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Officer runs marathon

JBER lieutenant travels to Washington D.C. to participate in the Marine Corps marathon
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Advisory

Don't get towed

As snow removal operations begin, be careful not to get your car towed while on TDY or vacation
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ARCTIC WARRIOR

Volume 3, No. 45

Joint Base Elmendorf-Richardson

November 9, 2012



Alaska National Guardsmen receive Distinguished Flying Cross

By Air Force Maj. Guy Hayes
Alaska National Guard PAO

Three Alaska Air National Guardsmen with the 212th Rescue Squadron were awarded the Distinguished Flying Cross Nov. 3 during a ceremony at the Talkeetna Theater on JBER.

Senior Master Sgt. Christopher "Doug" Widener, Master Sgt. Brandon Stuemke and

See DFC, Page A-3



SPARTAN PRIDE



Army Capt. Callea Pavelka, a native of Omaha, Neb., assigned to D Troop, 1st Squadron (Airborne), 40th Cavalry Regiment, collects her thoughts as fellow Soldiers of 4th Brigade Combat Team (Airborne), 25th Infantry Division, their families and distinguished guests gathered at the Sullivan Arena in Anchorage Nov. 1 for a redeployment ceremony to formally welcome the brigade home from a 10-month deployment to Afghanistan. (U.S. Air Force photo/Justin Connaher)

JBER's Spartan Brigade marks redeployment

By Sgt. 1st Class Jason Epperson
4-25th ABCT PAO

Friends, family members and Alaska community leaders gathered at Sullivan Arena Thursday as paratroopers of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, formally marked the

completion of the unit's latest combat mission to Afghanistan.

About 3,500 airborne-qualified Soldiers from the six battalions of the 4-25th ABCT have returned from combat operations in Afghanistan. This marks the third combat deployment for the brigade.

Among the dignitaries on hand to con-

gratulate the brigade were Gov. Sean Parnell, U.S. Army Alaska Commanding General Maj. Gen. Michael X. Garrett and U.S. Sens. Lisa Murkowski and Mark Begich, the latter in a pre-taped welcome video.

In his remarks, Garrett thanked the

See Spartans, Page A-3

Japan-based F-15 unit defends Alaska, Canada skies

By Air Force Master Sgt. Mikal Canfield
Alaskan NORAD Region Public Affairs

Every service member knows being ready at a moment's notice is part of the job. However, not every service member mans a combat alert cell, ready for the call requiring them to launch a fighter aircraft in minutes. For Airmen of the 44th Expeditionary Fighter Squadron, that's all part of 24/7 duty executing the alert mission.

The unit of Airmen, F-15C Eagle air-superiority fighters and equipment from Kadena Air Base, Japan, are deployed to JBER supporting the Alaskan NORAD Region, part of the North American Aerospace Defense Command mission providing aerospace warning and control for North America.

"The 44th EFS is responsible for protecting the Alaska Air Defense Identification Zone and intercepting any aircraft attempting to enter U.S. or Canada airspace," said Air Force Capt. Joshua Gunderson, 44th EFS electronic combat officer. "We are also responsible for intercepting any aircraft that originate within the U.S. not following their flight plan and/or showing signs of suspicious activity."

The ANR mission, now in its 54th year of operation, requires the aircraft, pilots and maintenance personnel to be ready whenever the call comes indicating a potential threat. It's a responsibility the Airmen take seriously and train and prepare for every day.

"After periods of inactivity, both equipment and personnel must be ready to instantly perform at their best when the phone call comes," Gunderson said. "All



Air Force Staff Sgt. Brandon Deem, 44th Expeditionary Aircraft Maintenance Unit, inspects rivets in the No. 1 engine of an F-15C Eagle. Airmen, aircraft, and equipment from Kadena Air Base, Japan, are deployed to JBER supporting the Alaskan NORAD Region. (U.S. Air Force photo/Master Sgt. Mikal Canfield)

members of the 44th team, both maintainers and pilots, stay focused on the task at hand and realize the unacceptable consequences of failure."

This responsibility to have the aircraft ready to go also has a major impact on the way maintenance is conducted, a mission that comes with some unique challenges.

"The most challenging aspect is maintaining a readiness posture 24 hours a day, seven days a week with zero down time," said Air Force Master Sgt. Matthew Veit, 44th Expeditionary Aircraft Maintenance Unit production superin-

tendent. "Most of our maintainers are used to the concept of available spares. In a simplified definition that means that if an aircraft breaks, it is replaced with another aircraft that is fully mission-capable and we have time to fix the broken aircraft."

Without the same resources at JBER, conducting repairs and other routine maintenance has an added sense of urgency, Veit added. This also results in maintenance personnel getting valuable experience in other areas.

"Some examples include having an engine mechanic assist with

radar troubleshooting, or an electrician assisting with the installation of an external fuel tank," Veit said. "The teamwork this mission fosters develops a very strong esprit de corps with a high sense of pride for each maintenance task completed."

The aircrew flying these missions have also taken advantage of some of the unique opportunities to train while deployed to Alaska. Specifically, taking advantage of Alaska's vast training ranges.

"The training ranges in Alaska provide us the opportunity to conduct low-altitude training in a mountainous region, which we

cannot do while in Okinawa," Gunderson said. "From both the flying and maintenance perspectives, flying over the Alaska range and operating in harsh winter climates will allow for increased flexibility and knowledge for future operations."

A lot of this training is conducted alongside F-22 Raptor aircrews assigned to the 3rd Wing at JBER.

"We've been able to do some integration sorties with the F-22s and gained a better understanding of each other's capabilities," Gunderson added. "This is beneficial because both platforms play a vital role in maintaining the air-dominance mission."

Even though the training opportunities are great, the aircrew and maintenance personnel all have a solid grasp on the real reason they're here.

"When the horn goes off at two in the morning, each Airman has a critical job to do and must be counted on, from the youngest maintainer to the most experienced pilot," said Veit. "The sense that this is real and there is no room for error causes a real change to occur in each Airman. You can see it on their faces and there's nothing like the feeling of a real-world scramble."

With each successful mission comes an increased sense of pride, especially toward younger Airmen who are able to get experience unlike many of their peers.

"It's especially rewarding when an 18-year-old Airman who's on his or her first deployment performs a flawless alert launch," Veit added. "They get a real sense of pride when they see their jet light two burners and blast down the runway."

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Community

Check out the Arctic Warrior community section for the latest sports, family and recreation news for JBER and the Anchorage Bowl area.



Command Emphasis

Honoring our veterans

Commentary by Army
Maj. Gen. Michael Garrett
USARAK commanding general

Last week, I was blessed with the opportunity to speak at a Spartan Brigade redeployment ceremony for the second time in my career. I was the brigade commander and brought them home from a tough deployment to Iraq in 2006 and now could not have been prouder to welcome them home from Afghanistan as their commanding general.

When Alaska Gov. Sean Parnell spoke at last week's ceremony, he invited all the paratroopers to settle in Alaska when they complete their service to the Army. I know this was a genuine request, because Alaska has a higher percentage of veterans than any other state in the nation.

We are truly blessed to serve in such patriotic communities. Alaska values the training, experience, standards and personal worth instilled in those who have sworn to uphold the Constitution and protect their homeland.

Veterans Day has its roots in the conclusion of World War I. That was to be the "war to end all wars." Now, nearly a century later we see through the wisdom of hindsight just how wrong that claim proved to be. The last hundred years have been fraught with conflict and our nation has called over and over again for valiant young men and women to serve on battlefields across the globe.

The bravery and heroism displayed by those who answered the call endure in the pages of history. No one can appreciate their sacrifice and burden more than those of us who have served in our military



World War II veteran Peter Schantz, 87, of San Leandro, Calif., who served with the 793d Military Police Battalion in the European Theater of operations, poses for a portrait in the 793d Military Police Battalion conference room Oct. 1. Schantz made the journey to JBER to attend the Spartans Battalion ball with his wife and son. (U.S. Air Force photo by Justin Connahey)

over the past twelve years of war. Having been through the crucible of combat operations ourselves, we have a great appreciation for what it takes to protect a nation at war.

It takes profound strength to wear this uniform, and once someone has earned the right to wear our colors, they are bonded to us for life. The uniforms we wear have changed many times in our history. What hasn't changed is the determination, patriotism and spiritual strength of those who volunteer to serve in our ranks.

Like the uniforms we wear, the perception of veterans has changed during the past decade. Nearly half

of those serving today are between 22 and 30 years old. America now has the highest population of young veterans since the Vietnam War.

Since Sept. 11, 2001, nearly three million Americans have taken the oath to defend a nation at war. Now, more than a decade later, more than 1.3 million service members who have deployed to war have left the service and returned to civilian life.

With the war in Iraq now over and the war in Afghanistan nearing completion, the Army is projected to get smaller during the next five years. We expect more than 130,000 Soldiers to leave the Army

this year and more than 500,000 by 2017.

Our Army is committed to the lifelong success of our Soldiers, veterans and their families through programs that provide employment, healthcare and education opportunities. The Transition Assistance Program exists to help separating Soldiers transition successfully to get a civilian job, start a business, go back to school or enroll in training programs. When our veterans are successful, they add to the strength of the Army.

Occasionally, I hear claims that the Army doesn't care about its Soldiers and their families. There is

nothing further from the truth. NOBODY cares as much as the Army does. No civilian corporation or any other group puts as much time, effort and resources into supporting the welfare of the people in their organization as our Army. For example, last September the entire Army dedicated a full day to suicide prevention education. Think of the millions of man-hours that cost. I can't imagine a bank or car company dedicating that kind energy and lost production for the welfare of their employees.

Another example is the Warrior Transition Units. WTUs are dedicated to the healing and recovery of injured Soldiers. They facilitate the recovery process, in some cases for years, to provide wounded warriors the opportunity to return to serve in our ranks or else effectively transition as a veteran to the civilian world with every possible opportunity to succeed.

Soldiers, veterans and their families have given so much to the defense and safety of our people and nation. We who continue to serve have a sacred duty to maintain their trust and faith in us and remind them that they are our legacy and will always be a cornerstone of our nation's strength.

Unless we make the ultimate sacrifice for our nation, each of us will be a veteran some day. I encourage you to take the time to thank a veteran for their service. Remind them that those of us still serving appreciate what they have done for their nation. If it weren't for the efforts of those who defended America before us, we wouldn't have the privilege of defending her today.

Arctic Warriors! Arctic Tough!

Put on your spiritual armor and sharpen your wingman sword

Commentary by Chief Master Sgt. Michael Nero
673d Civil Engineer Group
command chief master sergeant

Imagine you've just been given the worst news you could possibly imagine. Your world is crashing down around you and you experience a feeling of hopelessness like you've never experienced before. I hope this never happens to you, but if it does, your spiritual readiness can pull you through.

AFI 36-2618, paragraph 3.1.4. states, Airmen must maintain the highest level of personal readiness to meet mission requirements. This includes technical, physical, mental, and "spiritual" readiness. Spiritual readiness is the ability to persevere through stress, hardship, and tragedy and may or may not include religious activities. It is just as important as all other aspects of personal

readiness. Your life as well as the mission depends on your ability to persevere through bad news anytime, anywhere even when forward deployed to the most austere places in the world.

Faith and reliance on your spiritual abilities will allow you to persevere through the most difficult times in your life. Receiving terrible news is something most people have severe difficulty facing.

Could you make it through the deployment if you felt like your world was crashing down around you? How would you handle a relationship that fails? Maybe you made a mistake in the military and you're now facing a transition in your life. Perspectives start to change and life quickly starts to spiral downward. Some signs may be obvious... eating habits change, sleep becomes difficult, and isolation becomes the norm. Soon, depression sets in and all focus is on

the situation at-hand.

A concerned wingman will notice changes in behavior and quickly address the situation. A wingman can offer an ear and give counseling as a friend to remind the person suffering of the services the Air Force provides for mental health and spiritual guidance – they will never leave an Airman behind.

Once the person realizes they're not alone, they're only focusing on the negatives, and that someone actually cares about their well-being, they're likely to have greater hope their future will be brighter.

Religious leaders remind us of the spiritual strengths one can draw upon and they can help us develop better perspectives (i.e. count our blessings). When times are bad, it's difficult to focus on all the good things we have in our lives. We are after all, blessed to be Americans serving the greatest Air Force

in the world.

When faced with a difficult situation, every day is a challenge, but facing it one day at a time, one can continue to focus on the positives, escape from the darkness, and continue to make great contributions to the mission.

I encourage you to keep your spiritual armor polished and always keep your wingman sword sharp. Be the first to share your experiences and try to relate to those who are going through difficult situations.

It will hone your wingman relationship and provide those suffering valuable insight from another perspective. Act when you see fellow Airmen in distress and come to their rescue. We will all experience tragedy in some shape or form at some point in our life. If you are not prepared mentally and spiritually, you are putting yourself at an extreme disadvantage and might even be risking your life.

USS Anchorage set to officially join operational fleet in May

PAO staff report

Secretary of the Navy Ray Mabus approved May 4, 2013 as the commissioning date for the USS Anchorage, with the commissioning ceremony to be hosted at the Port of Anchorage.

The Anchorage – the second Navy ship to bear the municipality's name – is a San Antonio Class amphibious transport dock designed to disembark Marines for an amphibious assault.

The Anchorage was delivered and accepted by the Navy Sept. 17. Her keel was laid Sept. 27, 2007, and the ship was launched Feb. 12. She successfully completed sea trials June 22.

According to the USS Anchorage Commissioning Committee, the ship will be at the Port of Anchorage for 10 days, when she will be made available for tours.

A ship's commissioning ceremony officially marks when a vessel becomes an active-duty element of the U.S. Navy.



The future USS Anchorage (LPD 23) successfully completed builder's trials in the Gulf of Mexico last May marking a significant milestone as the ship progresses toward acceptance trials and eventual commissioning May 4. (U.S. Navy file photo)

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11th Air Force
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U.S. Army Alaska
Commanding General
Maj. Gen. Michael X. Garrett (USA)

Joint Base Elmendorf-Richardson/
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Col. Brian P. Duffy (USAF)

Joint Base Elmendorf-Richardson/
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ARCTIC WARRIOR

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Hawaii-based wounded warriors visit Alaska for care

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

The Alaskan mid-October weather is surprisingly nice as a man stands face to face with a moose. In most cases, such a situation could easily become dangerous. Both appear inverted and timid, keeping some distance. The man turns his back on the large animal, which then approaches him. It rests its head on his shoulder and the invisible barrier between them breaks.

The impact is significant; the man is a Soldier visiting an Alaska reindeer farm as part of a trip arranged by his unit in Hawaii.

Wounded warriors from Tripler Army Medical Center's Warrior Transition Battalion-Hawaii medical command visited JBER's Warrior Transition Battalion-Alaska to receive care only the final frontier could provide.

The visiting group included five Soldiers from the WTB-Hawaii, based out of Schofield Barracks, Hawaii. They visited Oct. 19 to 29.

"I thought the climate difference would be a lot worse, but the whole time it was really nice," said Army Master Sgt. Jimmy Keen, WTB-Hawaii Operations noncommissioned officer. "The skies were clear so it was beautiful. For me, the adrenaline and the excitement kept me warmer. I don't know how I would do if I was there for a whole three years, but there was never a time when we were cold during our visit. Sergeant Buzzatto provided a good packing list, and everywhere we went they had additional clothing and were able to keep us dry and warm and keep us comfortable."

Army Master Sgt. Charles Buzzatto, Soldiers and Family Assistance Center Army liaison, was putting together something, which had never been done before.

"This is the first time it's ever been done in Army history for the purpose of



Christian Garrett, Army Master Sgt. Charles Buzzatto, and Paul Pace, discuss how fly fishing can help wounded warriors regain confidence and transition towards their next step in the Warrior Transition Battalion-Alaska Nov. 6. WTB-Alaska recently networked with Warrior Transition Battalion-Hawaii so the wounded warriors could use recreation opportunities unique to Alaska. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

rehabilitation and healing," Buzzatto said. "We've never done a partnership to exchange wounded warriors from one Warrior Transition Battalion to another. We essentially created our own Project Odyssey trip."

Project Odyssey is a branch of the Wounded Warrior Project, a nonprofit organization.

"The program is designed to provide a trusting environment for wounded warriors to rehabilitate using nature and recreational opportunities," said Al Giordano, deputy executive director of WWP. The organization has no official connection with the WTB-Alaska and WTB-Hawaii network.

Buzzatto said he saw the advantages to the project and put the concept into practice using Alaska's unique environment. The Sol-

diers visited a number of locations across the Last Frontier, including Palmer and Wasilla. They rode on horseback and ATV's, went fishing and fed and petted reindeer, buffalo and moose.

"It's basically events we set up for healing, for both physical and psychological healing," Buzzatto said.

Buzzatto, a native of Pittsburgh, explained events like fishing are helpful, because the opportunity teaches the patient how to continue living through their challenges.

The SFAC Army liaison made sure their schedule took full advantage of the visit. Among the most memorable events was a visit to a reindeer farm in Palmer, where the manager opened the facility to give them a private tour.

"The reindeer were standing far off at first," Keen said. "Then we got feed and they came right up to us."

Buzzatto said Project Healing Waters in Homer was the most important event they did.

"For us here at JBER, they are a constant supporter of our wounded warriors," the liaison said. "They took them on a completely paid for trip down to Homer where they learned fly fishing, and how to tie flies."

He explained that for many wounded warriors – for example those missing fingers, a hand or an arm – learning how to do things like tie flies through the disability is especially rehabilitative.

The trip wasn't all recreation. The mission of the WTB is to help wounded warriors transition, whether it's back into military duty or into separation for college or a job.

"We also did career-progression plans," Buzzatto said. "It's basically a goal-setting class. When you process in as a wounded warrior, you have to plan goals for when you get out of the military, whether that's college or a job."

Once the class was finished, the group went back into recreation with a class on archery techniques.

The events during their visit were sponsored by programs including Alaska Healing Hearts, Project Healing Waters and the National Wild Turkey Foundation.

The second visit, and the first time WTB-Alaska wounded warriors will visit Hawaii with similar goals, will take place in November.

"We're looking forward to showing the WTB-Alaska our beaches and ocean," Keen said. "We will do things like get them participating in a luau from setup to finish, and get them certified in scuba diving and surfing. The scuba diving is taught by the Handicap Scuba Association of America. It's for paraplegics and people in wheelchairs. It's really a tremendous program for military."

Spartans

From Page A-1

audience for being there for "our beloved airborne brigade combat team."

Garrett also acknowledged the families of Soldiers the brigade lost during the deployment.

"Today, we remember that the homecoming you experience is a heartbreaking one," Garrett said. "Know that your loved ones will never be forgotten. They live in the hearts of every paratrooper they lived, laughed and fought for."

Garrett referred to the brigade's Soldiers as "tough, battle-hardened paratroopers" and acknowledged he has a special affinity for the 4-25th ABCT.

"What set this brigade apart in Afghanistan is not what you see, but what you don't see, their minds and their hearts," Garrett said. "The Spartans made it their business to make sure that as they defeated their enemies on the battlefields, they didn't create new ones."

He closed his comments with an acknowledgement of the families.

"The list of sacrifices you've made is long and known only to you," Garrett said. "No one can ever give you back that time, yet no one can ever take away the pride that you feel in your heart and in your souls."

As civilian leaders stepped up to speak, each commented on the sacrifices and commitment to duty of the 4-25th ABCT Soldiers.

"We are here to honor your excellent work," Parnell said. "I'd like to honor you personally for the time and sacrifices you've made and given, the events you've missed, birthdays, anniversaries, fishing trips postponed and celebrations that you had to see pictures of from far away. That's why we're here today – to honor that life commitment that you've made."

Commander of the 4-25th ABCT, Army Col. Morris T. Goins, stood at the lectern, but later took the microphone and walked in front of the formation to speak.

"To stand behind the podium is overwhelming," Goins said.

"Almost a year ago we stood



ABOVE: Two-year-old Deanna Ferris takes advantage of an opportunity to enjoy being with her father, Army Staff Sgt. Kiel Ferris, 4th Brigade Combat Team (Airborne), 25th Infantry Division, during the brigade's redeployment ceremony Nov. 1 at the Sullivan Arena in Anchorage. (U.S. Air Force photo/John Pennell)

RIGHT: Army Lt. Col. John Hinson, commander of 725th Brigade Support Battalion and Command Sgt. Maj. Brian Morrison uncash their battalion's colors Nov. 1 during a redeployment ceremony. (U.S. Air Force photo/Justin Connaher)

MORE PHOTOS

For more photos of the redeployment ceremony, scan this QR code or visit <http://tiny.cc/kqjfnw>



here saying farewell and promised to you that we would not let you down," Goins said. "Combat hardened, but also soft. That's what makes a paratrooper so great."

Goins spoke of the popular

television show CSI, to shed light on one of the brigade's accomplishments in Afghanistan.

"There is Las Vegas, Los Angeles and Miami but the one you don't know is CSI Afghanistan," he

said. "That CSI, whose cast members are the paratroopers behind me, has enrolled 82,000 people in [a biometric database]," Goins said. "That allowed the paratroopers behind me to send hundreds of

people to jail."

After Goins thanked the families and troops the USARAK Army band played the U.S. Army Alaska March and The Army Goes Rolling Along, completing the ceremony.

DFC

From Page A-1

Staff Sgt. Aaron Parcha received the medals for having distinguished themselves in combat by "heroism or extraordinary achievement while participating in an aerial flight."

"During the span of five days, these warriors, these pararescuemen, flew 25 missions retrieving a total of 49 U.S. and coalition personnel, with 11 of those personnel deceased," said Maj. Joe Conroy, 212th Rescue Squadron commander, Alaska Air National Guard. "Nineteen of the personnel they retrieved were rescued by conducting a hoist insertion and extraction, often under heavy fire

from the enemy."

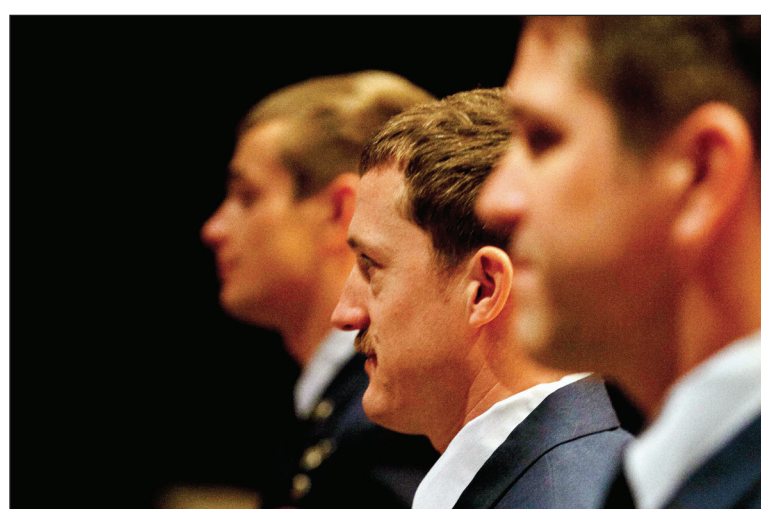
Conducting actions in the face of extreme danger, these pararescuemen supported missions during Operation Bulldog Bite in November 2010, an operation that involved some of the largest rescues and evacuations since Operation Anaconda in 2002.

"These brave and courageous warriors exited an HH-60 helicopter while in-flight, by a cable hoist system under extreme and intense circumstances to recover fellow combatants wounded during ground combat operations with the enemy," Conroy said. "Their direct actions led to lives saved and those Soldiers have now returned to duty and back to their loved ones."

While the ceremony recognized the actions of these three heroic pararescuemen, Conroy

also asked people in attendance to honor the Soldiers who perished during Operation Bulldog Bite. Sentiments echoed by Distinguished Flying Cross recipient, Master Sgt. Brandon Stuemke.

"It's so much more than just a medal," Stuemke said. "Yes, it's the Distinguished Flying Cross with Valor, but it goes way beyond that. It goes to what it represents. It goes to the men out there in the Wapatur Valley that sacrificed their lives. It goes to the men out there in the Wapatur Valley that we pulled off the hill during that week. It's so much more than just a medal. Numerous individuals that week paid the ultimate sacrifice. Those are the guys. Those are wounds that I will carry with me internally for the rest of my life. Those are faces that I will never forget."



Air Force Master Sgt. Brandon Stuemke (center), Senior Master Sgt. Christopher "Doug" Widener (left) and Air Force Staff Sgt. Aaron Parcha wait to shake hands with the hundreds of attendees at the Distinguished Flying Cross with Valor Medal presentation at the Talkeetna Theater on JBER Nov. 3. (Alaska National Guard photo/Air Force 1st Lt. Bernie Kale)

Briefs and Announcements

Disposition of effects

Army 2nd Lt. Remington Myhre, 1st Squadron (Airborne), 40th Cavalry Regiment, is authorized to make disposition of personal effects of Sgt. Brent S. Barnett-Lamothe, 1-40th Cav., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Myhre at 907-384-1862.

Brain injury classes

Every Tuesday from 5:15 to 6:15 p.m., the JBER hospital Traumatic Brain Injury Clinic will host education and peer-coping strategies class for spouses and partners of service members affected by TBI.

For more information, call 580-0014.

Satellite pharmacy

The refill pharmacy at the Moose Entrance of the JBER hospital ceases operations Nov. 21.

The AAFES satellite pharmacy opens its doors Nov. 26, and will be open Monday through Friday 9 a.m. to 6 p.m., and Saturday for pickups only from 9 a.m. to 1 p.m.

The main hospital pharmacy is open Monday through Friday 7:30 a.m. to 5:30 p.m.

Scholarship opportunity

The Air Force Aid Society will be accepting applications for the Gen. Henry H. Arnold Education Grant for the academic year 2012 to 2013 until March 9.

Eligible spouses will have an opportunity to receive up to \$2,000 to fund their college education. To apply, please visit www.afas.org/Education/ArnoldEdGrant.cfm.

Giant Voice testing

Giant Voice mass notification system testing occurs every Wednesday at noon. If the announcement is difficult to hear or understand, please call 552-3000.

If the announcement is difficult to hear or understand in any base housing area, please contact JBER at [Facebook.com/JBERAK](https://www.facebook.com/JBERAK).

Volunteer opportunity

The 2012 Special Olympics Bowling Tournament, scheduled for Nov. 16 to 18, requires volunteers for all positions.

For more information, call 552-1156.

Volunteer opportunity

The U.S. Army Alaska commanding general invites Soldiers to participate in a new partnership between the Alaska Military Youth Academy and U.S. Army Alaska.

This partnership involves voluntary mentorship of AMYA cadets, and is intended to support and enhance AMYA's mission to intervene in and reclaim the lives of Alaska's at-risk youth.

USARAK and AMYA seek to fill 25 to 30 mentor slots with capable and caring Soldiers by Oct. 1.

For more information, call 384-6120 or email Deborah.morton@alaska.gov.

Do not trespass

Trespassing on JBER-Elmendorf combat-arms firing ranges is both dangerous and illegal.

Units fire on ranges at random times in accordance with their training schedules.

The outdoor range is located approximately one mile north of Sixmile Lake and the indoor range is at Building 4309 Kenney Ave.

For more information or to inquire about access to these areas, call Combat Arms at 552-1846.

Lunch with a Lawyer

Judge Advocate General lawyers will meet with troops every Tuesday from 11 a.m. to 1 p.m. at the Iditarod Dining Facility to answer general legal questions.

Public Health closures

Public Health closes the first Thursday of the month from 1 to 4:30 p.m. and the third Thursday of the month from noon to 4:30 p.m. every month. For more information, call 580-4014.

Rental Partnership

The Rental Partnership Program at JBER is available to all eligible active-duty members and consists of two options.

The first option, RPP Plus, includes utilities and sometimes cable costs providing an easier budget with a set rental payment year round.

The other option, RPP 5 Percent below market, saves the

member five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

Both options are made available with no deposits or fees to the member with the exclusion of pet fees as applicable.

This program is designed to provide active-duty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option of the RPP for the rental payments which is made directly to the landlord resulting in a more trouble free transactions.

JBER-Elmendorf can see RPP officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Drive, or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

At JBER-Richardson, visit the Housing Management Office, Building 600, Richardson Drive, or call at 384-3088 or 384-7632.

Road closures

Gulkana Avenue is closed west of Sixth Street for housing construction, opening again time to be determined.

Dyea Avenue is closed from Fifth to Sixth streets until December for housing construction.

Juneau Avenue is closed near Fifth Street until March 15, 2013, for housing construction.

Alpine Avenue and Birch Hill Drive near Alpine Avenue will be closed until February for housing construction.

Seventh Avenue is closed between Beluga and Dyea avenues until April 15, 2013.

Home buyer's seminar

The 673d Civil Engineer Squadron Capital Asset Management Office offers a first-time home buyer's seminar two times each month through the Volunteer Realtor Program.

The seminar covers home loan prequalification, negotiations, offer acceptance, inspection, title search, available types of loans, and the closure process as well as many other aspects of interest to a prospective home owner.

Please contact the JBER-Elmendorf office at 552-4439 or the JBER-Richardson office at

384-3088 for specific times to be included in the sign-up roster.

U-Fix-It Store

The U-Fix-it Store is located in Building 706 and is open to all Aurora Military Housing tenants.

Assorted items for maintaining your home may be issued from the U-Fix-It Store.

The items available are subject to change and limits and some may have a cost. There are also American flag kits, and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

Its purpose is to allow the occupant to make minor improvements and repairs to their home and cut down on the amount of service orders at maintenance.

This allows tenants to do work in their homes themselves, thus improving the appearance of the interior as well as the exterior of the home. There are two stores located on base.

The JBER-Elmendorf location is 6350 Arctic Warrior Drive and it is open 8:30 a.m. to 5:30 p.m., Monday through Friday and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.).

The JBER-Richardson location is Building 706 1st St., open from 8:30 a.m. to 5:30 p.m., Monday to Friday.

A window blind cleaning machine is currently located at the JBER-Elmendorf location.

A "reservation required to use" policy is in place with the priority going to military members PCS-ing. For more information, call 375-5540.

Mortgage relief

Policies are in effect to provide significant housing relief to thousands of service members and veterans who have faced wrongful foreclosure or been denied a lower interest rate on their mortgages.

Service members and their dependents who believe that their Service Member Civil Relief Act rights have been violated should contact their servicing legal assistance office – 552-3046 at JBER-Elmendorf office, and 384-0371 for the JBER-Richardson office.

Additionally, information and referral services regarding the mortgage relief plan can be obtained at the JBER Military and

Family Readiness Center, 552-4943.

Find housing

Visit the Automated Housing Referral Network at www.ahrn.com or www.ahrn.org/mobile if using a mobile device to find housing before packing up.

Sponsored by the Department of Defense, the website listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner listings.

Listings include property descriptions, pictures, maps, links to local schools, and contact information.

Service members who would like to rent their homes, sell their homes, or are looking for another service member as a roommate in their current homes, may post an ad free of charge on the site.

For more information, call the 673d Civil Engineer Squadron Capital Asset Management Office at either 552-4439 for JBER-Elmendorf or 384-3088 for JBER-Richardson.

Dining facility survey

ARAMARK is conducting a survey to evaluate how the contractor can better offer dining service to JBER.

The 17-question survey can be accessed at <http://tinyurl.com/bm5koz6>.

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free and is open Monday to Friday 7:30 a.m. to 4:30 p.m.

Arctic Watch

The JBER Antiterrorism Office encourages all personnel to be vigilant against threats and report suspicious activities to iWatchArmy at 384-0824 or Eagle Eyes at 552-2256.

Military publications

Visit the Joint Base Elmendorf-Richardson Public Affairs Office, 10480 Sijan Ave., Suite 123, for copies of the JBER Installation Guide and Phone book.

Municipality of Anchorage maps are also available.

Call 552-8918 for information.

Snow!



773d is on call

Airmen of the Snow Team ready to clear the flakes, Page B-2



Youth

Wasilla High JROTC students visit JBER

New program's first year starts off with a visit to Heritage Park, Page B-4

www.jber.af.mil/news

COMMUNITY

Volume 3, No. 45

Joint Base Elmendorf-Richardson

Nov. 9, 2012



Air Force 1st Lt. Caitlin Oviatt stretches after a morning run on JBER Nov. 6. Oviatt is a marathon runner who, as part of a three-woman team, competed against every branch of service to win the All-Service Championship for the Air Force female division at the 2012 Marine Corps Marathon, in Washington, D.C., Oct. 28 during Hurricane Sandy. Oviatt trains regularly with the Army on JBER-Richardson and is the first Air Force officer to lead an Army materiel management flight. Her hometown is Aurora, Colo. (U.S. Air Force photo/Staff Sgt. Robert Barnett)

Lieutenant takes up marathoning, wins Marine Corps race

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

The air was cool and breathing was challenging as Air Force 1st Lt. Caitlin Oviatt's legs continued pumping Oct. 12, putting more and more distance behind her and bringing the finish line ever closer.

The wind was perhaps the most difficult challenge she faced; many flights and special events were shut down due to Hurricane Sandy, but the runners endured.

She was a member of a three-person team at the 2012 Marine Corps Marathon in Washington, D.C.

They were competing against every branch of service – and they won the All-Service Championship for the Air Force female division.

"I've been very humbled and honored to represent the Air Force in that way," said Oviatt, a native of Aurora, Colo. "The women on the team are eccentric; they're really talented runners. I'm the youngest on the team, so I see a lot of what I would like to become as a runner and an officer, so it's a really good opportunity."

Once selected to represent the Air Force

in the sport, athletes run the Air Force half-marathon. Successfully completing that, the lieutenant got to continue onto the next race.

"They pick the top three females and males from the team and then you go and run at the Marine Corps Marathon," she said. "We just got back from it and we won the All-Service Championship, which is a big deal, so it's pretty cool. Our female team beat all other services; the Navy, the Army, the Marines; they were all there and we beat them. We got a medal and championship trophy."

"That was in Washington, D.C., in the hurricane; the winds were nuts. It didn't make for an easy weather condition to run a marathon, so we really had to work hard. We duked it out. My husband and some of the other team got stuck there because the flights were cancelled. So you can run a marathon, but they'll cancel your flight. That was pretty interesting."

While she'd always enjoyed running, she only recently decided to go for marathons.

"I was selected to be on the Air Force marathon team," the 773rd Army materiel management flight commander said. "I've done two marathons in my entire life; I decided to get into marathon-running this past year. It's actually worked out pretty well."

"There's something about running; I was always fairly decent at it," she said.

The sport has deep meaning to the marathon winner.

"There's a spiritual effect to running," she said. "It allows calmness in my life and my thoughts; how I start my morning. I get up every day at 4 a.m. to get in my runs before work at 6:30 or 6:45, rain, shine or Alaska snow. I do lots of treadmill running if I have to. I just love that drive."

It takes a lot of devotion, she said, but it's worth it.

"In distance running you have to put in a good amount of base mileage to build your endurance," Oviatt explained.

"Build those long-distance muscles. You also need to have speed, so you do have to incorporate the track workout, speed workout, interval workout, as well as your distance training. You can go as short as 800 meters to one-mile repeats and as long as a 20-mile run."

Marathon running isn't the only sport Airmen can choose to be a part of. Military members do, however, need to apply for it.

"You have to put your times down, why you want it, you send it in and have you get your command to bless it and give you the go," she said. "Mine was interesting because I didn't have any marathon times, everything was half marathons or shorter distance races, but they thought it was fast enough to qualify for it so I put those down, got on the team. I've run two marathons since."

Despite her beginning, Oviatt has been an optimist.

"I'm just getting started," she said. "I'm hoping to just keep getting faster and, over time, all this crazy morning training will pay off. I'm just keeping positive."

"My mileage right now is about 60 miles a week. I'd like to do more but there's only so much time in the day and my number one responsibility is being an officer, tried and true."

"You can't necessarily run as much as you want, which is totally OK. I've been running half marathons, just cutting the time down; I'm at about 1:25 right now, that's an hour and twenty-five minutes. I want to get that down to about 1:20."

In terms of distance, a half-marathon is 13.1 miles, and a marathon is 26.2 miles.

Oviatt said the future is looking bright; she loves running in Alaska.

"We're training for the cross-coun-

try championships right now," she said. "There's a little downtime so the body can recover from the marathon. Then starting to revamp the training again, it's pretty exciting stuff. Alaska's a great place to run."

"I remember the first 19-mile run I had out here; it was out on the flight line area. I had a face mask on, and when I got home my husband pulled it off and I had this huge frostbite on my chin; the life of a runner. Alaska is extreme; you have to dress for the climate. You need some tough athletes, that's for sure, but it's been a really good experience."

The Air Force lieutenant has placed herself in position to promote joint operations professionally as well as in her athletic training and competition.

"I'm the first ever Air Force officer leading an Army materiel management flight," she said proudly. "I got out and ran with [Army] Maj. Gen. [Michael X.] Garrett and his staff. I was the only Air Force out there, the only one in Air Force gear while they're in their Army gear running and pacing and talking with General Garrett. That was probably one of the coolest experiences I've ever had with running. General Garrett really runs nine miles three or four days a week, so it was really cool to pace with him."

For those interested in running, the championship marathon-runner also teaches at the Health and Wellness Center.

"I was working with the HAWC to teach running classes on base," she said. "No matter if you're running for 15 minutes or your mile and a half, no matter the distance you're running, it's making the choice to go out and better yourself."

"I'm a firm believer in fitness, especially in the military," she said. "Down the road, I have some big dreams and big goals and maybe running will allow me to do that. It's all about that balance in life."



Youth On Rappel

Alaska Military Youth Academy Cadet Ryan Savok, of Wasilla, rappels on Joint Base Elmendorf-Richardson during October. Alaska Military Youth Academy Class 2013-1 convened Oct. 1 with 156 cadets in the class at Camp Carroll on JBER. The AMYA helps intervene in and reclaim the lives of youth and produce program graduates with the values, skills, education and self-discipline necessary to succeed. (Alaska Military Youth Academy photo/Roman Schara)

Be thankful for more than just the turkey this season

Commentary by Air Force Chaplain (Maj.) Mike Shannon

I love this time of year – I always have. It’s football season, the World Series just wrapped up, the leaves have turned and fallen from the trees, the air is crisp and cool and now the snow is likely here to stay.

Then there are the holidays. My favorite is Thanksgiving.

I think I like it most because it seems to be less stressful than others, and I always anticipate my favorite things about it, like football games, family, friends and food... lots of food!

This year I’m searching my own heart and asking myself, “For what am I thankful?”

So, as I think about this, here are some thoughts on this year’s Thanksgiving.

Be Thankful for Your Memories

I’m reminded of the Apostle Paul’s words to the church in Philippi, “I thank my God upon every remembrance of you (Philippians 1:3).”

It’s easy to get caught up in dreaming of cooking the perfect turkey, preparing the perfect Thanksgiving table setting, or creating the perfect Thanksgiving.

The problem is that nothing

is perfect.

By spending all that time and energy creating the “perfect Thanksgiving”, we can miss out on what is really important – the people we are with.

I was speaking with several friends (I have had this conversation with others throughout my life) about memories of their Thanksgiving.

We all agreed we couldn’t remember the meals all that well, but we could remember the fun we had with the people we were with; relatives laughing, telling stories, watching football or dozing off in a snore fest after eating all that turkey. The turkey will come and go, but memories will last a lifetime.

Take time this year to absorb the memories. Just allow life to unfold and enjoy the presence of your loved ones.

Be Thankful in All Things

Undoubtedly, these are tough days. Yet people of faith are called to give thanks no matter what. Paul again reminds us, “Give thanks in all circumstances; for this is the will of God in Christ Jesus for you (1 Thessalonians 5:18).”

Matthew Henry wrote a commentary on every book of the Bible.

He was once robbed and

thieves took everything of value that he had.

Later that evening he wrote in his diary these words, “I am thankful that during these years I have never been robbed before. Also, even though they took my money, they did not take my life.”

“Although they took all I had, it was not much. Finally, I am grateful that it was I who was robbed, not I who robbed.”

People with an attitude of gratitude don’t have to have everything go their way in order to be thankful.

Be Thankful for God

I realize some who read this article may wonder how this last point applies to them.

But there is a good reason why many of us desire to earnestly “thank” God.

This thankfulness has to do with having what some would call a second chance or what Max Lucado calls a “do over.”

In his book, “No Wonder They Call Him Savior,” he writes:

“Not many second chances exist in the world today...Just ask the kid who didn’t make the Little League team.

“...But wouldn’t it be great if there were ‘do overs?’

“A policeman stops you for



speeding, you just tear up the ticket and say – ‘Thanks officer, but I’ll be taking a do over today.’

“You get in an argument with a friend and you say something mean and cruel – ‘I think I’ll be taking that do over now.’ ‘Sure thing,’ they say... Fail a test, blow a presentation at work, invest in the wrong company, forget to send in your taxes – just take a do over... but listen – in the most important thing there is (our relationship with God) – a do over is not a dream, it is a reality...”

This is why I and many within the Christian faith give God thanks – because we are thankful for the “do over” granted us through faith in Jesus.

I certainly am, for I know my life would have been drastically different were it not for God granting me a “do over.”

May your Thanksgiving be filled with gratitude for the memories of times with your loved ones, for all circumstances in your life, and for God who, in His grace, through faith in Jesus, has granted us a “do over.”

773d LRS ready to tackle the snow head-on this year

By Air Force Capt. Trenton Reeves
773d Logistics Readiness Squadron

As the temperatures begin to drop, our windshields will begin to freeze over. As darkness takes over our days, we wonder if we are in store for another record snowfall.

We are all uncertain, but one thing for sure is the reactivation of the 773d Civil Engineer Squadron’s “snow team.”

The team’s mission is to keep the installation’s runways, airdrome, roads and parking areas clear and safe, enabling JBER personnel to safely execute the mission.

We all share the responsibility of ensuring a safe snow season.

Keeping in mind the following important tips will expedite snow removal, prevent accidents, and return the base to normal operations as quickly as possible.

- Pick-up or remove items and debris around base facilities and housing units that will impede or damage snow removal equipment.

- Facility managers with entrances on the airfield can stop by the Snow Barn, and pick up sodium acetate, which should only be applied to the airfield side.

- Facility managers should develop plans for vehicle movement prior to arranging for or requesting snow removal and get some expert advice on the dos and don’ts of snow removal.

- Prior to using unit-owned, truck-mounted plows, facility managers must contact the snow barn for instructions on how to plow and where to stockpile snow.

- Facility managers need to post parking lots as “closed” upon requesting snow removal operations; parking lots with vehicles left in them may not be cleared of snow.

Personnel leaving for temporary duty

should park in long-term “deployment” parking areas and make arrangements to have their vehicles moved, as needed, throughout the winter months.

Operators are under strict instructions to immediately stop operations when children are seen near snow removal locations.

Instruct children on the dangers associated with snow operations.

- Operators have narrow fields of vision in their vehicles.

- Operators have extremely limited hearing over the equipment noise.

- Snow tunnels and forts can be unstable and collapse without warning.

- Playing near icy roads or snow removal

vehicles is a recipe for disaster.

- Maintain a minimum 75-foot clearance from all snow removal equipment; don’t tailgate.

- Yield right-of-way to snow equipment.
- Slow down and drive according to road conditions – speed limits are reduced during snow and icy conditions.

Important numbers for the winter season:

For housing area snow removal, call Aurora Military Housing – 753-1023, 753-1024 or 753-1091.

Base roads/facilities/parking/potholes: Snow Barn dispatch – 552-2994 or 2995

Airfield snow removal: Base Operations – 552-2107

Straight Talk Line: 673rd Wing Public Affairs – 552-0101 for current road/emergency conditions.

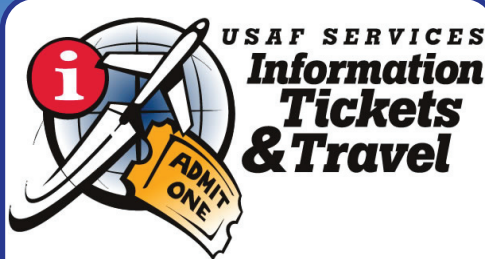
The snow team will use all available resources to keep JBER running.

They have a priority schedule and will get to problem areas as soon as possible.

Personnel leaving for temporary duty should park in ‘deployment’ parking or risk being towed.

FSS EVENTS

SINGLE  AIRMAN Program



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AT THE WIRED CAFE

NOVEMBER 22 • 1-4 PM

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Traditional Stuffing • Rolls
Green Bean & Sweet Potato Casseroles
Cranberry Sauce • Pumpkin Pie

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REDSKINS VS. COWBOYS
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November 16

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Most authentic
Best Twenties Style

\$5 Cover Charge • Club members get in free all night
Women get in free before midnight



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FORCE
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& ACTIVITIES

Community happenings

FRIDAY
Veterans Job Fair
 More than 120 employers and education, training and apprenticeship providers will be at the Alaska Veterans Job Fair from 10 a.m. to 3 p.m. at the University Center.
 The job fair places emphasis on service to veterans and all eligible people.
 For information call 269-4777.

FRIDAY THROUGH SUNDAY
Rock and mineral show
 The Anchorage Sheraton hosts this show put on by the Chugach Gem and Mineral Society.
 Displays, talks, demonstrations and more offer something for everyone. Activities for children are also available.
 For information call 830-0631.

SATURDAY
Alaskan Christmas Bazaar
 The Anchorage City Church hosts this free annual arts and crafts fair; more than 95 booths will sell handmade items, food, coffee and much more.
 Live music and a visit from Santa are planned.
 For information, call 344-2141.

TUESDAY
Battle Buddy Lunch
 Survivor Outreach Services hosts this lunch at the Wilderness Inn's Fisherman's Lounge.
 Anyone who has lost a battle buddy, sibling, family member, spouse or anyone close is welcome to the event from 11:30 a.m. to 1 p.m.
 For information, call 384-0702.

WEDNESDAY
Aces vs. Eagles game
 The Alaska Aces take on the Colorado Eagles at the Sullivan Arena starting at 7:15 p.m. Get your hockey fix with this ECHL game as the 2011 Kelly Cup winners take on the Eagles.
 For information, visit www.alaskaaces.com.

THURSDAY
Chick flick movie night
 The Elmendorf Officers' Spouses Club hosts this movie night at the Arctic Warrior Events Center's Susitna room from 6 to 9 p.m. "View From The Top" is the feature.
 For information call 980-9944.

NOV. 16 AND 17
Aces vs. Eagles game
 The Aces come back for two more nights of slugging it out against the Colorado Eagles at Sullivan Arena starting at 7:15 p.m. both nights.
 For more information, visit www.alaskaaces.com.

NOV. 20 THROUGH 24
Great Alaska Shootout
 The highlight of pre-season college basketball kicks off Nov. 20 at 6 p.m.
 For schedules, news and other information, visit www.uaa.alaska.edu/.

Nov. 24
Strange Planets
 The Anchorage Museum's planetarium hosts this exhibit about planets outside our solar system, starting at 3 p.m.
 For information, call 929-9200.

Dec. 1
UAA Crafts Fair
 The Student Union Building hosts this craft fair featuring Alaskan-made crafts.
 Speak directly to the artists and find a wonderful array of items from pottery to bath products, from woodwork to glass and metal.
 For information call 786-6152.

DEC. 3 AND 4
Sounds of the Season
 The Air Force Band of the Pacific plays the sounds of the season at the Alaska Center for the Performing Arts starting at 7 p.m.
 For information call 552-3081.

Dec. 7
Merry Merchant Munch
 The businesses of Eagle River host this old-fashioned holiday competition, with sleigh rides, carolers, food and much more both days.
 Get into the holiday spirit. For information, visit www.cer.org.

Winter Wonderland Walk
 Downtown Eagle River Commons hosts the annual tree lighting and features elementary school choirs.
 Santa and his team of eight real reindeer headline, while sleigh rides and treats are also planned.
 For information visit www.cer.org.

DEC. 15
Reduced Shakespeare
 The Reduced Shakespeare Company takes viewers on an irreverent trip through the holidays with the Ultimate Christmas Show.
 The "Three Wise Guys" celebrate familial dysfunction and slapstick merriment at the Alaska Center for the Performing Arts.
 For information, call 263-2787.

ONGOING
Discovery chapel classes
 Soldiers' Chapel hosts classes for all ages, from elementary school through adults, Wednesday evenings.
 A free meal begins at 5:45 p.m.; classes last from 6:30 to 7:30 p.m. Nursery care is provided.
 For information call 384-1461 or 552-4422.

Wired Cafe for Airmen
 The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.
 The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.
 There are free homestyle meals Fridays at 6 p.m. at the cafe.
 For information, call 552-4422.

Model railroading
 The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.
 Anyone interested in model railroading is invited.
 For information about meetings, work days, and shows, call 952-4353, visit their site at www.trainweb.org/msmre or email bjorgan@alaska.net.

Wildlife Wednesdays
 This science lecture series takes place at 7 p.m. the second Wednesday of each month at the Alaska Zoo Gateway Lecture Hall.
 From October through April, learn about different wildlife topics and enjoy coffee or tea.
 This series is aimed at older audiences, not children – university students and scientists especially.
 For more information, call 341-6463 or email shartman@alaskazoo.org.

TBI coping classes
 Does your spouse or partner suffer from a traumatic brain injury?
 Meet with others and learn peer coping strategies Tuesdays from 5:15 to 6:15 p.m. in the JBER Hospital dining hall's conference room Tuesdays.
 For information, call 580-4081.

Borealis Toastmasters
 Conquer your fear of public speaking with Toastmasters. This safe, friendly club helps build confidence through presentations, feedback and listening.
 Meetings are every Thursday in Room 146 of the BP building from 7 to 8 p.m.
 For information call 575-7470.

Sing-along at the zoo
 Pre-school-aged children can explore the world of animals through music with musician Annie Reeves.
 Children can sing along with the guitar, or play with the musical instruments for kids. Sing-alongs are at 10:30 a.m. Mondays at the coffee shop greenhouse.
 For information email klarson@alaskazoo.org.

Road Warriors running
 Stay fit with a group who can help you stay motivated right here on JBER. Military, family members and civilians alike are welcome to train and get involved with running, biking and swimming events.
 For events and information, check the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

Experience the Aurora
 It's the next best thing to the Alaska winter sky – and more comfortable than being out in a parka.
 The Anchorage Museum's planetarium provides an immersive show that explains the science behind the Northern Lights.
 For more information, call 929-9200 or visit anchoragemuseum.org.

Scholarship opportunity
 The Air Force Aid Society is now accepting applications for the Arnold Education Grant for

Chapel services

Catholic Mass
Sunday
 9 a.m. – Soldiers' Chapel
 10:30 a.m. – Elmendorf Chapel 1

Monday through Friday
 11:40 a.m. – Soldiers' Chapel
Monday, Tuesday, Wednesday and Friday
 11:30 a.m. – Elmendorf Chapel Center
Thursday
 11:30 a.m. – Hospital Chapel

Confession
Saturday
 6 p.m. – Soldiers' Chapel
Monday through Friday
 Before/after 11:40 Mass – Soldiers' Chapel

Protestant Sunday Services
Joint Liturgical Service
 9 a.m. – Elmendorf Chapel 2
Traditional Service
 9 a.m. – Elmendorf Chapel 1
Contemporary Protestant Service
 11 a.m. – Soldiers' Chapel
Gospel Service
 Noon – Elmendorf Chapel 1
Contemporary Protestant Service
 5 p.m. – Elmendorf Chapel 1

Buddhist
Soka Gakkai Goshu
 7 p.m., first Friday of the month – Chapel Center
 (10427 Kuter Ave.)

the 2012-2013 academic year. Applications will be accepted through March 9.
 Eligible spouses will have an opportunity to receive up to \$2,000 to fund their college education.
 To apply, please visit www.afas.org/Education/ArnoldEdGrant.cfm or call 552-9647

Free Show November 15 @ 6 pm
 Arctic Chill Doors open at 5:30 pm
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FSS Needs Assessment Survey
 You are invited to participate in our survey, in which we are hopeful of obtaining information on what your needs are at JBER.



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register your child today
 Ages 9 - 16
 Registration Ends November 15
 \$65
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<http://www.elmendorf-richardson.com>

Update DEERS online with self-service option

By Debbie Gildea
AFPC Public Affairs

Family situations can be complicated, but updating family benefit information doesn't have to be, now that it can be done online.

Dependent family members must be registered in the Defense Enrollment Eligibility Reporting System, and in many instances must have a valid dependent identification card, to access medical, dental and other benefits.

In the past, service members geographically separated from their dependents faced a multi-step, back-and-forth process to accomplish some of these updates in DEERS.

Those days are history, thanks to the real-time Automated Personnel Identification System Self-Service portal, said Ed Yoder, Air Force DEERS Project Office, Air Force Personnel Center.

The self-service portal is one of several tools developed by the Defense Manpower Data Center in an on-going enterprise-wide initiative to expand online customer self service options for Department of Defense and uniformed service populations.

"Most Airmen (and Soldiers) can't drop what they're doing to resolve DEERS and ID card problems," Yoder said. "And if they're deployed or stationed separate from their dependents, they face even greater challenges."

"This new system capability will help (military) members take care of their families."

Implemented in September, the RAPIDS Self Service portal allows Common Access Card-holders to digitally sign required documents which are then accessible to all ID card-issuing facilities world-wide.

A dependent who is thousands of miles away can then go to the nearest RAPIDS ID card-issuing facility and complete the up-

date process or have a new ID card issued.

Prior to the online option, members had to go in person to a military personnel office, sign in, wait for their turn, complete and wet-sign the forms, and fax them to the dependent's servicing personnel section so that the dependent could complete the paperwork and get their new ID.

"That was the simple process," Yoder said. "If a member's situation was unusual in any way, it became more complicated, requiring greater effort on behalf of the member and personnel office."

For example, one member had to fax initial forms to his ex-wife so that she could get proof that their son was attending college as a full-time student.

She then faxed the documents back, and the member had to go back to the personnel section, finish the paperwork and fax them to the servicing section for ID card completion.

"This process is very manually intensive and it could take a several days to complete, during which time, the dependent would be without active benefits or a valid ID card," Yoder said.

The new RAPIDS Self-Service process is designed to update DEERS records and renew or reissue ID cards only, Yoder said. Initial DEERS enrollment and ID card issuance requires the member's presence.

In addition to DEERS and ID card actions, members can access the RAPIDS Self-Service portal to add or change an email address for signature and email encryption certificates, download certain applications, view and update contact information and more.

Visit https://www.dmdc.osd.mil/self_service/rapids/unauthenticated_xecution=els1 to access the portal, and follow the screen prompts.

For more information about personnel issues, visit <https://mypers.af.mil>.

Births

SEPT. 11

A son, Preston Karter Maya, was born 20 inches long and weighing 6 pounds, 10 ounces at 2:23 a.m. to Danielle Maya and Air Force Staff Sgt. Santiago Maya Jr. of the 773rd Logistics Readiness Squadron.

SEPT. 17

A son, Patrick McGuire, was born 21 inches long and weighing 8 pounds, 8 ounces at 7:44 a.m. to Kerry McGuire and Air Force Staff Sgt. John McGuire of the 773d Logistics Readiness Squadron.

OCT. 15

A son, Lukas Norman Eppinett, was born 20.5 inches long and weighing 7 pounds, 1 ounce at 8:56 p.m. to Pfc. Alexandria Maree Eppinett of Company C, 307th Expeditionary Signal Battalion.

A son, Beau Lee Schwichtenberg, was born 21 inches long and weighing 9 pounds, 1 ounce at 6:19 p.m. to Sgt. Candace Jean Schwichtenberg of Company C, 307th Expeditionary Signal Battalion and Sgt. Mark Allen Schwichtenberg of the 56th Engineer Company.

OCT. 16

A son, Hunter Shelton Roll, was born 19.5 inches long and weighing 8 pounds, 9 ounces at 2:40 a.m. to Jennifer L. Roll and Air Force Master Sgt. Michael K. Roll of the 525th Fighter Squadron.

OCT. 17

A son, Knox Vincent George Hufford, was born 20.5 inches long and weighing 8 pounds, 4 ounces at 2:30 p.m. to Nina Nichole Hufford and Sgt. Vincent Edward Hufford of the 725th Brigade Support Battalion.

A daughter, Alana Rose Olivero, was born 20 inches long and weighing 7 pounds, 2 ounces at 1:57 a.m. to Pfc. Alba Karoll Olivero of the 95th Chemical Company and Pfc. Adrian Olivero IV of the 84th Engineer Support Company.

A son, Mason Hunter Short, was born 20.5 inches long and weighing 7 pounds, 10 ounces to Jodi Lynn Short and Air Force Staff Sgt. Steven Thomas Short of the 673d Civil Engineer Squadron.

OCT. 18

A daughter, Emma Rose Carr, was born 21.5 inches long and weighing 9 pounds, 6 ounces at 2:30 p.m. to Danielle Renee Thiemann and Senior Airman Christopher Michael Carr of the 673d Medical Operations Squadron.

A daughter, Fidelah Louise Drew, was born 20 inches long and weighing 7 pounds, 3 ounces at 11:13 p.m. to Beulah Briones Drew and Darrel Louis Drew of the 176th Aircraft Maintenance Squadron.

A son, Landon Michael Pudlowski, was born 20.25 inches long and weighing 7 pounds, 2 ounces at 9:09 a.m. to Katelyn Marie Pudlowski and Airman 1st Class Daniel Michael Pudlowski of the 673d Civil Engineer Squadron.

OCT. 19

A daughter, Amber Ryann Hillis, was born 19.5 inches long and weighing 6 pounds, 12 ounces at 1:07 p.m. to Amy Marie Hillis and Air Force Master Sgt. Raymond Tyson Hillis of the 673d Medical Support Squadron.

A daughter, Hayden Scarlett Warren, was born 19.5 inches long and weighing 6 pounds, 11 ounces at 5:28 a.m. to Samantha Eileen Warren and Airman 1st Class Jason Curtis Warren of the 732nd Air Mobility Squadron.

OCT. 25

A daughter, McKenzie Suzanne Hesseling, was born 20.5 inches long and weighing 7 pounds, 7 ounces at 12:33 a.m. to Melissa Suzanne Hesseling and Tech. Sgt. Ryan Kenneth Hesseling of the 3rd Maintenance Squadron.

Wasilla students visit Heritage Park



Scott Magnon, a retired Air Force lieutenant colonel and the senior aerospace science instructor for Wasilla High School's new Air Force Junior ROTC program, talks to some of the Wasilla High School JROTC students at Heritage Park on JBER Oct. 31. The 132 cadets are currently studying aviation history, covering the heritage and development of flight from its inception to modern era aviation. Cadets also learn about Air Force customs and courtesies, flag etiquette, respect for themselves and others and allegiance to the nation. (U.S. Air Force photo/Erin Eaton)

RED WHITE AND BLUE
6X6
FPC

FILL

CREDIT UNION
6X21
FPC

CREDIT UNION
6X21
FPC

