



November 2016

The Arctic Guardian



Celebrating the unit's 10-year anniversary, Airmen of the 213th Space Warning Squadron, their family and friends enjoyed a fireworks display along the banks of the Chena River in Fairbanks, Alaska on Oct. 22, 2016. (Air National Guard photo by Senior Master

Sgt. Paul Mann)

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Clear Airmen celebrate anniversary in a mess

Story and photos by Senior Master Sgt. Paul Mann

To be clear, the Airmen from the 213th Space Warning Squadron at Clear AFS, Alaska, celebrated the unit's 10-year anniversary in their mess dress, or semi-formal uniforms. Joined by family, co-workers, and friends, almost 100 people gathered together in Fairbanks on Oct. 22, 2016, to observe this historic event.

August 30, 2006, is the official date that the 213th "stood up" as a unit, as a full time, active Air National Guard unit, but it took a little logistical magic to get the Oct. 22 gala to happen.

The 213th, in partnership with the 13th SWS, provides early warning of sea-launched and intercontinental ballistic missiles to the North American Aerospace Defense Command's Missile Correlation Center, Cheyenne Mountain Air Force Station, Colorado. It also provides space surveillance data on orbiting objects to the United States Strategic Command's Joint Space Operations Center at Vandenberg Air Force Base, California.

"I can't say thank you enough to the key spouses, Christine Babcock and Antoinette Kelleher, who helped make tonight possible," said Col. Torrence Saxe, 168th Wing commander. "It takes a lot of work to bring something like this together."

Planning for the event started several months ago, with Babcock, Kelleher, and 213th personnel collaborating on event activities, food, pomp and circumstance.

"We wanted to do something special to mark the occasion," said Lt. Col. John Oberst, 213th SWS commander. "We didn't want to go overboard, but

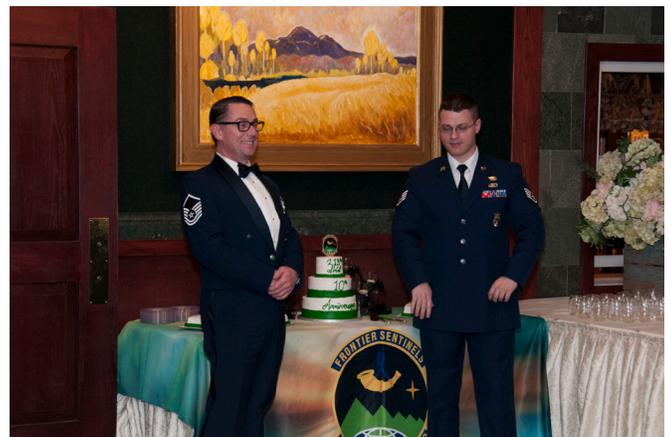


at the same time this is a very special event for the Airmen of this unit."

Located about 80 miles southwest of Fairbanks, Clear AFS and the Airmen assigned there, stand as the oldest missile warning site in North America.

"This type of mission doesn't just happen," said Saxe. "The dedication it takes by everyone involved is something that each and every one of you can be proud of, and I am serious when I say this, you are those who guard that wall every night."

Captain Raymond Lowdermilk, staff chaplain for the 168th, had the honor of officially starting the gala by sounding the Shofar, a ritual instrument made of either an ibex or ram's horn. The Shofar has semblance for the 213th as it is predominantly incorporated into the unit's emblem.



The evening's event was capped off by a fireworks display over the Chena River, celebrators braving single-digit temperatures to relish and commit to memory why they had gathered.



Daily Gratitude and Thanksgiving

A few years ago two researchers conducted what they called the Research Project on Gratitude and Thankfulness. They found through science what most of us know intuitively, gratitude makes people happy.

For the study, several hundred people were divided into three groups and asked to keep diaries.

The first group listed the day's events in their diaries, the second group recorded any unpleasant experiences they had during the day, and the last group made a daily list of things they were grateful for.

The researchers found that the simple act of taking time each day to count your blessings makes a

person more enthusiastic, determined, optimistic, and energetic.

Those who expressed gratitude experienced less depression and stress, exercised more regularly, and made more progress towards personal goals.

Researchers even noted a relationship between feeling grateful and feeling loved, and they observed how gratitude inspires acts of kindness and compassion.

Remarkable, isn't it? All this from daily gratitude and thanksgiving.

Of course, the best way to discover the benefits of gratitude is not by observing them in an academic study, but by experiencing the

miracle for ourselves. When we daily count our blessings, we feel better about life, even in the midst of adversity. We garner a strength of character and largeness of soul that will help us through hard times, and we see life as basically good despite its challenges and heartaches.

Gratitude does not need to be reserved for holidays and special events. Every day is filled with miracles and blessings. If we open our hearts and look, we'll find reasons for gratitude and thanksgiving each day, all around us.

Lloyd D. Newell

Our Undying Gratitude

In the early morning hours of November 11, 1918, representatives of the Allied nations met in a railroad car near Compiègne, France, to sign an armistice ending what was being called the Great War.

Meanwhile, somewhere in the trenches of France, shelling and bombings were proceeding as they had for the past four years. In fact, as 11 o'clock neared the appointed time when fighting was to cease the attacks intensified. As one U.S. soldier put it, "It was not a barrage. It was a deluge."

But then, suddenly, at the 11th hour of that 11th day of the 11th month, the battlefield went silent. At long last, it was "all quiet on the western front." "The roar stopped like a motor car hitting a wall," a soldier recalled. The quiet was uncanny as soldiers on both sides crawled out of their trenches. Some cheered or sang; others stood numb. Germans threw down their weapons. One intrepid American infantryman raced out into no man's land with the Stars and Stripes on a signal pole and planted it in a shell hole while a bugler played "The Star Spangled Banner" on a German trumpet.

The armistice that we commemorate every November 11th ended World War I, but it did not end the war, nor did it end the need to defend the cause of freedom. Veterans Day has therefore become a day to honor veterans of all wars. So today, with the brave soldier's stirring words of President Harry S. Truman: Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude. America will never forget their sacrifices.

Lloyd D. Newell

Psychological Health Program

By Nancy Morris, 168th Wing director of psychological health

~Seasonal Affective Disorder~

For those of you who have lived in Alaska for a while you have heard it all before and yes those winter blues are back!!!

For those of you who are new to Alaska, take note; SAD is a type of depression that occurs at the same time every year, usually starting in the fall and continuing through the winter. It is believed that SAD may be caused by a lack of sunlight.

If you watch the local news and weather you will see that from now until around December 21st we lose about 5-10 minutes of daylight per day; with Fairbanks getting between 4-6 hours of daylight in the winter.

The most common symptoms of SAD include: moodiness, weight gain, increased sleep, less energy, inability to concentrate, loss of interest in work or other activities, sluggish movements, social withdrawal, unhappiness and irritability.

If you are experiencing some



of these symptoms you are not alone! Seasonal Affective Disorder is estimated to affect 10 million Americans.

There is treatment for SAD which can include light therapy, medication, or counseling, depending on the severity of symptoms. Below are a few tips that may be helpful: me a call at (907) 377-8623.

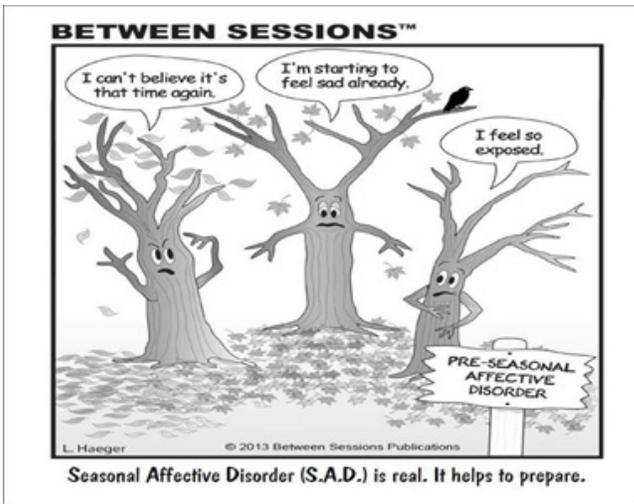
- Make your environment sunnier and brighter. Open blinds, trim tree branches that block sunlight or add skylights to your home. Sit closer to bright windows while at home or in the office.

- Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun.

- Exercise regularly. Physical exercise helps relieve stress

and anxiety, both of which can increase seasonal affective disorder symptoms.

If you would like more information on Seasonal Affective Disorder ask your physician or give me a call at 907-377-8623.



Airmen represent the wing at 2016 Alaska Federation of Natives Convention

Members of the 168th Wing volunteered along side 168th recruiters at this year's Alaska Federation of Natives Convention at the Carlson Center. This year marked 50 years for the convention. (Air National Guard photo by Airman 1st Class Mae S. Olson)

Family update & 168th Wing events November

Did You Know?

The Fairbanks Food Bank accepts reusable grocery bags. I always have too many, what a great way to recycle and help our community at the same time. The Fairbanks Food Bank is located at 725 26th Ave, Fairbanks AK. For information about other volunteer opportunity at the Food Bank call 457-4273.

Events

Sled and Chili Cook Off

5 November @ Iceman Lodge (Eielson Hill)
Build a sled primarily of cardboard and duct tape for the annual race! Bring your most famous/traditional chili to be judged! Best chili wins!

Pumpkin Chunkin'

4 November

Do you have leftover pumpkins and you're not sure what to do with them? Come on out and toss those pumpkins out with us!

Hockey Week Fairbanks Hall of Fame

Open tryouts to all Active, Guard, Reserve and Retired Military members. Annual hockey game planned for Saturday, November 5th. If interested, contact TSgt Tommy Nelson at tommy.nelson.2@us.af.mil or Chris Malenius at christopher.malenius.1@us.af.mil.

More useful information

For more information about what's happening in Fairbanks, please visit:

<http://www.explorefairbanks.com/events>

<http://www.fairbanksevents.com/>

<http://www.fairbanksdrama.org/>

<http://www.westmarkhotels.com/fairbanks.php>

<http://www.harlemglobetrotters.com>

<https://www.uaf.edu/calendars/events/>

<http://www.fairbanksfamilies.com>



Annual Wing Sled & Chili Cook Off

Nov 5, 2015
Iceman Lodge
(Eielson Hill)



Sled Construction Rules

- Base of SLED must be primarily cardboard & duct tape.
- Commercial SLED materials are prohibited
- Adult must ride the SLED down the hill
- SLED that are sign up in advance will receive bonus points.

*SLED must be to the Hill by 2:45 on Nov 7th
Race begins at 3:15pm

Chili Categories & Prizes

- Best Screaming Chili
- Most Unique Chili
- Greatest Traditional

Drop off Chili at the Hill 2:45pm
Judging at 3:00pm

Sled Categories & Prizes

COMMANDERS SNOW TANKER
Grand Collaborative Team Category

INDIVIDUAL ENTRY
Ultimate Grand Sled Supreme Category

FAMILY ENTRY
Teen Supreme Category (age 12-18)

Special Award for "Master of Disasters"

The Committee for Active Recruiting and Retention

What is the CARR?

Staff Sgt. Joshua Frady

Committee of Active Recruiting and Retention sounds like a mouthful. What is this committee you ask? CARR is an organization that aids in recruiting individuals to join our wing and helps retain the great Airmen we have. Now how do we do this?

Simple, we come together every two weeks, plan recruiting opportunities, and aid in wing initiatives like the commuter café.

The CARR is chaired by Chief Master Sgt. Danielle St. Laurent, with the rest of CARR consisting of highly motivated Airmen of all ranks with a vested interest in the 168th Wing.

About Chief St. Laurent — she bakes! So if nothing else, show up, hear us out and have a snickerdoodle! Come see what CARR is all about, bring your ideas, and let's bring great people into the 168th Wing.

The best recruiters are not the ones who go out seeking leads. The best recruiters are the individuals within our unit who have a friend or family member who has an interest joining.

That's what CARR is all about, sharing our stories and experiences with the people who we call neighbors, or friends, or family and encouraging those same people to enlist and to serve. CARR is for the people and those who want our organization to grow, while retaining the people who make the mission happen.

From new wing shirts to panning for gold, there are incentives to knowing and going to the CARR meetings.

Look for CARR emails with times and places. CARR welcomes any rank, E-1 to O-6, all are welcome and we hope to see you at our next meeting.



Senior Airman Timothy Morgan, Staff Sgt. Jordan Thompson and Senior Airman John Carey at the CARR booth on Oct. 17, 2016, at the Base Exchange.



168 WG/CPTF

Customer service
377-8755

Hours:

Drill weekend
0900-1500

Weekdays
Appointment Only

FINANCE MINUTE

STATEMENT OF DUTY & WHAT TO DO WITH MY LEAVE

Understanding when and why to e-certify your orders (signing the statement of duty) is essential to members and supervisors. With this knowledge they can expedite payments of short and long tours. Transferring leave and selling leave process for drill status guard members is confusing. Clarification on the DSG leave, the ‘what to and why for’.

WHAT DOES THE LES SAY?

The DSG Leave

Earning Statement is

confusing. Use/ lose leave only applies to the amount of leave you will earn until the end of your long tour. That number will remain there until the member starts a new long tour.

When a member starts a new long tour (30 days or more), that number will then reflect the new amount of leave on the next tour. This does not mean the member’s leave from the previous tour has ‘disappeared’.

Statement of Duty (E-Certification)

The question of when to certify one’s orders has only a few parameters. AROWS has the different order types set in a very specific way. E-certifying the statement of duty is required for payment. Knowing when you can certify orders will help you and your troops get paid on time.

Short Tours — Any order 29 days or less is a short tour and will not be available to certify until the last day of the order. If you are travelling, do your best to sign on the last day of duty.

Long Tours — Orders 30 days or more are considered a long tour. They can be signed on the first day of the order. Certifying the start of your tour is just that. You will also need to certify the end of your tour. That will again be available no sooner than the last day of your tour. Again, if you are travelling, attempt to find a good destination to sign your order.

Sell Leave or Transfer?

Leave that is earned is an entitlement. It does not just disappear. When a member ends their long tour, they need to out-process with

Finance. Finance then discusses with the member on their options. When they sell leave, the payout is that number of days of leave taxed at 25%. If the member elects to transfer their leave, then a form is filed. That form will be used to in-process them on their next tour. DFAS will have to make the leave transfer and that may take a few weeks. All leave that is taken from the previous tour needs to be taken as advanced leave.

Any questions? Call 377-8755 for TSgt Daniels or any customer service representative.

Use/Lose
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The Arctic Guardian

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Command

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Send Us Your Ideas

Have a story or an idea that you would like to share? We want to hear about it. Please call the Public Affairs Office at (907) 377-8734 or email us at usaf.ak.160-arw.mbx.arw-public-affairs@mail.mil.

From our Wing ROM

Here is a great link for Frequently Asked Questions about the Post 9/11 GI Bill, <https://gibill.custhelp.com/>.



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AIR NATIONAL GUARD



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