \$22,000 combined in scholarships to help further their educational goals. Photo: Sergeant Karima Turner, DMVA Public Affairs

Alaska Military Youth Academy Graduates 136 Cadets

By Kalei Brooks, DMVA Public Affairs

CAMP DENALI, Alaska ... The Alaska Military Youth Academy graduated 136 cadets in February at the Dena'ina Civic and Convention Center in Anchorage.

The 136 graduates joined the 2,926 cadets who have graduated from the AMYA ChalleNGe program since it started in 1994. AMYA's tuition-free ChalleNGe program is designed to provide at-risk 16- through 18-year-old Alaskan youths who have

Honor Graduate. Cadet Douglas A. Pharr receives the honor graduate award during the Alaska Military Youth Academy graduation ceremony in February. Pharr demonstrated outstanding success in all eight core components of the ChalleNGe Program at AMYA. Photo: Private First Class Karina Paraoan, DMVA Public Affairs

dropped out of high school with an opportunity to complete a high school education or earn a GED, gain healthy life skills, and develop leadership and teamwork skills.

“The class of 2010-1 is a testament to the success of the program and the perfect example of how at-risk youth can change their lives for the better in the right atmosphere,” said Dr. James Jones, deputy director for AMYA. “These young men and women are now on the path to a brighter future.”

Governor Sean Parnell delivered the keynote address and recognized the cadets’ achievements after their completion of five and a half months of academics, community service, and military-style discipline and training.

Class 2010-1 had some major educational hurdles to overcome from the beginning with one third of the cadets facing significant learning challenges in reading and math at the start of the program.

“When we conducted educational assessments on this class, results were slightly lower than any other class in our 16-year history; however, AMYA staff continues to pave inroads to cutting edge academic achievement,” Jones said. “In our third year partnership with the State of Alaska Departments of Labor & Workforce Development and Education & Early Development, we worked diligently with the cadets to create a learning environment that worked for their learning styles. One hundred thirty-two of 136 cadets, 97 percent, completed a nationally recognized Career Readiness Certificate that shows proficiency in applied mathematics, reading for information and locating information. Their accomplishments show employers that they now have marketable skills for the work force.”

“Through the diligent efforts of our Academic Excellence Team of instructors, a door was unlocked, which allowed them to reach this population and facilitated learning to a degree that has students at every competency level attaining their GED within four months of contact time,” said J. Tom Hamill II, AMYA lead instructor.

Among the accomplishments, 28 cadets returned to high school, 22 plan to go to college in the fall, 30 entered continuing education programs, 48 will be employed and five have enlisted in the Alaska National Guard. ■

Drug Demand Reduction Program Reaches Alaskan Youth

By Private First Class Karina Paraoan, DMVA Public Affairs

CAMP DENALI, Alaska ... An Alaska Army National Guardsman taught students at Gruening Middle School in Eagle River in February about staying away from drugs and “Staying on Track.”

Stay on Track is a program developed by the National Center for Prevention and Research Solutions, headquartered in South Daytona, Fla. It consists of 12 45-minute presentations and is designed for National Guardsmen to educate middle school students on important lessons such as substance abuse prevention and strategies on how to steer away from the pressures of taking drugs.

The Alaska National Guard’s Drug Demand Reduction Stay on Track programs are used to reach out to kids across the state in classroom and after-school settings.

“I think the program is very beneficial because we don’t just tell them what is wrong or right,” said Staff Sergeant Diane Singh, Drug Demand Reduction non-commissioned officer. “We give tools and information that they can actually use and apply.”

National Guardsmen teach the children through hands-on activities to help students fully understand the importance of saying “no” to drugs. One activity that is a favorite among students is trying to walk on a line while wearing “fatal vision

goggles,” also known as “beer goggles.” The goggles simulate how it would be to walk straight while being intoxicated with alcohol.

“It is one thing to tell kids how they will be affected and another when they can actually experience it,” Singh said. “The kids can understand how dangerous it could actually be when drunk or on drugs by using the goggles. Hopefully, it will hit home with them, and they will be more likely to say ‘no’ to drugs and alcohol after having this experience.”

During the 2009-2010 school year, the Stay on Track program has already visited nine schools and is scheduled to go to Goldenview in Anchorage, and Mat-Su Valley schools, Houston, Teeland and Wasilla middle schools this spring.

“The goal of the Stay on Track program is to expand the education of substance abuse prevention in our state,” Singh said. “It is believed that the best way to expand the program is to teach students at their schools.”

“When you’re traveling to different schools, you get to experience a lot and give back to the community,” said Technical Sergeant Yutashea Zirkle, Alaska Air National Guard DDR noncommissioned officer. “We want to get out there and help.” ■

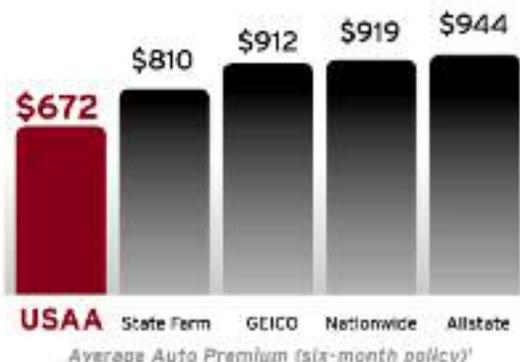


Teaching the Effects of Substance Abuse. Staff Sergeant Diane Singh, Drug Demand Reduction noncommissioned officer with the Alaska National Guard, helps a student from Gruening Middle School in Eagle River take off special goggles called “fatal vision goggles” during a Stay on Track presentation designed to educate students on substance abuse prevention. The fatal vision goggles show students how their vision would be impaired by drinking too much alcohol. Photo: Private First Class Karina Paraoan, DMVA Public Affairs



USAA Auto Insurance rates **BEAT THE COMPETITION.**

- Proudly serving the financial needs of the military for more than 85 years
- Safe driver discount² and accident forgiveness in most states³
- You can save even more on auto insurance when you also have a homeowners policy with USAA (in most states)⁴



If you've honorably served, let us serve you
and your family. Switch to USAA Insurance today.

800-227-8722 | usaa.com/car

¹Average auto premiums/savings based on countrywide survey of new customers from 10/1/08 to 9/30/09, who reported their prior insurers' premiums when they switched to USAA. Savings do not apply in MA. Use of competitors' names does not imply affiliation, endorsement or approval. ²USAA's discount for safe drivers is the Premier Driver Discount and is not available in HI and MA. ³Accident forgiveness is available for purchase in most states. Earn accident forgiveness in most states without paying a premium by keeping an accident-free driving record with USAA for five years. Accident forgiveness is not available in CT, DE, HI, NC, CA, MA and NY. ⁴Multiple Products savings not available in CA, HI, MA, NC, NY and PA.

Property and casualty insurance products are available to military members and their former dependents who meet certain membership eligibility criteria. To find out if you are eligible, contact USAA. Underwriting restrictions apply. Automobile insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, USAA County Mutual Insurance Company, San Antonio, TX. Each company has sole financial responsibility for its own products. ©2010 USAA. 52506-0410



Pledging Support. Employers from the greater Fairbanks area join U.S. Senator Mark Begich, sixth from left, and ESGR committee members after the signing of statements of support, which signify the employers' support of their Guard and Reserve member employees. Photo: Staff Sergeant Daniel Heselton, 168th Air Refueling Wing Public Affairs

Interior Alaska Employers Show Support

By Captain Maria Perkins, 168th Air Refueling Wing Public Affairs

EIELSON AIR FORCE BASE, Alaska ... Local employers signed a statement of support in February in downtown Fairbanks pledging their commitment to Guard and Reserve employees.

The Employer Support of Guard and Reserve is a Department of Defense agency that seeks to promote a culture in which all American employers support and value the military service of their employees. ESGR works to recognize outstanding support, increase awareness of the law and resolve conflicts through mediation.

"The ESGR program is the bond, or glue, that holds together the employer, employee and the Alaska National Guard unit," said Colonel Scott Wenke, 168th Air Refueling Wing commander. "Without the steadfast support of the employers, our recruiting and retention programs and our overall manpower would suffer tremendously. Through the ESGR program, conflict resolution, common understanding

and thriving relationships are born. The 168th Air Refueling Wing appreciates the warm embrace from the businesses and local leaders who support ESGR programs and their hometown Air Force!"

By signing a Statement of Support for the Guard and Reserve, an employer demonstrates an understanding of the importance of military service. It also sends a clear message to employees who serve in the military that they don't have to worry about their civilian jobs.

U. S. Senator Mark Begich, along with Wenke, attended the event and spoke about the significance of ESGR. Mayor Luke Hopkins of the Fairbanks North Star Borough, Mayor Doug Isaacson of the City of North Pole, and Mayor Terry Strle of the City of Fairbanks signed statements of support at the event.

"We would have never guessed six to seven years ago that we'd have this many deployments going on at this high level,"

Begich said. "It pushes the envelope of what businesses and employers need to commit to make sure the Guard is taken care of when they come back. For all of you who are signing, you are not only committing to be an A1 employer in my view, but you are also committing to the families so they know that when their loved ones are overseas or wherever they might be deployed, there is some activity back home to protect their job and make sure they are employed."

The following 12 employers signed statements of support at the event: U.S. Senator Mark Begich, Fairbanks North Star Borough, City of Fairbanks, City of North Pole, University of Alaska Fairbanks, Golden Valley Electric Association, Presbyterian Hospitality House, Fairbanks Vet Center, Great Northwest Inc., Alaska State Troopers, State of Alaska Department of Transportation & Public Facilities and Fort Knox Mine. ■

Phantom Products sets the standard.

We ship more LED-based lights to American Troops than any other company, and have done so since our first map light in 1985. We design them for you, they are tested by you, and ordered by you. **That is why you constantly tell us they are a "combat multiplier."**

For over 15 years, **Phantom Products** has produced the most indispensable piece of military equipment for U. S. Operators — second only to his personal weapon - the **Phantom Warrior**® flashlight.

If you have not seen our lights before, that is because they are covert at night, and because we have protected U.S. Troops by refusing foreign sales. This defense contractor has a code of ethics we will not break because *you protect America.*

Our lights are simply the best there is:

- They present a low signature to NVGs
- They are color accurate
- They are ruggedized
- They are cost effective
- They really last

Our lights are the chosen equipment for:

- JRTC O/C team members
- NTC O/C team members
- U.S. Army Medics
- SDF pilots and crewmen
- U.S. Navy Seals
- U.S. Army Medics
- Real units in combat!*

Our lights have been tested and approved by:

- SOCOM
- NAVAIR
- USMC Warfighting Laboratory
- Night Vision Goggle Directorate, Fort Rucker
- Night Vision Laboratories, Fort Belvoir

We have various lighting colors and configurations!



Phantom Products, Inc.

474 Barnes Boulevard, Rockledge, Florida 32955
ph: 888-533-4968 fax: 888-533-5669
WWW.PHANTOMLIGHTS.COM



Who We Are...

What is your role in the event of a disaster?

Barb DeLong

*Division of
Administrative Services*



"Right now I haven't been assigned anything, but personally, I would step up wherever I'm needed."

**Specialist
Phillip Peter**

1/207th Aviation



"If it was a flood, I would help people evacuate and look for survivors with the Black Hawk. If it was an earthquake, I would also help doing search and rescue. I would just do my job as best as I could and help others out."

**Captain
Nanette Martinez**

Joint Forces Headquarters



"My role in the event of a state natural disaster would be performing the roles and responsibilities as a manpower and personnel directorate staff officer. I would receive and consolidate daily and overall strength accountability for all units and activities."

Mary Koch

*Family Assistance Center
Specialist*



"My role is to contact the families of service members to see if they need anything and if they've been impacted by the disaster, as well as ask if they are in contact with their service member. I also give them referrals to resources that can assist with any issues I can't address."

**Lieutenant
Jason Caldwell**

143rd Infantry Regiment (Airborne)



"In the event of a disaster in Bethel, my role would be to coordinate Bravo Company's efforts with the local authorities to ensure we are able to provide effective assistance to the areas with the most need."

Career Education

Career advancement — closer than you think...

3 ways you can earn an Associates or Bachelors Degree from Charter College

- 1. On-Ground Campus:** Convenient locations in Anchorage and Wasilla that offer both Day and Evening Classes
- 2. Online Campus:** Earn your degree anywhere and everywhere, no matter where you are
- 3. Degree Completion:** Transfer your credits and finish your degree at Charter College

See how easy it is to get started...

Call us today for a FREE consultation

888.205.2910

➤ Anchorage: 1221 C. Northern Lights Blvd. #120 ➤ Wasilla: 277 W. Park Highway

Our Programs

- Business and Accounting
- Health Care
- Information Technology
- Criminal Justice

NEW!

Our Wasilla Campus Now Offers You Bachelors Programs!

On-ground or Online Classes Available.

For more information visit
CharterCollege.edu





Awards • Decorations • Promotions

Meritorious Service Medal



Maj Christopher D. Witter 213th SWS
 TSgt Edward N. Deal 168th MXS
 MSgt Arthur Gow 176th ACS
 MSgt Robert Roberts 176th CES
 CMSgt James Ebelacker 176th MDG
 MSgt Christopher Arndt 176th AMXS
 CMSgt David Garganta 176th MXS
 Maj Roger Leblanc JFHQ-AK (Air)
 MSgt Patricia D. Ragland 168th ARW

Army Commendation Medal



1Sgt Sherry Butters JFHQ-AK (Army)

Air Force Commendation Medal



SrA Mallory R. Bevan 168th MDG
 SSgt Robert J. Ostrander 168th ARS
 MSgt Thomas Gregory 176th MDG
 MSgt Pauline Jones 176th MDG

MSgt Bryan Moreberg 176th SFS
 MSgt Shawn Arnzen 176th MXS
 MSgt Harold Meier 176th MXS
 MSgt James Brewer 176th MXS

Air Force Achievement Medal



SSgt Crystal R. White 168th ARW
 SrA Robert Remy 176th OSF
 SMSgt Richard Maxted JFHQ-AK (Air)
 TSgt Brandy Boatwright 176 ACS

Alaska Air Medal



MSgt Benjamin Walker 212th RQS
 MSgt David Johnson 212th RQS
 MSgt Robert Schnell 212th RQS
 Lt John Romspert 212th RQS
 TSgt Matthew White 212th RQS

Alaska State Service Medal



SSG Reginald Bright 297th IN
 SFC Anibal Jorge 207th RTI

Billie Dutton 207th RTI
 1Lt Ryan Skaw 49th MDB

First Sergeant of the Year

MSgt Ryan Voigt 176 MDG
 MSgt Patricia Ragland 168th ARW

Airman of the Year

SrA James Settle 212 RQS
 AIC Melissa Spencer 168th ARW

NCO of the Year

SSgt Matthew D. Perdew 176th ACS
 SSgt Christopher Adams 168th ARW

Senior NCO of the Year

MSgt Salvatore F. Provenzano . . 176 WG/RCC
 SMSgt James P. Wolverton 168th ARW

Company Grade Officer of the Year

Cpt Eric VanTrease 168th ARW

Field Grade Officer of the Year

Maj William Hunstein 168th ARW

Opportunities for Alaska.
 Jobs for Alaskans.

THE
 pebble
 PARTNERSHIP

www.pebblepartnership.com

SERVICE AWARDS

Congratulations to the following Department of Military & Veterans Affairs State Service Award recipients:

	YEARS
Roberta Carney, DHS&EM	20
Jodi Giles, Facilities Management Office . .	20
Femmia Bryan, DHS&EM	15
Jon Gibson, Alaska Air National Guard . . .	15
James Wiles, Alaska Air National Guard . .	15
Edward Jones, AMYA	10
John Nevins, AMYA	10
Deborah Morton, AMYA	10
Curtis Bennett, Administrative Services, IT .	10
Brent Nichols, DHS&EM	10
Kalei Brooks, DMVA Public Affairs	5

AMYA (Alaska Military Youth Academy)
 DHS&EM (Division of Homeland Security & Emergency Management)

Special congratulations also go to Chief Master Sergeant Beverly Robotkay, Alaska Air National Guard, who celebrated her 30-year anniversary working with the Municipality of Anchorage, Anchorage Water and Wastewater Utility.

PROMOTIONS

Lieutenant Colonel

Edward M. Soto 176th CES
 Thomas J. Stephens Jr 212th RQS

Major

Douglas C. Dickson 249th AS

Captain

Andrew N. Beuch 249th AS
 Koalii C. Bailey 212th RQS
 Dean J. Diana 176th AMXS
 Taylor R. Boaks 144th AS
 Audrey L. Smith 176th OSF
 Luke B. Davis 176th LRS

First Lieutenant

Joshua McKinley 144th AS

Second Lieutenant

Jennie A. Hermann 176th MDG

Chief Master Sergeant

Gerald J. McAleavey 176th LRS
 Kristine M. Joyce 176th FSF
 John C. Youngblood Jr 176th MXS

First Sergeant

Richard Debilzan 49th MDB
 Kenneth Denny 297th MP

Master Sergeant (Army)

George Mebane 297th MP
 Jeremy Tenkley 297th BFSB

Senior Master Sergeant

Kenneth G. Joyce 176th AMXS
 William A. Humenik III 176th ACS

Sergeant First Class

Eduardo Prieto II R&R

Master Sergeant (Air)

Michael D. Church 168th MXS
 Garrick C. Hoehne 212 RQS
 Ronald J. Avellaneda 176 MDG
 Curtis R. Wolford 176 WG
 Luz M. Brown 176 LRS
 Jerry L. Efird 211 RQS
 Gloria A. Rucker 176 MSG
 Dennis M. Mobley 176 AMXS
 Brian S. Johnson 176 AMXS
 Christopher T. Gragg 176 ACS

Staff Sergeant (Army)

Jack Carlson III 49th MDB

Technical Sergeant

Shelly R. Lutrell 168th AMXS
 Charles D. Hamby 168th MDG
 Corbett C. Ercolani 210th RQS
 Gina C. Ritchie 176th MDG

Kimberly M. Conkling 176th CES
 Jovon D. James 249th AS
 Benjamin D. Butcher 176th FSF
 Mark A. Eaker 144th AS
 James Rash 176th FSF
 Al J. Atoigue 168th MXS
 Denise R. Meyer 168th LRS
 Jennifer L. Beckley 168th ARS
 Tiffany A. Klett 168th OG
 Brian D. Binkley 168th ARS
 Wendy L. Duran 168th MDG

Sergeant

Nicholas Power Jr 49th MDB
 Daniel Nelson Jr 297th R&S
 Heidi Spillman 207th AVN
 Jason Stokes 297th R&S
 David Smith 297th R&S
 Darly Palembang 297th R&S
 John Miller 297th R&S
 Christine Sedillo 49th MDB
 Artemio Rivera 297th MP
 Jason Stokes 297th R&S
 Edward Pico 207th BSC

Staff Sergeant (Air)

Jack A. Bennett 213th SWS
 Terrin R. Kennard 168th CF
 Clifton E. Fox 168th CF
 Kevin W. Harvey 168th MXS
 Carter B. Williams 176th FSF
 Arlton M. Abordonado 176th LRS
 Pamela J. Scott 176th LRS
 James L. Talcott 176th LRS
 Harvey J. Campbell II 176th OG
 Michelle L. Gillett 176th WG
 Corry J. Mathews 176th CES
 Austin L. McPherson 176th MXS
 Jonathan M. Bellerive 176th OG
 Robert H. Wolford 168th MXS
 Amy M. Gauger 168th MXS



Assumption of Command. Brigadier General Thomas H. Katkus, adjutant general of the Alaska National Guard and former commander of the Alaska Army National Guard, passes the Alaska Army National Guard's guidon to Brigadier General J. Randy Banez, the new commander of the Alaska Army National Guard, in an assumption of command ceremony in February at the Alaska National Guard Armory. The passing of the guidon signifies trust being placed upon Banez to lead the Alaska Army National Guard as the new commander.

Photo: Sergeant Karima Turner, DMVA Public Affairs

RETIREMENTS

LtCol Martine M. Pommenville . 168th ARW
 SMSgt Richard A. Austin 213th SWS
 MSgt Brian W. Schlumbohm . . 168th ARW
 TSgt Edward N. Deal 168th MXS
 Spc Jonathon Goree 297th R&S
 Sgt Susie Martin-Huckins 207th BSC
 MSgt Christopher Arndt 176th AMX
 MSgt William Beltzer 176th ACS

CMSgt James Ebelacker 176th MDG
 SSgt Eric Hamilton 176th WG
 MSgt Robert Roberts 176th CES
 SMSgt Charles Pasco 176th SFS
 LtCol Molly Tatarka 176th ACS
 MSgt Clinton Walker 176th CF
 MSgt Ronald W. Lovell 168th ARW
 MSgt Timothy J. Bogowith 213th SWS



Start of the Trail

176th Wing

James Hendricks
 Dominique Cheatham
 Nicole Correa
 David Nolan
 Noe Ortiz
 Jacquelyn Quattlebaum
 Jason Silves
 Brian Neild
 Andrew Adamich
 David Eggleston
 Chad Cole
 Joshua Clark
 David Gauvreau
 Mark Gilleland
 Clayton Deloach
 Andrew Swanston
 Adam Dermish
 Timothy Howell
 Timothy Reed
 Ted Harkleroad
 Leland Driggs
 Kylie Lippert
 Hans Jagow
 Kimberly Riggs
 John Hart
 Kelo Suapaia
 John Brasel
 Brandy Thanos
 Daniel Hansen
 Brent Kramer
 Greg Rowland
 Danielle Dretzka
 Bryant Cox
 Shelia Bischoff-Diamond
 Abraham Salmon
 Robert Vitt
 Michael Shea
 Adam Commissaris
 Dylan Piaskowski
 Brad Scott
 Heather Gust
 Eric Johnson

168th Air Refueling Wing

Shaun Hageman
 Tori Hammel
 Joshua Sprague
 Carrie McCoy
 David Roller
 Cyle Demoski
 Jamie Sy
 Christian Armour

297th Military Police Company

Lynessa VanKirk
 Casey Waters
 Coleman Wenke
 Matthew Olivo
 Victoria Moran
 Charles Andersen
 Denmark lese
 Jerry Sanders
 Damian Collum
 Amber Mann
 Kristine Peeler
 Charles Rusk
 James Zuelow

297th Reconnaissance & Surveillance

John Duncan
 Alejandro Escalante
 Shelby Cook
 Christopher Chappel

Lawrence Yeaton
 Rembrandt Roa
 Dakota Rajala
 James Morris

207th Aviation

Davon Lomax
 Andrei Selbakov
 Tosca Yeager

207th Brigade Support Company

Amanda Heatherington
 Gabriel Jones
 Kenneth Foytik
 Shawna Lindberg
 Ivan Mercado

297th Cavalry

Stephen Behrens
 Bernard Corpus
 Jan Larsh

297th Battlefield Surveillance Brigade

Cory Saddler
 James Musich
 Michael Johnson
 Tyler Dringenberg
 Nathan Carrico
 Anthony Hartman
 Nicolas Willard

761st Military Police Battalion

Joshua Vollick
 Robert Cheek
 Abraham Santiago
 Justin Whitehead
 Rowdy Robbins
 Mattie Bookbinder
 Cameron Holt

143rd Infantry (Airborne)

Ryan Brown

Warriors Training Schedule

Here are the inactive training dates for most Alaska Army *and* Air National Guard units. All dates are subject to change.

	May	June	July
Alaska National Guard			
Joint Forces Headquarters – Alaska (Air)	1-2	12-13	17-18
Joint Forces Headquarters – Alaska (Army)	14-16	12-13	No Drill
Alaska Army National Guard			
297th Battlefield Surveillance Brigade	14-16	5-6	No Drill
38th Troop Command	22-23	12-13	No Drill
Alaska Air National Guard			
168th Air Refueling Wing	15-18	12-13	17-18
176th Wing	1-2	12-13	17-18
Alaska State Defense Force			
Headquarters	8-9	12-13	10-11

ALASKA STATE TROOPERS



TOOLS TO TACKLE THE TERRAIN

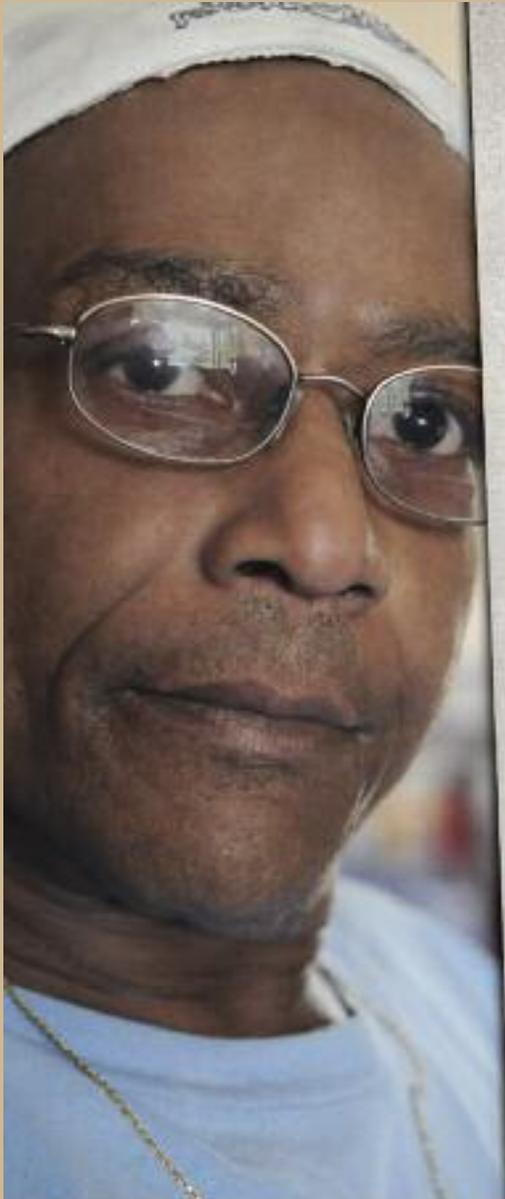


Interested in A Career
Protecting Alaska's Future?



Go to www.alaskastatetrooper.com

For more information, contact Sgt. Hughes
at maurice.hughes@alaska.gov or (907)269-5099



Vance [REDACTED]
SEATTLE, WA.

ALASKA'S TOBACCO
QUIT LINE
1-800-QUIT-NOW

DEAR ME,
YOU BELIEVE IN KARMA. AFTER
THE ROUGH LIFE YOU'VE LED, THINGS
FINALLY GOT BETTER. NOW YOU HAVE A
CHANCE TO GIVE BACK. WHY NOT QUIT
SMOKING, AND SAVE YOURSELF AGAIN.

SINCERELY, ME

**NO ONE CAN MAKE
ME QUIT BUT ME.**

1-800-QUIT-NOW