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Alaska National Guard tests capabilities in Sitka radiological-hazard exercise

By Kalei Rupp
Alaska National Guard Public Affairs

The Alaska National Guard's 103rd Civil Support Team (Weapons of Mass Destruction) tested its ability to respond to a chemical, biological and radiological threat in Sitka March 25 to 27 alongside other numerous agencies.

The exercise, dubbed Exercise Orca, revolved around the scenario of eco-terrorists, known to have chemists within their group, who threatened commercial fish and aqua-culture industries in Southeast Alaska. The terrorists set up a clandestine lab in the old Fort Rouseau on Makhnati Island in Sitka, where they were notionally manufacturing unlicensed radioactive materials and spreading it through food at a local bazaar causing possible radiation poisoning.

"Our primary purpose for this exercise was to test our ability to respond to a remote location in Alaska, understand the town's capabilities, interact with a small town's command post and assess our interoperability among several agencies," said Army National Guard Lt. Col. Stephen Wilson, 103rd CST commander. "We also tested the Civil Support Team's response, as well as the community's response, to a chemical, biological and radiological hazard."

During the exercise, the city of Sitka received several notional chemical, biological and radiological threats, which prompted officials to request assistance from the 103rd CST.

"We determined that additional support was

required in radiation assistance, so the Department of Energy's Radiation Assistance Program, Region 8, arrived to advise on radiation hazards," Wilson said.

Additionally, several agencies also provided field experts and assistance, testing their own capabilities as well. Among those that participated: Alaska Division of Public Health's Public Health Nursing, Alaska State Parks, U.S. Forest Service, National Park Service, Sitka Fire Department, Sitka Mountain Rescue, Alaska Department of Environmental Conservation, Alaska Division of Homeland Security & Emergency Management, Sitka Police Department, Southeast Alaska Regional Health Consortium, U.S. Coast Guard, Civil Support Teams from Hawaii, Guam, and Rhode Island, as well as U.S. Army Pacific and the Alaska National Guard's 1st Battalion, 207th Aviation Regiment.

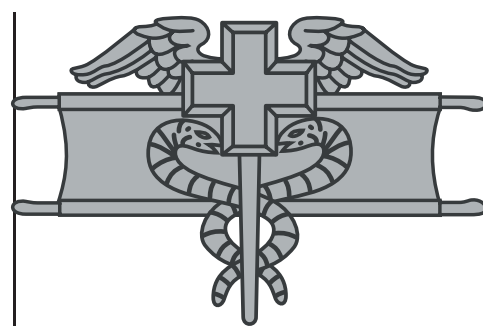
"This is the first time we had an exercise of this magnitude involving weapons of mass destruction," said Al Stevens, Sitka Fire Department, operations section chief during the exercise. "We're a small southeast community that doesn't have near the capabilities to respond to a large incident like this, so it's good to train with the military and other agencies that we would call upon in this type of situation."

Not only was each agency able to refine its role during a hazardous materials response, but the agencies were able to hone their proficiencies when working together.

► See **SITKA**, A-3



Tech. Sgt. Nina Kolyvanova, Alaska National Guard 103rd Civil Support Team (Weapons of Mass Destruction), explains decontamination procedures to first responders in Sitka March 26 during Exercise Orca. The 103rd CST (WMD) joined forces with multiple agencies to test their ability to respond to a chemical, biological and radiological event. (Photo courtesy of Roberta White/Sitka Fire Department)



Spartan medics train to earn Expert Field Medical Badge

By Army Staff Sgt. Mark Miranda
Fifth Mobile Public Affairs Detachment

JOINT BASE LEWIS-MCCHORD, Wash. — Approximately 250 medical branch Soldiers gathered here to put in long hours and hard work toward earning the right to wear the Expert Field Medical Badge during the train-up and standardization week, Monday to Saturday.

Two candidates from JBER joined local Soldiers at Joint Base Lewis-McChord, Wash., to try for the honor of wearing the badge. Candidates from JBER came from C Company, 725th Brigade Support Battalion.

Established in 1965, the EFMB is a prestigious Department of the Army-level special skill badge for the recognition of exceptional competence and outstanding performance by Army medical personnel.

It is a test of an individual medical Soldier's physical fitness, mental toughness and ability to perform to standards of excellence in a wide range of critical medical and Soldier skills. Candidates are tested on medical, communication, evacuation and combat skills. They also must successfully complete a written examination, a 12-mile march and day and night land navigation courses.

"Combat Training Lane One is where the most people end up eliminated because it's so attention-to-detail oriented," said Sgt. 1st Class Benjamin Hernandez, one of the training cadre for the EFMB. "Little things will trip you up here ... forget to tie a slip knot on one of your bandages, forgetting to place the 'T' on the forehead of a casualty after applying a tourniquet."

"My staff and my evaluators are going to give these candidates every opportunity to train," Hernandez said. "On that last day, we want to see as many people cross the finish

► See **EFMB**, A-3

Memorial run honors fallen

By Air Force Staff Sgt. Zachary Wolf
JBER Public Affairs

Feet pound as a runner heads around the bend on a 200-meter rubber track. Sweat begins to bead on the runner's forehead as he is about to finish his second lap. He sees his running mate ahead waiting for the baton to be passed to him. When they are close to each other they both start running and the baton is handed off. The second runner takes off and enters a sprint to run his two laps as his teammate slows down and begins to rest.

This isn't your traditional track-and-field competition. In fact, this event is raising money for fallen tactical air control party members' families.

"This [run] is in support of the TACP association," said Air Force Lt. Col. Ty Bridge, 3rd Air Support Operations Squadron commander. "We are doing a worldwide 24-hour run in support of the families of those members that have fallen in combat."

A TACP is normally made up of a joint terminal attack controller and a radio operator, maintainer, and driver and can also consist of an air liaison officer. They deploy with the Army and Marines to provide support by calling in targets for firepower in the form of artillery or an airstrike that can turn the tide of a battle.

Needless to say, the job can be dangerous and sadly members have fallen, leaving family members behind.

► See **RUN**, A-3



**MOS 94D/
AFSC 3E9X1**

Army Military Occupational Specialty 94D, Chemical Operations Specialist; and Air Force Specialty Code 3E9X1, Emergency Management Specialist, are both represented in the 103rd Civil Support Team (Weapons of Mass Destruction). Both train at Fort Leonard Wood, Mo., and both detect and decontaminate in chemical, biological, radiological and nuclear environments.



M50 JS6PM

The M50 Joint Service General Purpose Mask was originally fielded in 2009 and is rapidly replacing both the Air Force's MCU-2/P and the Army's M40 protective masks. The single-piece visor provides the wearer a wider angle of view while twin conformal filters reduce breathing resistance by 50 percent.

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Air Force TAP undergoes transition

The Air Force Transition Assistance Program changes name, relocates to the Air Force Transition Assistance Center, Building 7153, B-4



Taking care of the next generation

The Army observes Month of the Military Child

Editorial by Army Maj. Gen. Michael Garrett
U.S. Army Alaska commanding general

April is the Month of the Military Child. I'd like to share some thoughts on military children and what we as Soldiers can offer to the kids in our communities. Whether you are a parent or not, by virtue of your service to our nation, you have something valuable to offer our next generation.

The United States ended the military draft 40 years ago this year. Since then, we have had nearly two full generations of patriots volunteering to defend our nation. Only about 3 percent of living Americans have served in the military. According to a 2011 Department of Defense survey, 57 percent of polled service members were the children of service members. Assuming this survey is representative of our Army, these statistics indicate the majority of tomorrow's Soldiers will literally be our own kids.

Those of us who have been around for a few years have witnessed this trend in action. I've seen Soldiers administer the oath of enlistment to their children. I myself am representative of these statistics.

I often say I've been in the Army my whole life. I served the first 23 years of my life as a family member and for the last 28 as an officer. My father was the finest Soldier I've ever known. He retired after 35 years of enlisted service with 20 of those as a command sergeant major.

I don't remember when my dad was junior enlisted, but I sure remember him as a staff sergeant. He raised us kids like we were Soldiers. I knew there would be serious consequences if I wasn't at the right place at the right time in the right clothes for whatever it was we were doing.

So becoming a Soldier was a natural decision for me to make. I was already used to moving around and living a regimented lifestyle. Perhaps that's why so many of



Sgt. Edward Flick, 425th Brigade Special Troops Battalion, of Manteca, Calif., gets a kiss from his daughter Hannah Marie Rene Flick, 3, as five hundred Soldiers from the 4th Brigade Combat Team (Airborne), 25th Infantry Division, returned to JBER Oct. 6, 2012. (U.S. Air Force photo illustration/Justin Connaher)

our children join the military, they already know what to expect while military service is apparently becoming progressively more foreign to American youths without an immediate tradition of service.

I had the opportunity earlier this year to serve on a panel of judges for a spelling bee at Ursa Major Elementary on JBER. I was impressed by the bravery and courage of these young children to publicly test their knowledge in front of judges and an auditorium of their peers.

Those same kids may one day have the opportunity to serve in our ranks. Today's junior enlisted and NCOs will be the first sergeants and leaders of today's children who grow into Soldiers. So spending time with the children of today may plant the

seeds of patriotism they will need to direct that bravery and courage towards volunteering to serve later.

Statistically, about half of all Soldiers have children. But these words aren't just for those with kids. I believe we all have something to contribute to the mentoring and development of the children in our communities.

Kids need positive role models and heroes. Even if you don't feel like a hero, trust me, you are; especially to these kids. A diminishing percentage of American teenagers even qualify for service, and fewer still possess the courage and patriotism to serve.

The fact you stand among us shows each of you is a leader and among the finest of your generation. That is something these kids can see and respect. That is something

you have to offer them through your example and attention.

So what can you do? Volunteer. The Alaska Military Youth Academy is always looking for mentors and volunteers ready to be a positive role model to at-risk youth. They are part of the second largest mentoring program in the nation. If you have the desire to make a difference, the AMYA program is a proven pathway to success.

You can also volunteer to take part in our School Partnership Programs. We have partnered up our battalions with local schools and have enjoyed many successes with these programs. Soldiers have volunteered as tutors and provided a positive influence to children in our communities. The best part is ... the kids love it. Our volunteer Soldiers are making a positive impact on their young minds.

For more ideas and opportunities, go see the Army Volunteer Corps Coordinator at the installation Army Community Service offices. Each of us has grown into more than we were by volunteering to serve our nation.

Now I encourage you to continue seeking growth opportunities through volunteer service to children's organizations and the local communities. I have found service doesn't just benefit those being served, but is also very rewarding for the volunteers. The personal fulfillment that comes with volunteer service is something I would like every Soldier to experience regularly.

Just as I ask you to serve, I promise to wake up every day ready to work hard for each of you. The day I am not fired up and excited to give my absolute best to this command and our Army will be the day I need to find something else to do. I expect nothing less of myself or any of you. Being your commander is the most fulfilling assignment I've ever had and I am grateful for all of the opportunities I have to serve you.

Arctic Warrior! Arctic Tough!

Welcome home our Vietnam veterans

Commentary by Chief Master Sgt. Paul Henderson
Air Force News Service

Last year, President Barack Obama signed a proclamation commemorating the 50th anniversary of the Vietnam War. Beginning Memorial Day 2012 and continuing through November 11, 2025, federal, state and local officials will continue to honor, through various ceremonies and activities, all of our Vietnam veterans – our fallen, wounded and unaccounted for, Prisoners of War and all who served along with their families.

The Vietnam War began before I was born and ended when I was 11 years old. My recollection was limited to hearing stories about my great uncle who flew Huey helicopters during the war. He was shot down a couple of times and I looked up to him as one of my early heroes.

I joined the Air Force in 1984 and served in the United Arab

Emirates during Operation Desert Storm early in my career.

During the war, we were flooded with letters and care packages from strangers all across America and I took up writing letters to several pen pals. When the war ended in 1991, we flew back home through Maine. I remember walking into a large hangar with all of my gear and being greeted with cheers and American flags by a crowd of Americans of all ages.

I was stunned, shocked and a little embarrassed, but it was a great feeling. We were called heroes and treated as such. This was totally unexpected because we felt that we were just doing what we had been trained to do and were honored to have the opportunity to serve.

Thirty days later I found myself participating in a victory parade, marching through our nation's capital in front of President George H.W. Bush and more than 200,000 of our fellow Americans.

There are two distinct memories I have from that trip to Washington, D.C. One was of a Vietnam veteran who approached me on the street and thanked me for my service. He stated that he was not welcomed home and he vowed that that would never happen to another service member. I had a new perspective and I was grateful for that veteran. I met many more Vietnam veterans that trip that thanked me for my service.

Also during that trip to D.C., I visited the Vietnam Veterans Memorial Wall for the first time. It is truly a place of honor. Ever since I started flying as an enlisted crewmember, I wore a POW/MIA bracelet for Air Force Lt. Col. Lawrence G. Evert, an officer that flew in the Vietnam War who still missing at that time. As we walked among the more than 58,000 names etched on the wall, my friend reached out and put his finger on a cross next to a name and asked what that meant. I didn't know, but

as I looked across at the name, it read, "Lawrence G. Evert." I could not believe what had just happened and will never forget that day. I later learned that the cross meant that the service member was missing in action.

The Vietnam wall is a powerful memorial to our fallen heroes and those missing in action; we must never forget their sacrifices. We must also never forget the sacrifices of the families and friends of our Vietnam veterans.

Over the last 28 years of my military career, I have been part of many homecoming events for our deployed service members and have been greeted over and over again returning from my own deployments. Without exception, our Vietnam veterans are at the forefront welcoming us home and thanking us for our service, when we should be thanking them.

More than 3 million Americans served in Vietnam, more than 58,000 lost their lives and more

than 300,000 were wounded in action. Roughly two-thirds of those that served were volunteers. Today, more than 1,600 remain missing and we should continue to do everything in our power to bring our teammates home and bring closure for their families.

Our Vietnam veterans not only returned home without fanfare but many were shunned. Those same veterans led future efforts to ensure that never happens again, and I thank them.

To be clear, our Vietnam veterans served our country with dignity, honor, courage and valor and have rightfully earned the overdue respect of a very grateful nation. Their sacrifices and the sacrifices of their families must never be forgotten.

We welcome home our veterans of the Vietnam War, and all across America we will continue to honor all of those who served and their families. Thank you for your service and welcome home.

U.S. seeks 'peace and stability' on Korean Peninsula

By Sgt. 1st Class Tyrone Marshall
American Forces Press Service

WASHINGTON — The U.S. will continue to conduct military exercises such as Foal Eagle 2013 with South Korea as part of its commitment to that nation and its desire to maintain peace and stability on the Korean Peninsula and in the region, Pentagon Press Secretary George Little said here Monday.

Speaking to reporters, Little emphasized the United States' commitment to peace and stability in the region, and discussed North Korea's recent provocations.

"The focus of our military exercises, and what we've been saying publicly, is all about alliance assurance," he said.

"It's about showing the South Koreans that we are deeply committed to our alliance with them," Little said. "We're committed to

their defense, committed to the defense of our forces in South Korea and we're also committed to peace and stability in the region."

Little noted two F-22 Raptors, as previously planned, have deployed from Kadena Air Base, Japan, to Osan Air Base, South Korea, to participate in the two-month-long Foal Eagle exercise which began March 1.

"This exercise has been planned for some time and is part of the air component of the Foal Eagle exercise," he said.

And as part of U.S. Pacific Command's theater security package, Little said, deployments of U.S. Air Force fighters to the Pacific region have occurred since March 2004, allowing for a more "prudent deterrent capability and

combat-ready forces."

And the dispatch of F-22s to participate in this year's Foal Eagle exercise in South Korea "strengthens the Pacific Command's military interoperability with the Republic of Korea," he said.

"We believe that this exercise has been extremely successful in shoring up our cooperation with our South Korean allies," Little said, "and we'll continue to engage with them closely."

Little said exercises in South Korea "send an important signal, not only to South Korea, but to friends like Japan. So that is the focus of our recent efforts."

Little said North Korea has a choice of continuing to "engage in provocations with bellicose, over-

heated, irresponsible rhetoric," or choosing a path of peace.

"We think it's time for them to switch lanes," he said. "We seek peace and stability on the Korean Peninsula. And we think that's in the best interests of everyone in the region."

North Korea has recently engaged in "rhetoric and recent actions that are self-defeating and isolating for the North Koreans," Little said.

North Korea could decide to play a constructive role in the region, but it has decided to play an unconstructive role, Little said. "And we believe that should change," he said.

Little said he could envision "any number of scenarios" where other countries might pursue dialogue with North Korea if they changed course.

"The regrettable fact is, at this point, they have shown a propen-

sity toward provocation, and not toward constructive behavior or words," he said.

North Korea needs to "come into compliance with their international obligations," Little said, including their nuclear and missile programs.

"I can envision any number of scenarios under which, if they acted constructively and abided by their obligations, that the United States would consider, at some point, talking to them about a whole range of issues, to include nuclear issues," he said.

Little reiterated it is the United States' goal to preserve peace and stability on the Korean Peninsula while engaging in "alliance assurance."

"The choice is really for North Korea to make," he said. "They can be a constructive player or they can continue to be [a] ... regime that acts and speaks irresponsibly."



Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander
Col. Brian P. Duffy (USAF)

Joint Base Elmendorf-Richardson/
673d Air Base Wing Vice Commander
Col. William P. Huber (USA)

Joint Base Elmendorf-Richardson/
673d Air Base Wing Chief Master Sergeant
Chief Master Sgt. Kevin L. Call

Joint Base Elmendorf-Richardson/
673d Air Base Wing
Command Sergeant Major
Command Sgt. Maj. Jesse R. Pratt

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JBER Public Affairs Director
Maj. Joseph Coslett (USAF)

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Bob Hall

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Polar Force exercise tests readiness posture

By Air Force Staff Sgt. William Banton
JBER Public Affairs

Air Force personnel assigned to JBER are participating in Exercise Polar Force 13-3, an operational readiness exercise designed to test JBER's short notice deployment capabilities, April 1 through Monday.

The weeklong ORE validates and evaluates the wing's ability to integrate, mobilize, and prepare assigned personnel, aircraft and equipment for their wartime mission and to employ forces and weapons systems to perform missions at a drop of a hat.

In phase one of the two-phase exercise, base personnel were called upon to be prepared and ready to deploy within hours of being notified.

The process is designed to provide operational training in every aspect of a deployment situation. These scenarios include in-processing newly arrived overseas personnel from a Non-combat Evacuation Operation and also include briefing, coordinating and out-processing deploying Airmen through the Joint Mobility Center.

"It's important for the mission because it's a way of having us ready at all times, in case it happens in the real world," Staff Sgt. Eduardo Peguero, 673d Force Support Squadron, noncommissioned officer in charge of the Personnel Deployment Function line.

During the NEO phase, base personnel organize and assist with the arrival of displaced personnel who have been affected by the scenario presented during the exercise. It included the participation of volunteers portraying in-bound arrivals waiting to be escorted. Airmen in civilian attire are used in these situations to help increase accuracy and realism throughout the exercise.



Airman 1st Class Andrew Schoon, a 773d Logistics Readiness Squadron vehicle operations journeyman, unchains an ammunition loader as he prepares to dismount it from a truck bed at the Joint Mobility Center Tuesday. The mission of the 773d LRS during Polar Force 13-3 is to transport cargo to and from notional deployed locations. (U.S. Air Force photo/Airman Ty-Rico Lea)

The rest of phase one is dedicated to planning and preparing for an impending mock deployment when personnel are notified if they will be deploying and told when to report to the JMC where they will be processed through the Personnel Deployment Function line, a series of stations that process people deploying.

"The line is there to make sure that people meet the requirements to deploy," said Peguero. "For the most part a lot of the things can be taken care of in the line but members are given an Area of Responsibility check list that they must complete before they come here."

The PDF line is a final check to ensure

that deployers have met all the training requirements to deploy.

Phase two of the ORE is designed to demonstrate Airmen's ability to survive and operate under simulated combat conditions. The training during this phase will to provide an experience similar to a deployed environment, without leaving the duty station.

▼ From SITKA, A-1

"The exercise went very well; the Civil Support Teams and several of the agencies learned a lot about each other's capabilities," Wilson said. "We now have a better understanding of how to integrate in a small command post setting. The city of Sitka also has a better understanding of HAZMAT response resources in the state, specifically, officials now understand

our 103rd CST capabilities better." "Prior to this exercise, we had no idea what the CST did or who they were really," Stevens said. "But now, we all walked away from this exercise feeling very confident that if we ever encountered an incident involving weapons of mass destruction, we would certainly call the CST and they would be able to assist and provide resources and results that we wouldn't have alone."

▼ From EFMB, A-1

line of the foot march as we can." Several tasks are tested on the three Combat Training Lanes. On CTL1, there are 14 tactical combat casualty care tasks, three warrior skills and three evacuation tasks. Candidates must be able to pass 11 of the 14 tasks in less than an hour.

For many, working on earning the EFMB is a way to be challenged outside of a garrison medical environment.

"After 12 years, this is the first opportunity I've had to go after the EFMB," said Army Staff Sgt. Timothy Roberts, a lab technician from Coopersville, Mich., assigned to 153rd Medical Detachment. "At my unit I've been Soldier of the Year, (Noncommissioned Officer) of the Year, Recruiter of the Year and it's one of those things that I was looking for to push myself, to keep from being complacent. I'd want to be able to push my Soldiers to try for this."

For Sgt. Justin Gavit, a lab technician from Round Rock, Texas, this is a second chance to attain the EFMB.

"I would hate to come out here with the confidence I've worked to build and then fail at it," said Gavit, currently assigned to JBLM's Madigan Army Medical Center. "My last attempt was in March 2011; it was the ruck march that got to me."

All candidates stay on-site near the training areas. So far, Gavit has been impressed with the living conditions, layout of the course and the setup of this EFMB qualifier.

"At the end of our days looking at these lanes, after dinner chow, we have the option to go to study halls," Gavit said. "One of the buildings near our barracks is set up with all the tasks inside. All the dummies, all the prosthetic arms to practice the (intravenous treatment), all the equipment is there so you can run a scenario and have hands-on training. It's great to be able to work out if you have any technique that needs improvement."

Any Soldier, regardless of rank, who has a medical military occupation series or medically-related position within Army Medicine — to include veterinarians, dentists, lab technicians, health care administrators, officers in training at the



Spc. Matthew Busby and Spc. Michael Nguyen, C Company 725th Brigade Support Battalion, await a training brief, April 3. Approximately 250 medical Soldiers from across the U.S. will attempt to earn the Expert Field Medic Badge April 7-12. Of those who participate, an estimated 20 percent or less usually qualify at the end. (U.S. Army photo/Staff Sgt. Mark Miranda)

Uniformed Services University of the Health Sciences, Army officers enrolled in the Health Professions Scholarship Program, and warrant officers who are assigned to an air ambulance unit — are eligible to earn and wear the EFMB.

"I didn't sleep well the night before I started the EFMB when I went for it here at JBLM in 2003," said Army Maj. Brendon Watson, the chair for the board

of evaluators. "I slept four hours, that's the most I could dedicate to sleep because I chose to burn midnight oil, staying up late to practice. I've recommended these Soldiers to battle-buddy up, and fight to motivate one another. These are tough lanes with a lot of subtasks. I am here to adjudicate any issues that might come from a lane. It's the candidates' job to beat

my evaluators." "These Soldiers know the tasks; they're trained. This is the time for them to ask questions because it's showtime after this," Watson said. The Soldiers are scheduled to train at least 14 hours a day through the end of the week. The EFMB will begin Sunday with a written exam and skill tests on land navigation.

▼ From RUN, A-1

"We are raising money for the families of the Airmen that have been a part of the Tactical Air Control Party in combat and our most recent member that has fallen, [Air Force] Maj. David Grey," Bridge said. "His wife, Heather, and his kids really appreciated the outpouring of support all across the world, for not only them, but all of the other families that we have taken care of. The TACP are known for taking care of their own."

Each person ran a quarter mile and then sat out to wait for their turn to run another quarter mile, starting at 3 p.m. on March 28, until 3 a.m. on JBER, and starting at 3 a.m. to 3 p.m. at Fort Wainwright. In total, the 3rd ASOS, from JBER and Fort Wainwright, ran a combined total of 216 miles in 24 hours.

For some, this run is not their first time.

"This is my second time running the memorial run, but the first time here in Alaska," said Air Force Master Sgt. Bobby Pena, 3rd ASOS Operations Flight noncommissioned officer.

TACP personnel were not the only ones to come out and run for this cause.

"We also have support personnel here that handle our equipment and vehicle maintenance guys that are out here running with us," said Senior Airman Joshua Boley, 3rd



Senior Airman Eddie Schmitz, 3rd Air Support Operations Squadron radio operator, maintainer, and driver, hands off the baton to Senior Airman Ethan Brown, 3rd ASOS joint terminal attack controller, during a Tactical Air Control Party memorial run at Hangar 5 on Joint Base Elmendorf-Richardson, March 28. TACP members from JBER and Fort Wainwright ran a combined total of 216 miles in the 24 hour period. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

ASOS TACP ROMAD. "They know the cause we are out here for, and we all feel it."

Pride could be felt as the runners cheered on the baton carrier as he passed the group on his turn of the run.

"I am very proud of each and every person who's here and the people that are going to continue to come out through the night to show support for our guys that gave themselves out there in the battle field," Pena said.

When it comes to honoring the fallen, many have their different ways and reason to do so.

"I decided to participate in this run to show my support for the families of our guys who have laid down their lives out there on

the battlefield," Pena said. "It's not only an honor but a privilege to do that."

"This is something I wanted to do... I really believe in this cause, and how much I think those that have fallen need to be recognized," Boley said.

The participants of the 12-hour memorial run had a goal of running more than 100 miles before the time came to a stop. At that time, TACP members at Fort Wainwright would start their run from 3 a.m. to 3 p.m.

Boley said the event was more than just a run to honor the fallen and their families, it served to honor a heritage.

"Know who your fallen are," Boley said. "Know what they did for you and know what they went down for. They gave the ultimate sacrifice and we're here to defend that sacrifice they gave up."

"Without the heritage around your career field, there would be no stories to tell," Boley added. "It is such a big inspiration to live up to what they lived up to, to be where they were."

The standards of a TACP are high, as they are in the thick of things with whomever they are deployed with — ready to make that call to change the course of battle. This run honors those that have fallen and have lived those high standards.

"Living up to their standards is what I strive for," Boley said.

Road closure

Gulkana Avenue is permanently closed between 5th and 6th streets in support of JBER housing privatization. The homes in this area are to be demolished and the district will be reconfigured.

Dental clinic closure

The JBER-Richardson Dental Clinic will close 9:30 a.m. to 1 p.m. April 16 for training.

Limited sick call will be available from 7:30 to 8:30 a.m., and 1 to 3:30 p.m.

Arctic Valley Gate closure

The Arctic Valley Gate (JBER-Richardson exit only gate) is closed until April 30 due to construction projects outside the gate.

Studded tire changeover

In the Southcentral Alaska region, motorists have until April 30 to remove studded tires.

Motorists caught on JBER between May 1 and 7 will be issued a warning citation. Beginning May 8, motorists caught with studded tires will receive a U.S. District Court Central Violations Bureau citation of \$50, correctable within five days if the motorist brings the vehicle and citation to a JBER Law Enforcement desk and verifies the removal of the studded tires. Motorists who fail to correct the ticket or pay the fine will receive a notice to appear in Anchorage's U.S. Magistrate District Federal Court.

Off base, local law-enforcement officials may or may not issue warning citations, and fines range between \$160 and \$200 per offense.

JBER tax centers open

Volunteers are on hand to help with forms 1040EZ and 1040 tax returns; complex filing may be best taken to a professional. However, volunteers' training does include how to deal with the Alaska Permanent Fund.

Customers will have to gather the following documents before visiting a center:

- Proof of identification (military ID)
- Social security cards and birth dates for taxpayer and all dependents
- Last year's federal income tax return
- Wage and earning statements from W-2's, W-2G's and 1099-R's
- Interest and dividend statements
- Bank routing and account numbers for direct deposit
- Amounts paid to daycare pro-

viders and day care providers' tax identification numbers.

JBER tax centers are open until April 17.

The JBER-Elmendorf tax center is located at building 8517, the People Center.

They will be open from 8 a.m. to 3 p.m. Monday, Tuesday, Thursday, Friday and 8 a.m. to 12 p.m. on Wednesdays.

Walk-ins are welcome (appointments take precedence) or you can call 552-3912 to make an appointment.

The JBER-Richardson tax center is located in building 600 on the third floor. Their appointment line is 384-1040, and walk-ins are also welcome.

The tax center will be open Monday through Wednesday as well as Friday from 9 a.m. to 4:30 p.m., and 1 to 8 p.m. on Thursdays.

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.

AER scholarships

Army Emergency Relief annually provides scholarships for Soldier family members.

With an average award of more than \$2,400, these scholarships relieve some the financial burden associated with pursuing higher education.

Applications for the 2013-2014 academic year scholarships will be available until May 1 at www.aerhq.org.

For more information, call 384-7478.

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.

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 classes for spouses and partners of service members affected by TBI.

For more information, call 580-0014.

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.

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.

Utility allowance changes

Starting last month, the utility allowance will be adjusted for all Phase I (Sunflower- those units on Fairchild Avenue, Dallas, Silver Run and Chugach housing areas) and Phase II (Moose Crossing, Denver, Houston, general officer housing and Dayton housing areas) metered housing units to reflect decreases or increases in electricity and natural gas rates Aurora pays to the government and a local provider, respectively.

The Phase I and II utility allowance is a portion of the basic allowance for housing that Aurora sets aside to cover the gas and electric utility costs for each house. Aurora pays for each resident's water and sewer costs regardless of the usage. The utility allowance encourages energy conservation.

In accordance with the agreements between Aurora and the Air

Force, Aurora is required to annually adjust the utility allowances based upon actual metered usage data and current utility rates.

Aurora will continue to read utility meters monthly and provide a statement reflecting actual consumption, quarterly allowance amount and the resulting balance of the account.

As is currently the case, when the credit balance of an account exceeds \$250, Aurora will issue a refund check.

Conversely, if an account reflects a debit balance in excess of \$250, residents are required to make payment to Aurora in the amount of the account balance.

In addition, each account is annually reconciled and adjusted to zero at the end of June.

This means during July, residents will either be refunded any accumulated credit, or invoiced for any amount owed regardless of the dollar amount.

For more information about the utility program, please contact the Aurora Utility Staff at 375-0508 or Aurora Office at 753-1023.

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 Of-

fice, Building 600, Richardson Drive, or call at 384-3088 or 384-7632.

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>.

MiCare registration

MiCare, the online personal health record and secure messaging application, has been available to patients and medical group staff at Joint Base Elmendorf-Richardson since 2011.

Patients can take advantage of the ability to communicate with their primary care clinicians online.

Registered patients also have access to electronic records, allowing them to view and maintain their health records.

Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year.

This provides an opportunity for all active-duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

To register, visit the Military Treatment Facility, where enrollment specialists are available in each primary care clinic.

All beneficiaries who are enrolled in the family health, pediatrics, flight medicine and internal medicine clinics are eligible to participate.

Patients need to show a military identification card and provide information, including name, social security number, birthday and email address.

The enrollment specialist will enter the information and patients will receive an email which contains a link and instructions for completing the process.

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.

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.

Family fitness, fun coincide with Easter on JBER

By Chris McCann
JBER Public Affairs

Many service members have heard “If the military wanted you to have a family, they’d have issued you one.”

That idea has gone the way of forage caps and muskets; all of the military branches now offer classes, support and services to provide for families.

That doesn’t make family life just a walk in the park.

Many child abuse cases stem from conditions that are preventable when the community is supportive and engaged, and when parents are equipped and supported.

JBER leadership cares about child development, parent support and parents’ and childrens’ physical and mental health – factors that help keep families and the community strong, said Verna Loosli, an outreach manager with JBER Family Advocacy.

“As a community member, by helping someone in stress, you’re also helping keep the community strong,” Loosli said. “In Alaska we can get isolated, and it’s a challenge because of the weather and short winter daylight. There can be a lot of turnover in neighborhoods.”

“But knowing your neighbors can be a valuable support – like if you need someone to take your child to school, or someone to enjoy a family walk to the park with.”

Raising children is tough. One of the best ways to prevent child maltreatment is to practice positive, nurturing parenting, Loosli said.

As part of the Month of the Military Child, Family Advocacy representatives will be at child development centers and school-age programs throughout April, talking with families and giving away books, posters and calendars – regardless of whether their child uses that facility or not. The mission: to help support parents and give them more “tools in the toolbox.”

The FA program continually offers a host of parenting-and family communication classes for those who want to hone their skills.

“If I want to be better at lifting weights, I can read about it, or I can go to the gym and talk to Soldiers there,” said Diann Richardson, also an outreach manager. “They’re the experts. They don’t judge me; they’re more than happy to help. It’s a good analogy – if I want to be

a better parent, I can read, or I can go to the people who are trained in building strong families.”

“Sometimes we are reluctant to ask for help, thinking we should be self sufficient, not wanting to appear ill equipped,” Loosli said. “But most anyone who is knowledgeable about something truly appreciates it when people want to learn more. We are all experienced parents who feel so passionately about it that we have also gotten professional training. We can teach practical, evidence-based approaches.”

Saturday, many of JBER’s family and community support agencies teamed up to mesh the Easter Eggstravaganza with the Family Fun and Fitness Day at Buckner Physical Fitness Center. After dashing for plastic eggs outside, families could go into the gym for a host of activities that gave families a way to spend time together despite decidedly un-springlike temperatures.

Family cohesion is important, especially for military families. And “discipline” can be different than the usual idea of “punishment,” Richardson said.

“We think of discipline as punishment, but there are so many positive rewards in teaching,” she said. “Reward good behavior – praise is free, attention is free. If a child is saying, ‘mommy, look mommy, look’ – it doesn’t have to turn into irritation. All the child wants is acknowledgement, a moment of your attention.”

Praise is important, but especially around the age of 7, children can really decipher if you’re being sincere, Richardson said. Praise should be detailed and specific, and encourage more of the behavior.

Touch can also be a critical aspect of family togetherness.

A study recently indicated that basketball teams whose players touch – high-fives, chest-bumps, half-hugs and back pats – consistently communicated better and won games, even when performance measures, salaries and pre-season predictions were filtered out. Touch has proven critical to infant development, and is a feature of almost all mammal parent-child relationships.

Hugs may be the most common, but just rubbing your child’s hair or a back-scratching can also be great rewards, Richardson said.

Extra privileges, like staying up five minutes later or having an



Families enjoy the many activities available during the Family Fun and Fitness Day at Buckner Physical Fitness Center on JBER Saturday. JBER Family Advocacy organized the event, which also included opportunities from the base library, a mini obstacle course, various arts and crafts projects, a bouncy house and more with the goal of promoting family cohesion and to battle suicide, substance abuse and domestic violence. This was the second annual Family Fun and Fitness Day.

at-home ice-cream party can also be low-cost, high-satisfaction ways to bring your family closer.

“There’s a huge arsenal of tools to reward behavior you want to see more of,” Richardson said.

“In my family, sometimes we have a family art night, with music in

the background – just drawing or making a project of recycled materials. And I hear more ‘I love you, mommy’s during that time than if I took them to Sea World. Kids respond to time and attention.”

One group, called Learn, Connect and Play is for parents of very

young children, and is hosted from 10:30 to 11:30 a.m. every second Friday in Room A37 in Building 600. Parents can bring their children and connect with other parents, share resources, and play.

For more information, call 384-6181 or 384-2932.



The Family Fun and Fitness Day provided something for everyone and a place for parents and children to bond and enjoy the beginnings of spring in Alaska.



Families watch their children collect Easter eggs during the Easter Eggstravaganza, hosted in conjunction with Family Fun and Fitness Day at Buckner Fitness Center on JBER Saturday. The event was organized by several JBER agencies. The Easter celebration also included opportunities from the base library, a mini obstacle course, various arts and crafts projects, a bouncy house and more with the goal of promoting family cohesion and battle suicide, substance abuse and domestic violence. (U.S. Air Force photos/Staff Sgt. Robert Barnett)

AER, AFAF campaigns underway on JBER

JBER Public Affairs
News Release

The Air Force Assistance Fund and Army Emergency Relief campaigns are in full swing on JBER. The campaigns last into May and offer service members an opportunity to lend support to fellow Airmen and Soldiers who are in need.

AFAF supports four charities which aid Airmen and families. There is a six-week period for key workers to raise money for the foundation.

“The Air Force Aid Fund is a once a year program that all (Air Force) bases contribute to,” said Air Force Master Sgt. Richard Matteson, 673d Civil Engineer Squadron fire battalion chief. “It is an opportunity for

Airmen to help Airmen.”

The Air Force Aid Society helps fund support programs and provides loans and scholarships for qualifying Airmen and dependents.

In donating to the AFAS Airmen have the opportunity to donate to four charities which support people from first-term Airmen to retirees.

AFAS records show the society helped more than 40,000 Airmen and families with nearly \$18 million in assistance in 2012.

Army Emergency Relief is a 71-year-old program that offers Soldiers an opportunity to help other Soldiers. Created in World War II to ensure an agency in the structure of the Army could provide prompt financial assistance to troops and their families, AER

provides no-interest loans and grants as well as scholarships. In 2012, AER provided \$76.8 million in assistance to more than 59,000 Soldiers.

“All active duty military can donate,” Matteson said. “The preferred method is PDP (an allotment directly out of a paycheck). Any active duty or retiree can donate. However, Guard and Reserve members can donate only if they are on Title 10 orders.”

“We look for contributions of about 1 percent of the base pay,” he continued. “That ranges anywhere from 16 dollars all the way up to 100 dollar contributions. We don’t actively solicit civilians, other organizations or companies. However, if they hear about it they can donate.”

For more information about the Air Force

Aid Society, contact your squadron key worker; to apply for scholarships, loans, or emergency travel funds visit www.afas.org.

Those wish to contribute to AFAF should contact their unit point of contact before May 3, or visit the AFAF website, www.afassistancefund.org and complete the contribution form.

To learn more about AER, visit aerhq.org, or contact your first sergeant or unit representative.

Soldiers seeking AER assistance should contact their unit chain of command or go to their installation AER office.

Thanks to reciprocal agreements between service aid societies, service members not near an installation of their branch can get assistance at any AER or AFAF office.

Relationships can be the key factor in resilience

Commentary by Army Chaplain (Maj.) Ken Bolin
4-25th ABCT Chaplain

What does the word "relationship" mean to you? Is it a "romantic relationship"?

Is it merely knowing or working with someone? Is it blood family? Is it a deep sense of mutual trust and friendship?

We have many different kinds of relationships in our lives, but most of them still don't seem to help us get through during tough times, as evidenced by suicide and hospitalization rates that continue to increase.

Recently, we celebrated Passover for the Jewish faith, and Easter for the Christian faith, but many people today don't have a spiritual relationship with God – something that can carry them through the toughest of times.

One of the things I often mention to Soldiers when we have discussions about relationships, depression or suicide is a constant.

"I don't care how many Facebook friends you have. I want to know if you have someone you can call at two o'clock in the morning who can come over when you are depressed."

As human beings, we are made to be in relationship with one another.

Yes, there are work relationships, but many people today don't want to spend social time with the same people or group they work with.

Having been in a uniform of some sort for more than twenty years, I can tell you there have been many units out there that really function like families – where people take care of each other, trust each other with their children, and where there's not a huge need for a lot of military programs, because everything is taken care of within the unit or the neighborhood.

If you want to see a cinematic portrayal of one such unit, watch "We Were Soldiers."

Looking around today, we've lost the art of relationship.

We've shifted from front porch swings to fenced-in back yards.

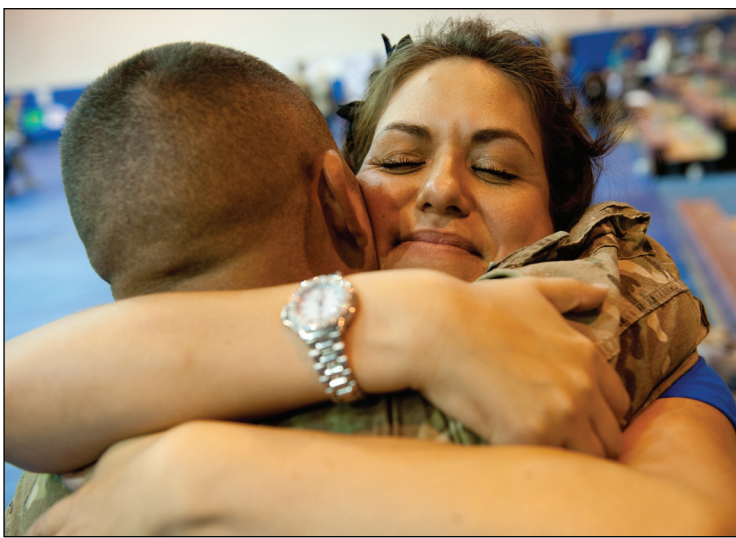
When formations close out at the end of the day, does your formation split like a star-cluster, with everyone making for their cars to get away from "those people"?

Or do people stick around to talk about social plans (standing by for more work instructions doesn't count)?

Are family members willing to volunteer their time with the Family Readiness Group and invest in the unit?

This is why we have a need for Resiliency Training, Comprehensive Soldier and Family Fitness, and other programs.

We've stopped being "a part" of things, a



(U.S. Air Force photo/Staff Sgt. Robert Barnett)

fact sociologists have noted in studies as they look at decreased participation in voluntary organizations.

Church and chapel communities are merely one example of this.

Even for those who do go, though, many do not go to their neighborhood center of worship, because we've developed and fostered a consumer culture even for spiritual worship.

When things are going badly, or when life seems to be crashing down, it's the human touch that can help get you through.

Many people who come to us as chaplains do so because, regardless of differences in faith or spiritual stance, they

know that we will always care for them and not judge them. That's trust. Additionally, if they need help, we'll find a way to help them.

We live in a very technology-driven culture, in which social media makes it very easy to stay in touch with people we've known from years ago who are thousands of miles away.

A potential downside to this is some people don't establish and nurture local relationships and build trust with the people they live and work with every day.

It's great to be able to "touch base" with people far away, but you can't cry on the shoulder of your iPhone.

So in this time of changing seasons in which we celebrate life and look to enjoy the outdoors again, take a little time to step outside, walk through the neighborhood, or invite others into your home.

Renew your relationship with the divine if you are so inclined, or tie back into a community of faith.

Programs are there to help us all, and our government offers them to us to assist us in many different ways. It's people, though, relationships, which make the difference, for better or worse, every day of our lives.

GUNSTON st.

gunstonstreet@yahoo.com or gunstonstreet.com

by ZAVISKI



FSS EVENTS

Education Center • Building 7
JBER-Richardson

Kid's Cosmic Bowling

April 6, 13, 20 & 27

Noon - 5 p.m.

\$3.49 per person/game or \$17.99 per lane/hour

With kid friendly atmosphere and meals.

\$3.29 shoe rental

For more information Call 753-PINS (7467)

AUTISM

AWARENESS WORKSHOP

Presented By Stone Soup Group

April 11 • 11:45 a.m. - 12:45 p.m.

Guest Speaker: Dr. Powell, the Pediatric Developmental Specialist from JBER Hospital

Call 384-6736 to register



Week of the Young Child at all the CDC's

April 12 is Camo Day

Kids dress up in camo for this fun event!

Please contact your child's center for details.

April 8 - 12

Denali 552-8304 | Sitka 552-6403 | Katmai 552-2697 | Kodiak 384-1510 | Talkeetna 384-0686



& ACTIVITIES

Community Happenings

April 5, 2013

ARCTIC WARRIOR

B-3

FRIDAY THROUGH SUNDAY Pirates of Penzance

The Anchorage Opera brings this Gilbert and Sullivan classic to the stage at the Alaska Center for the Performing Arts.

The show is in lieu of My Fair Lady, and tickets for that show will be honored at the corresponding Pirates show.

For information, call 263-2787.

SATURDAY Rage City Rollergirls

Celebrate Spring Break-U-Up with the roller girls at the Dena'ina Center. Doors open at 6 p.m., and the hard-hitting roller-derby action kicks off at 7.

For information, visit ragecity-rollergirls.com.

Boating safety

Boating Skills and Seamanship is a 13-lesson course for recreational boaters at the UAA Eagle River Campus. The course, offered by the Coast Guard Auxiliary, will be Tuesday and Thursday nights from 6:30 to 9:30 p.m.

For information, email mekal@gci.net.

SATURDAY AND SUNDAY Whole Life Festival

Alaska's holistic spiritual festival happens at the Coast International Inn from 11 a.m. to 6 p.m. both days. Spiritual consultants, handwriting analysis, licensed bodywork and more are on offer.

For information visit www.drglennkey.com.

THURSDAY JBER hospital open house

The Family Health Clinic hosts this open house at the hospital dining facility from 5 to 6 p.m.

Learn how MiCare can give you online access to your provider, services available to families, and important policies.

For information call 580-8301.

APRIL 15 Girls' Night Out

The Women's Health Clinic in the JBER hospital hosts this evening with food, massages, manicures and a chance to get mammograms and annual exams done with less stress, from 5 to 7 p.m.

For appointments or informa-

tion, call 580-4182.

APRIL 19 THROUGH 21 Alyeska Slush Cup

This spring festival celebrates the last of winter with a blast of chilly fun.

The signature event is the Slush Cup – in which costumed competitors try to make their way across two ice-cold ponds of water.

For information call 754-1111 or visit www.alyeskaresort.com.

APRIL 19 Financial Fitness Fair

Families are invited to flex their monetary muscles at this fair at the JBER Education Center from 9 a.m. to noon or 1 p.m. to 3 p.m. Learn money skills, credit reports, housing assistance, investments and energy-saving tips.

Registration is required due to limited class size.

For information, call 384-0188 or email stacey.m.gilbert2.civ@mail.mil.

APRIL 20 Kids' Day at the Zoo

Celebrate spring with the Alaska Zoo. Visitors will get special presentations, keeper talks, games and more, and the petting zoo will be open.

A fun run for little tykes is planned. Good times start at 11 a.m. and last until 4 p.m.

For information, call 346-2133 or visit alaskazoo.org.

Anchorage Symphony

The symphony's season finale wraps the season with a bang.

Berlioz's 'The Damnation of Faust' brings Goethe's iconic tale to life with assistance from the Alaska Chamber Singers, Anchorage Concert Chorus and more.

The event starts at 8 p.m. at the Alaska Center for the Performing Arts.

For information, call 263-2787.

APRIL 25 THROUGH 27 NYO Games

More than 500 athletes from around Alaska demonstrate strength, agility and skill in traditional games like the high kick, seal hop, and more.

Events are open to the public at the Dena'ina Center, and run April 25 from 9:30 a.m. to 6 p.m., April 26 from 9 a.m. to 6:30 p.m. and

Saturday from 11 a.m. to 6 p.m.

For more information, visit citci.com.

MAY 1 Employment symposium

The Egan Center hosts this Employment Symposium, with workshops before and after, coaches for those who need extra help with resumes and interview skills, and much more for job seekers.

Workshops start at 8 a.m. For information, call 269-4777.

EFMP resource fair

The Exceptional Family Member Program will be hosting a Resource Fair from 10 a.m. to 1 p.m. in the Lecture Hall of the Education Center.

Gather information about services and resources that are here to assist your family. Several agencies both on and off the installation conveniently located under one roof.

For information, call 384-6736.

MAY 4 USS Anchorage

The commissioning ceremony for the USS Anchorage, LPD-23, is a ceremony that officially brings the ship "alive." The Anchorage will be home-ported in San Diego, but is named for the city of Anchorage.

For more information, call 552-8183.

MAY 11 Anchorage Market

The summertime farmer's market kicks off at the 3rd and E Street parking lot downtown. Seven acres of vendors offer produce, exotic goods, Alaska souvenirs, meat and so much more. The food, music and more is an Anchorage highlight.

For information, call 272-5634.

ONGOING AER scholarships

Army Emergency Relief is taking applications for scholarships. Scholarships are available for children or spouses of active duty, retired and deceased Soldiers. Applications and instructions are available at aerhq.org.

For information, call 384-7478.

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.

Protestant Women of the Chapel meetings

Christian women are invited to meet with Protestant Women of the Chapel, with meetings Tuesdays at 9:30 a.m. and 7 p.m. at Soldiers' Chapel. Child care will be available.

For more information, email jber.ak.pwoc@gmail.com or call 384-1461.

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 also 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. Through the end of the month, learn about different wildlife topics and enjoy coffee or tea. This series is aimed at older audiences.

For more information, call 341-6463 or visit alaskazoo.org.

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

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

30 minutes before Mass at the chapel in which Mass is being celebrated, or anytime by appointment. Call 552-4422 or 384-5907

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

7 to 8 p.m.

For information, call 575-7470.

Motorcycle training

Military motorcycle riders and civilians using motorcycles for their jobs on JBER must attend an approved safety course, and classes are now available.

Briefings will be at the JBER-Richardson theater April 9 at 10 a.m., and the JBER-Elmendorf theater April 10 at 10 a.m.

Contact a unit or command safety representative for more information on scheduling, or call 552-5035.

**Little League
Baseball & Softball**
Register now through April 5
Ages 5 - 15
\$75 for ages 6 & up (Coach-Pitch)
\$65 for ages 5 & 6 (T-Ball)
Season runs April 22 - June 30
*All participants must be Youth Center members and have a current sports physical.
Register at either Kennecott or Two Rivers YC.
For more information call 552-2266 or 384-1508

ROCK CLIMBING
WALKER BLDG. 7301
552-4599
Schedule
April 8 - 24
Monday - Wednesday • 2 - 6 p.m. • Free to climb*
\$5 for climbing equipment rental.
Belay and climbing classes only \$10.
Times are flexible. Walk-ins welcome
Open to 8 years and up.

**Alaska Fit Mommies
Every Wednesday
in April
10 - 11 a.m.
Hangar 5
(Crossfit Gym)**
For more information call
384-7482 / 227-5052

Splash Bash
Pool Party
April 12
7 - 9:30 p.m.
\$3 per child
Ages 3-12
Call 384-1301 for more information
Buckner Physical Fitness Center, Bldg. 690

**Northern Lights Coupon
Books are on sale!**
Regular price is \$60,
on sale now for \$40.
Pick up one and start saving today!

**Check out the April
Alaskan Adventurer**
(or go online)
For a \$2.00 off coupon on a purchase
of \$5 or more at the Polar Bowl.
1 coupon per family per visit.

CHECK US OUT ONLINE!
<http://www.elmendorf-richardson.com>

Birth Announcements

B-4 ARCTIC WARRIOR

April 5, 2013

MARCH 16

A daughter, Kamlin Marie Mullen, was born 21.5 inches long and weighing 8 pounds at 8:30 p.m. to Kali Maria Mullen and Senior Airman Ian Douglas Mullen of the 3rd Munitions Squadron.

MARCH 17

A daughter, Keilana Jade Abante, was born 20 inches long and weighing 7.5 pounds at 10:01 p.m. to Denise S. Abante and Chief Warrant Officer 2 Paul S. Abante of the 6th Engineer Battalion.

A daughter, Abigail Perido Delacruz, was born 19 inches long and weighing 6 pounds, 4 ounces at 11:53 p.m. to Mylene Perido Dealacruz and Petty Officer 2 Augusto Pugay Delacruz Jr. of U.S. Navy Operational Support Center Anchorage.

A son, Jayden Mose Starkey, was born 21 inches long and weighing 8 pounds, 8 ounces at

12:15 p.m. to Tamara Lakeisha Starkey and Sgt. Kristopher Chaun Starkey of the 6th Engineer Battalion.

MARCH 18

A son, Kai-den Xan-der Morris, was born 22 inches long and weighing 10 pounds, 9 ounces at 5:28 p.m. to Kirsten Nicole Morris and Robert Chaffee Morris of U.S. Navy Operational Support Center Anchorage.

MARCH 19

A son, Oliver Graeme Fullerton, was born 19.75 inches long and weighing 6 pounds, 12 ounces at 4:55 p.m. to Jessica Lynne Fullerton and Airman 1st Class Cody Allen Fullerton of the 517th Aircraft Maintenance Unit.

MARCH 21

A daughter, Jordin Elaina Allen, was born 20 inches long and weighing 6 pounds, 5 ounces at 4:48 a.m. to Sgt. Melissa S. Allen of Headquarters Detachment, U.S. Army Alaska.

MARCH 22

A son, Brody Richard-Joseph Fain, was born 20.5 inches long and weighing 7 pounds, 1 ounce at 9:20 a.m. to Brittany Leah Fain and Army Staff Sgt. Raymond Thomas Fain of the 1st Battalion (Airborne), 501st Infantry.

MARCH 25

A son, Shane Atticus Peterson, was born 20 inches long and weighing 8 pounds, 3 ounces at 11:06 p.m. to Elizabeth Ann Petersen and Army 1st Lt. Justin

Robert Petersen of the 1st Squadron (Airborne) 40th Cavalry Regiment.

MARCH 26

A daughter, Kailyn Suzanne Fedd, was born 19 inches long and weighing 6 pounds, 6 ounces at 1:56 p.m. to Kari Suzanne Fedd and Pfc. Kevion Demetric Fedd of the 725th Brigade Support Battalion.

A son, Mason Isaiah Daniel Hilbert, was born 20 inches long and weighing 7 pounds, 4 ounces at 6:49 p.m. to Jamie Rost Hilbert and Spc. Nicholas James Hilbert of the 98th Maintenance Company.

A daughter, Lyla Mae Yannotta, was born 20.5 inches long and weighing 9 pounds, 3 ounces at 1:15 a.m. to Jessica Leena Yannotta and Airman 1st Class Louis Emilio Yannotta of the 673d Communications Squadron.

MARCH 27

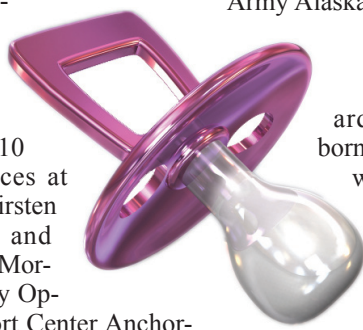
A daughter, Audra Lynn Emery, was born 21 inches long and weighing 7 pounds, 10 ounces at 12:43 p.m. to Chelsea Virginia Emery and Sgt. Steven Charles Emery.

A daughter, Isabella Andino, was born weighing 7 pounds, 1 ounce at 9:01 a.m. to Lourdes M. Andino-Torres and Sgt. Carlos M. Andino-Torres of the 425th Brigade Special Troops Battalion.

A son, Landon James Mason, was born 21 inches long and weighing 8 pounds, 1 ounce at 8:08 p.m. to Michelle Lee Mason and Sgt. Evan James Mason of the 4th Quartermaster Detachment.

MARCH 30

A son, Marshall Donovan Combs, was born 21 inches long and weighing 8 pounds at 8:40 a.m. to Mary Saunsha Combs and Sgt. Steven Leroy Combs.



JBER Transition Assistance Program gets new digs

By Airman 1st Class Tammie Ramouer
JBER Public Affairs

As military members reach the end of their careers they may not be aware of how much of a change separating or retiring will be.

Stepping into this transition can be frightening for many service members, but they should not fear the end of their service with the armed forces.

The Transition Assistance Program is now the Transition Goals, Plans, Success enacted to help by giving them vital information to easily transition into civilian life.

The Veterans Opportunity to Work to Hire Heroes Act was enacted by President Obama in 2011, and is a program associated with Transition GPS that provides help to veterans with guidance and preparation.

"The TAP is important because with the high unemployment rate, separating and retiring military members haven't really thought about a twelve-month budget, not knowing how they are going to support themselves and their families in their transition," said Sheila Braeutigam, Transition GPS manager on JBER.

The Transition GPS program is mandatory for all members in order to expand counseling, and strengthen and guide service members before leaving the military.

TAP is a five-day program offered twice a month. The first day of briefs includes an explanation of the entire program.

The program includes briefings on financial readiness, department of labor, veterans affairs, and disabled transition assistance program.

The briefing for financial readiness gives information on how to spend money wisely and gives them ways of putting money in savings accounts.

Another is a Department of Labor workshop which includes resume writing, dress-

ing for success, salary negotiation, and interviewing-which is essential for the transition process.

On the last day the Veterans Affairs briefing is offered in the morning to help members apply for their benefits. The disabled transition assistance program briefing also helps members apply for their benefits, and what their benefits include as a disabled veteran.

Along with the information provided, military members have the option to choose from three individualized careers at the start of the TAP program.

Education, small business administration, and technical career are paths designed to focus on individuals looking to find a career after they retire.

The educational path could be going back to college; that could include online courses or in-class sessions.

For the individuals wanting to build a business, a small business administration path would be a great way to start.

"Boots To Business" is a program that



(Courtesy photo illustration)

helps members decide what type of business they want to build.

A technical path is an opportunity for soon to be retirees to help their communities by working with a union. Examples of this can include doing electrical work, or trading stocks.

"Once you go through the entire week of the TAP process, we are hoping individuals will be at a point to where they can determine which path they want to take," said Braeutigam.

Veterans are provided with an evaluation

of their employability, if they choose to work once they retire from the military.

The disabled veterans are also prepared for job readiness through the disabled transition assistance program, by showing them how to make career decisions, and learn how to search for jobs that work with their level of ability.

Before military members separate, they go through a capstone event that includes an evaluation of the Transition GPS program, and how they plan to transition into the civilian world.

