



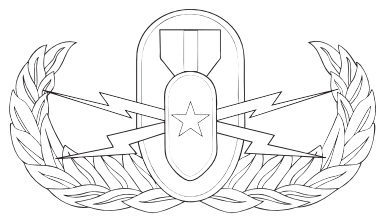
ARCTIC WARRIOR

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A PORTRAIT IN COURAGE



Tech. Sgt. Dustin Lambries, an Explosive Ordnance Disposal craftsman, poses for a photo at the EOD Flight facility May 24. The Portraits in Courage series highlights Airmen who display bravery and determination in the face of especially challenging or dangerous circumstances. (U.S. Air Force photo/Airman First Class Omari Bernard)

JBER EOD Airman nominated for annual Air Force publication

By Airman 1st Class Omari Bernard
JBER Public Affairs

COURAGE IS A WORD, A belief, a portrait. It is invisible, yet has many faces. It can have the face of a child learning to ride a bicycle without the training wheels. It may be the face of a person conquering their fear of heights. In this case, it portrays the face of a man who has deployed behind enemy lines.

Tech. Sgt. Dustin Lambries is the very portrait of courage.

Lambries is an explosive ordnance disposal technician with the 673d Civil Engineer Squadron at Joint Base Elmendorf-Richardson. He is also a husband and a father of three. Lambries grew up in a small town in Grandville, Mich., and entered the Air Force in 1999.

"I always knew I wanted to join the military," Lambries said. "I joined the Air Force because they had the coolest recruiter."

Why choose EOD?

"Blowing stuff up all the time, it kind of spoke to me," Lambries joked.

As an EOD technician, Lambries' job is to deal with improvised explosive devices in a controlled fashion. He is trained to employ tools like Composition C-4 explosives, robots and classified techniques to dispose of explosives, whether they are decommissioned missiles on base or roadside bombs in the field.

Lambries deployed to Afghanistan from September 2012 to March 2013 in support of joint and multinational operations in the Helmand Province.

"My deployment was a non-typical EOD deployment," Lambries explained. "A typical one for that unit would be in a truck doing route clearances, clearing IEDs on the roads. They had special mission sets that our expertise was requested on for Special Forces units."

During his deployment, Lambries and his EOD team were embedded with the United Kingdom's 12th Brigade Reconnaissance Force, call sign Finder 10. Their mission was to locate, strike and deny lethal aid to Taliban forces on an island in the Helmand River.

"Every mission we went on was usually an air assault," Lambries said. "A lot of shooting was involved and a lot of avoiding IEDs where we could. If we could not, that was what I was there for."

His team inserted via helicopter with the elements of Finder 10 onto the island at 2 a.m. under the cover of darkness.

"We would get in behind what would apparently be the enemy lines and land on the opposite side of it," Lambries said. "So we would be in their home and stir up the hornets' nest and then get intel on what had happened."

Upon hitting the ground, his unit quickly located one of the targeted mission objectives; an improvised explosives produc-

tion facility with more than 200 pounds of homemade explosives. As they swept the perimeter of the compound they encountered two enemy scouts and engaged them, killing one and capturing the other. This was only the start of what would turn out to be a day-long engagement with a well-coordinated and well-equipped force of battle-hardened Taliban that outnumbered Lambries' unit.

"It was a lot of shooting," Lambries said. "There were a lot of firefights."

As day broke, Lambries' team detonated the explosives, destroying the production facility and resumed their pursuit of mission objectives. As his team swept the remainder of the island, they encountered a cache of enemy rifles as well as a large, unexploded artillery projectile. After destroying the enemy weapons cache and the unexploded ordnance, his team set up with the unit command element at a staging location while

► See LAMBRIES, A-3



Tech. Sgt. Dustin Lambries during a deployment to Afghanistan. (Courtesy photo)



Chief Warrant Officer Guillermo Castillo

JBER warrant officer sentenced

U.S. Army Alaska news release

A JBER Soldier was convicted by a military judge of multiple charges in a general court-martial May 23 in the military courtroom here.

Chief Warrant Officer Guillermo Castillo was convicted of two specifications of disobeying the lawful order of a superior commissioned officer, driving under the influence of alcohol and abusive sexual contact.

The military judge, Army Maj. Stefan Wolfe, sentenced Castillo to forfeiture of \$3,000 per month for 12 months, confinement for six months and dismissal from the Army.

Castillo, 33, from California, joined the Army in January 2000. He served as an enlisted Soldier until 2009, at which time he attended the Warrant Officer Candidate School, Fort Rucker, Ala. He graduated in November 2009 and was assigned to the 4th Airborne Brigade Combat Team, 25th Infantry Division in June 2010. He deployed to Afghanistan from May to October 2012.

Air Force provides special counsel to sexual assault survivors

By Air Force Staff Sgt. David Salanitri
Air Force Public Affairs

WASHINGTON — Often, when survivors of sexual assault are "put on the witness stand, they can feel like they're being attacked," said Air Force Capt. Dustin Kouba, a special victims counsel attorney. "I feel like I'm almost defending them ... I'm like their big brother."

The Air Force is taking the lead on providing special counsel to survivors of sexual assault, spearheading a pilot program for the Department of Defense.

The goal of the Special Victims' Counsel is to ensure the best possible care for Airmen, who report they are the victims of sexual assault, by providing independent legal representation through an assigned Air Force attorney. Within 48 hours of the victim requesting the SVC, the SVC will contact the victim and remains the SVC throughout the entire legal process.

The SVC Program started in January. Once attorneys are selected to be SVCs, they attend additional training at Maxwell Air Force Base, Ala.

"What the course does is focus on what is required of JAGs for their new role in representing victims versus serving as trial counsel, which is what they already had experience in," said Air Force Capt. Allison DeVito, who is the chief of the Victim Issues and Policy Branch for the Air Force.

To build the course, the Air Force worked with leaders in the civilian sector. The initial three-day course, which has since grown to five days, builds on training they've already received in military justice, DeVito said.

The SVCs can "help guide the victim through the military justice process and help them come out on the other end, regardless of

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First year in command

USARAK commanding general marks milestone

Editorial by Army Maj. Gen. Michael Garrett
U.S. Army Alaska Commanding General

It has been a year since I took command of USARAK. From the start, my priorities have been leadership, standards and discipline. They form the bedrock of any effective military unit and are the common point of departure for all great units. At the one-year mark of my command, it is time to assess our progress and provide guidance to you on how I see us going forward.

Our units are transitioning from a predictable Army Force Generation cycle to a battle rhythm of short notice, rapidly deployable teams and organizations in support of both Alaskan Command and U.S. Army Pacific operations.

A year ago, our Stryker Brigade had just returned from a very tough but successful Operation Enduring Freedom deployment. The 4th Brigade Combat Team (Airborne), 25th Infantry Division, and several smaller units were still in the middle of their rotations in Afghanistan.

Now, with most of our Soldiers redeployed, we will adjust our azimuth to refine our mission. Going forward, we will have a reduced requirement to support efforts in Central Command, with some units participating in ongoing operations through fiscal year 2014.

Other units will continue to support the Joint Task Force – Alaska mission set. Within the USARPAC area of responsibility, the rebalance of national security objectives to the Asia-Pacific region will result in an expansion and refinement of missions that capitalize on our unique capabilities.

Many of these missions will require us to return to the expeditionary mindset our Army had prior to the conflicts in Iraq and Afghanistan. Every formation in USARAK must be ready to deploy on short notice, and we must integrate this into our training and readiness.

The Army's budget cuts due to sequestration resulted in a significant decrease in training and readiness during the past few months. Although the current budget



Paratroopers of the 425th Brigade Special Troops Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division, conduct a mass-exit personnel drop from a C-17 Globemaster III at Malemute Drop Zone April 17. The Spartans of 4-25th ABCT recently completed post-deployment reset, and are transitioning the brigade to assuming part of the quick reaction force mission for the Pacific Theater. With operations in Afghanistan drawing down, Army forces will pivot to contingency operations with an emphasis on the Pacific. (U.S. Air Force photo/Justin Connaehr)

reduction applies only to this fiscal year, we could easily face leaner budgets for the next several years.

We have already implemented painful cost-saving measures. We enacted a civilian hiring freeze, reduced travel and administrative costs, and have reduced or cancelled numerous exercises, training activities and military-to-military engagements for the remainder of the fiscal year. I am proud of the professional way you have handled these funding limitations. Going forward, we will continue to develop innovative ways to train and maintain readiness despite budget limitations.

We continue to work diligently to build relationships that enhance the defense of the United States and the security of the region. The Pacific AOR is a region with enormous promise and exciting opportunities; we are fortunate to be part of this important mission.

Going forward, our support to USARPAC's regional partnership program will provide joint and coalition training that helps our partners confront internal challenges to security, stability and sovereignty, while simultaneously expanding our own capabilities and professionalism.

Over the past year, I have seen tremendous progress in Soldier fitness, but there is room for improvement. Each and every one of us can benefit from regular, strenuous physical training. A challenging workout not only makes your body healthy, but your mind and spirit as well. Start every day knowing that nothing is more important than physical training, as it is the building block to assure mission success in all other areas.

With respect to discipline, my expectation that leaders know and enforce the standard has not wavered. I am pleased to see the chain of command taking charge and

ensuring leaders are checking and enforcing USARAK's four-pillar policy both on and off post. Because of your hard work, there has been a marked improvement in barracks discipline, and the number of negligent discharges has decreased significantly. The staff duty officer program is maturing into an effective and efficient check on standards and discipline, and we continue to refine the courtesy patrol to target maximum impact.

Going forward, we must apply extra emphasis in the area of sexual assault. All of us must take the steps necessary to eliminate sexual assault from our ranks. Leaders must understand the requirements and processes at each level, and in the unfortunate event an assault occurs, follow correct procedures and safeguard the victim throughout. In all these areas, we must maintain the focus on standards and discipline and reinforce our commitment to professional excellence at all levels.

Our success across USARAK is enhanced by the strong team we have built with our communities and partner units. I recently conducted two very successful listening sessions with local leadership in Fairbanks and Anchorage as part of the Army's initiative to remain connected as our force draws down. I can say with confidence the state, local and business leaders in both locations are enormously supportive of our Soldiers and their families. Additionally, the 673rd Air Base Wing, U.S. Army Garrison Fort Wainwright, Medical Department Activity-Alaska, Dental Activity-Alaska, Army Materiel Command and many others provide support that is second to none.

I am committed to doing everything I can to make sure all of our Soldiers, both deployed and in garrison, receive the resources they need to train, take care of their Families, and complete our mission. I would like to extend my personal gratitude to the outstanding men and women under my command. Day in and day out, USARAK Soldiers and civilians work to enhance the defense of the United States and build enduring partnerships across Alaska and the Pacific.

Arctic Warrior! Arctic Tough!

Commissaries plan for Monday furloughs

By Kevin L. Robinson
DeCA Public Affairs

FORT LEE, Va. — When furloughs are implemented, most military commissaries will close one day a week on Mondays, said the director and chief executive officer of the Defense Commissary Agency. Between July 8 and Sept. 30, there will be 11 additional days commissaries are closed, days they are not normally closed.

The Monday closures are in addition to any day stores are routinely closed. For instance, there are 148 stores now that routinely close on Mondays. For those stores, they would also be closed the next normal day of operation. Other than the furlough day, there are no other changes planned for store operation hours.

The announcement comes as the Defense Commissary Agency, or DeCA, follows Department of

Defense protocols related to the automatic federal government budget reductions, known as sequestration, which began March 1. Like most DoD activities, DeCA is mandated to furlough its civil service employees. Furlough notices are scheduled to be delivered to DeCA employees between May 28 and June 5.

DeCA has 247 commissaries with more than 16,000 employees operating in 13 countries and two U.S. territories. Furloughs will impact all of DeCA's more than 14,000 U.S. civilian employees.

"We know that any disruption in commissary operations will impact our patrons," said Joseph Jeu, DeCA's director and CEO. "Also, we understand the tremendous burden this places on our employees, who, when furloughed, will lose 20 percent of their pay. We determined that Monday closures would present the least pain for our

patrons, employees and industry partners."

As sequestration continues, commissary customers can find out about any changes to their local store's operating schedule by going to www.commissaries.com, clicking on the "Locations" tab, then "Alphabetical Listing," finding their store and clicking on "local store information." Patrons are reminded because sequestration is so fluid, DeCA's plan for this budget-cutting measure is subject to change.

DeCA decided on Monday closures after weighing the potential disruption to patrons and suppliers of having rolling furloughs, where closure dates would differ from store to store. Universal Monday closures are less disruptive to shoppers and the agency's industry partners, vendors, suppliers and distributors, who deliver products daily to DeCA's commissaries.

Store staffs overseas include a mix of U.S. and local national employees. Because they are not U.S. government employees, local national employees are not subject to furlough actions. Select locations overseas will open if they have an adequate local national staff. However, if an overseas store is closed, its local national staff will report to work and perform other store-related duties.

In January, DoD released guidance to allow defense components to plan for potential budget cuts by reducing operating costs. In line with that direction, DeCA later executed the following budget-cutting measures:

- A hiring freeze on all outside hires
- Curtailment of official travel for all conferences, training and any other events and activities considered noncritical to the agency's mission

- Cancellation of the agency's May Worldwide Case Lot Sales for all commissaries. Instead, stores are conducting smaller-scale events such as outdoor sidewalk sales

- Curtailment of all overtime and compensatory time unless deemed mission-critical
- Review of contract services to restrict any increases
- Curtailment of all monetary awards unless legally required
- Postponement of all Guard and Reserve on-site sales scheduled after July 8 until further notice.

"We are in this together," Jeu said. "Though limited in our ability by circumstances we cannot control, I assure you we will do all we can to mitigate the impact of sequestration on our patrons, employees and industry partners, and on our mission."

Donley: Sequestration hits readiness, modernization

By Jim Garamone
American Forces Press Service

WASHINGTON — Sequestration has hit the Air Force particularly hard, impacting its force structure, readiness and modernization, senior Air Force leaders said here May 24.

Air Force Secretary Michael Donley and Air Force Gen. Mark Welsh, the chief of staff, said Congress must provide a solid budget number so the Air Force can ground its planning in reality.

The Air Force understands it must do its part to work through the debt and deficit reduction problem, Welsh said.

"We just want to get to the bottom line or the new top-line budget ... and get on with preparing our Air Force to remain the best in the world," he said.

Sequestration has hit the Air Force hard and the effects are felt throughout the full range of accounts from force structure to readiness to modernization, Donley said during his last scheduled news conference as secretary.

On April 26, Donley announced plans to step down June 21 as the Air Force's top civilian after serving as secretary for nearly five years.

"Twelve combat-coded squadrons have stopped flying, and

important training has been canceled," Donley said. "Weapon system sustainment reductions will delay maintenance, increase costs and create backlogs. The impending civilian furlough will hamper us further and will impact morale and reduce productivity across the Air Force."

Even before sequestration there was a readiness crisis in the Air Force, the secretary said. "The readiness hole that we have been trying to dig out of just got deeper, and we are facing a readiness crisis from which it will take many months to recover," he said.

And it is not just operations and readiness accounts that are at risk,

said Donley, noting the Air Force needs modernization – in aircraft, missiles and capabilities.

"As advanced technologies proliferate around the globe, these cutbacks in modernization would put at risk the Air Force capabilities this nation will need in the decades ahead," Donley said. "Despite our near-term and long-term concerns, we are working to ensure that our most significant Air Force priorities remain on track, including the fifth-generation F-35 [Lightning II] Joint Strike Fighter, the KC-46 tanker, and the long-range strike bomber."

Aircraft must support the warfighters, but budget cuts mean Air-

men cannot train for full-spectrum operations, Welsh said.

"And our readiness continues to decline, even while calls for potential no-fly zone or air policing operations in response to Syrian violence are reaching a new crescendo," he said.

"We're still the best Air Force in the world," Welsh said. "And our great Airmen will rely on experience and their unmatched dedication to succeed in any operation that we're asked to execute. But atrophied skills elevate risk, and stagnant proficiency will only grow over time if we can't restore some sense of budget normalcy. And so that's what we're hoping for."

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander**
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**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/
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Sgt. Maj. Jesse R. Pratt

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Taking the opportunity to jump alongside Mobile Pathfinder Course students, Sgt. 1st Class Sergio Bustamante, B Company, 725th Brigade Support Battalion (Airborne), prepares to parachute from a UH-60 Black Hawk helicopter onto Malemute Drop Zone, May 23. More than 40 Soldiers put their skills to the test as pilots and crews from the 1st Battalion, 207th Aviation Regiment, Alaska Army National Guard, provided aviation support. (U.S. Air Force photos/Percy G. Jones)



ABOVE: A Soldier attending the Mobile Pathfinder Course jumps from a UH-60 May 23. LEFT: Sgt. Kyle Francione, B/1-207th Avn., peers from a UH-60 Black Hawk helicopter, as it flies to pickup Soldiers attending the Mobile Pathfinder Course, May 23. The three-week course, conducted by cadre from U.S. Army Pathfinder School, Fort Benning, Ga., instructs students in air traffic control, medical evacuation operations, sling load operations, helicopter landing zones, air assault planning, pathfinder employment, and drop zone operations. Those Soldiers who complete the course will earn the coveted Pathfinder Badge.

▼ From LAMBRIES, A-1

they prepared to follow the remainder of the Finder 10 elements across the Helmand River.

As they waited, his element began taking highly-concentrated, accurate enemy fire from a well-organized and motivated platoon-sized enemy element in a compound approximately 25 meters away. As the enemy continued to engage his element with machine gun fire and rocket-propelled grenades, Lambries began returning fire as Finder 10 elements flanked the compound and ended the engagement.

“How did I get here? What am I doing? Where are my guys? Am I looking in the

right direction?” Lambries said he thought during the firefight.

As they continued to clear the compound, an enemy hand grenade exploded, severely wounding two British soldiers. Medical evacuation procedures began as the forward elements once again came under heavy and sustained enemy fire from other neighboring compounds.

“You get tight-knit as a group,” Lambries said. “To see them getting shot at or getting hit, you get irate. It brings the fight out and just escalates from there. It is definitely an adrenaline rush.”

Guarding the very end of the formation, Lambries laid down continuous cover fire, allowing Finder 10 to move across open

terrain and seek cover inside a compound. These actions allowed the safe movement and evacuation of the two wounded Soldiers.

Lambries remained under fire for more than an hour as they bounded to safety, with rounds striking within six inches and engaging enemy forces as near as 25 meters. These actions resulted in four insurgent deaths, three wounded insurgents and one enemy detainee.

Throughout the course of his deployment Lambries displayed immense poise and skill even while under extreme pressure. For his actions throughout the deployment, he was awarded his second Bronze Star Medal, the Army Achievement Medal and was nomi-

nated for Portraits in Courage.

“It was hard for me to come up with something to put in for the story that goes into the nomination,” Lambries said. “I have mixed feelings. I’m proud and very embarrassed, thanks to my family.”

As courageous as his actions were that day, Lambries recognizes the efforts of his comrades and fellow EOD members who are deployed.

“The guys that are back are being recognized,” Lambries said. “The guys that are over there are having hard days, difficult days and terrible days. They don’t get the recognition that they are earning right now, so keep those guys that are there now in your thoughts and prayers.”

▼ From SVC, A-1

what the result of the court-martial is, feeling that they made the right decision to come forward in the first place. That that was the right thing to do – to report the sexual assault.”

Sexual assault victims can file two different report types: restricted and unrestricted. With an unrestricted report, the government is able to conduct an investigation which could result in disciplinary action, including a court-martial prosecution of the accused.

Since the start of the program, more than 300 sexual assault victims have been represented by SVCs, including 22 victims who had made restricted reports.

“Of the 22 restricted reports, 12 have made that decision to go unrestricted, a 55 percent conversion rate” DeVito said. By comparison, in fiscal year 2011, 13 percent of restricted reports were later changed to unrestricted, she said.

Though only a small percent of SVC clients are restricted, a common denominator has surfaced among victims – a need for advice.

“From the restricted reports that do come to us and request counsel, we’re finding that the number one reason is they want advice on the decision to make an unrestricted report – that’s exactly what an SVC is intended to do,” DeVito said.

She said the SVC is there to “provide information on what the process is going to look like, so that a victim can feel more comfortable and confident about the decision to come forward.”

What can an SVC do for me?

The SVC brings a lot of support and training to the table, including:

- Victim’s rights law
- Privacy issues
- Housing issues
- Civil law issues
- Workplace reprisals
- Full-spectrum victims’ issues

Victims’ perspective

In its short existence, the Air Force is tracking its performance closely, and feedback from SVC clients has been positive.

Airmen provided the following

feedback, DeVito said.

“My SVC was so supportive, and helpful. He was always there for me when I had any questions, and he showed me that he wasn’t just doing his job, but that he cares about his job and his client. I don’t know what I would have done without him during the process.”

“When you’re a victim you don’t know who to trust,” DeVito continued. “The SVC gave me that trust I needed. Also, everything with her was confidential and that made me feel more safe. It was nice having someone to speak for me and to help me.”

“I believe that an SVC provides comfort and confidence when you have had so much taken away.”

Meeting the victim

Reading through victims’ comments, the relationship between SVC attorneys and their clients appears to be strong.

“That first time meeting them, every single time, it’s been a great experience,” said Kouba, who will become one of 24 full-time, regional-based SVCs. “I think they’re

relieved to finally have me there. And I’m relieved to be there.”

When Kouba meets with his new clients, he said he has one goal he wants them to know.

“I’m here to help you. That’s why I’m here.”

And sometimes, when he meets them, he doesn’t say much. He just lets them talk.

Sometimes they feel like they’re not being heard, Kouba said. That’s when he feels the best thing to do is “sitting down, listening to them, helping them come to the conclusion on what we should do to move forward,” he said.

Kouba said he often feels responsible to his clients like a big brother can feel about a younger sibling.

“I look at it as if there are three teams. The government trial team, the defense team that is supporting the accused, and I’m on a third team. I’m directly supporting the survivor,” said Kouba, a native of Grand Forks, N.D.

With the sensitivities he faces with clients, Kouba reminds himself that “the person that’s coming into my office is exposing their

innermost secrets to me. They’re having to relive a terrifying event over and over again.”

The desire to provide victims with the very best response team, which includes other support services such as the Sexual Assault Response Coordinator, Victim Advocate, medical and mental health care, in addition to the SVC, has led to Congress proposing a bill on May 7 that would require each service to have an SVC program.

According to the bill’s description, it “directs each military department Secretary to implement a program providing a Special Victims’ Counsel to a victim of a sexual assault committed by a member of the Armed Forces.”

For DeVito, providing support to survivors of sexual assault is much more than checking a box, it’s helping out a fellow family member.

“We’re the Air Force. We’re a big family. And now we’re going to do everything in our power to make sure [Airmen who are survivors of sexual assault are] supported – emotionally, physically, mentally and legally.”

Community survey

The 2013 Air Force Community Assessment Survey is sponsored by the Air Force Integrated Delivery System, and the goal of the survey is to make known the opinions and needs of the entire Air Force community including active duty members, Reservists, Air National Guardsmen, their spouses and Air Force civilian employees.

IDS will send email invitation to selected personnel. Postcard invitations will be mailed to spouses, inviting them to complete the survey. Each invitation will include a link to the online survey.

The survey is scheduled to begin this month and participants' replies are completely anonymous. Neither the Air Force, the government nor the contractor can link any aspect of community members' responses to personal identifiable information.

Through the completion of the community assessment survey, responses can directly influence family services and related support activities at local bases and throughout the Air Force.

For any questions regarding the survey, please contact Stevan Cady at 552-0644.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, located in building 724, Quartermaster Drive, is open for paygrades E-4 and below on Tuesdays and Thursday from 11 a.m. to 5 p.m., Wednesdays from 11 a.m. to 2 p.m.; and first and third Saturdays from 11 a.m. to 2 p.m.

For more information, call the Thrift Shop at 384-7000.

JBER's Attic

Joint Base Elmendorf-Richardson's Attic (formerly known as the Airman's Attic) located in building 8515 off of 20th Street is open on Tuesdays for paygrades E-1 to E-4 from 10 a.m. to 2 p.m. and 6 p.m. to 8 p.m.; Wednesdays for paygrades E-1 to E-6 from 10 a.m. to 2 p.m., and the first Saturday of the month for all paygrades from 11 a.m. to 2 p.m.

For more information, call the Attic at 552-5878.

Volunteers needed

JBER's Attic is looking for

permanent volunteers to perform duties as assistant manager of the Attic. Please contact Senior Master Sgt. Jens Rueckert at 580-6820 or Susan Hoversten at 854-5959 if interested in the position.

School physicals

The 673d Medical Group recommends children receive their well child examinations, school physicals and sports physicals from their assigned clinic team at the 673d MDG Pediatric Clinic or Family Health Clinic.

A child's primary care provider is most familiar with the child and can most efficiently complete the physical.

With high demand for physicals June through August, now is the time to beat the rush.

Call 580-2778 to schedule an appointment.

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).

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.

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.

Article 139 claims

A Uniform Code of Military Justice Article 139 claim is a claim against any service member for willfully damaging or wrongfully taking property while the service member is not on duty. Claimants are eligible to file an Article 139 claim whether they are civilian or military, a business, a charity, a State or local government.

Claims covered by Article 139 are:

- Claims for damage to property inflicted intentionally, knowingly, purposefully, and without a justifiable excuse.
- Claims for property wrong-

fully taken. A wrongful taking in an unauthorized taking or withholding of property not involving a breach of a fiduciary or contractual relationship, with the intent to deprive the owner of the property temporarily or permanently.

Claims not covered by Article 139 are:

- Claims resulting from negligent acts such as normal "fender-benders" or other such accidents;
- Claims for personal injury or death;
- Claims resulting from acts or omissions of military personnel acting within the scope of their employment (these may be payable as a tort claim);
- Claims resulting from the conduct of Reserve Component personnel who are not subject to the UCMJ at the time of the offense;
- Subrogation claims. That is a claim where your insurance company pays you and then seeks reimbursement;
- Claims for theft of services.

Claimants should submit claims within 90 days of the incident from which the claim arose unless there is good cause for the delay

Your claim must be presented either orally or in writing. If presented orally, the claim must be reduced to a signed writing within 10 days after oral presentation.

Claims should be filed by branch of service. For claims against Army members, contact the Army claims office in Bldg 600, Suite 313, at 384-0330. For claims against Air Force members, contact the JBER claims office in the People Center, Suite 330 at 552-3048. Claims relating to members of any other branch may be made at the Army claims office and will be forwarded to the proper service.

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.

Dining facility survey

ARAMARK is conducting a survey to evaluate how the contrac-

tor can better offer dining service to JBER.

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

Pharmacy volunteers

The 673d Medical Group Pharmacy needs volunteers to provide the best possible customer service to beneficiaries.

Pharmacy volunteers can help perform such critical tasks as bagging, shelving and handing out medication.

For more information on how to volunteer, call 580-6807 or email christina.mcquaide@elmendorf.af.mil.

Furnishing Management

The Furnishings Management Office offers 90-day loaner furniture. Appliances may be issued for the duration of the service member's tour.

FMO typically deliver items as far as Peters Creek or Rabbit Creek. Service members must make special arrangements beyond these areas.

When requesting furniture, service members must provide a copy of their reporting orders.

For JBER-Elmendorf, visit the Capital Asset Management Office at Building 6436, Monday through Friday, 8 a.m. to 4:30 p.m., or call 552-2740.

For JBER-Richardson, visit the Housing Management Office at Building 600, Monday through Friday, 8 a.m. to 4:30 p.m., or call 384-2576.

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.

Take a jacket: Boating safety especially important

By PA1 Sara Francis
17th CGD Public Affairs

On June 4, 1958, President Dwight D. Eisenhower established National Safe Boating Week as the first week starting on the first Sunday in June.

In 1995, the date for National Safe Boating Week was changed to a full week before Memorial Day Weekend each year, allowing the message for safe boating to reach more boaters before the recreational boating season.

The Coast Guard joins the rest of the nation and several other participating countries to remind boaters about the importance of preparedness and safety while traversing the world's waterways.

The Coast Guard released its 2012 Recreational Boating Statistics, revealing that boating fatalities that year totaled 651 nationwide, the lowest number of boating fatalities on record.

The report states alcohol use was the leading contributing factor in fatal accidents and almost 71 percent of all fatal boating accident victims drowned, with 84 percent of those victims not wearing a life jacket.

In Alaska, recreational boating deaths totaled 22 in 2012.

"Always wear a life jacket out on the water," said Ken Lawrenson, the Coast Guard 17th District commercial fishing vessel safety coordinator in Juneau. "Folks in Alaska know that full-body immersion in the water can be deadly. The simple act of wearing a life jacket can give you the time to be rescued or to rescue yourself. Most deaths are not due to loss of core temperature, but rather, people drown first."

In Alaska, children 13 years of age and younger are required by law to wear life jackets while on the water.

Many Alaskan communities have "Kids Don't Float" loaner life jacket boards and boxes with jackets than can be borrowed and



With summer in Alaska comes boating – whether you're on a charter boat for halibut, trolling the rivers for salmon, or just paddling around a lake. Be sure to have proper lifesaving and emergency gear – a lifejacket, a beacon, and first-aid equipment, in case of an accident or emergency. The Coast Guard provides vessel safety checks and other safety tips and videos. (Courtesy photo)

returned after your voyage.

Boaters are also encouraged to carry multiple forms of communication with them including a VHF-FM radio, an emergency position indicating radio beacon and at least one back up like a cellular phone, satellite phone or with extra batteries and/or the charger.

File a float plan with friends or your local harbormaster detailing your voyage and providing a description of your boat and passengers to give rescuers as much information as possible in the event you are overdue. Float plans can help narrow search areas and reduce search times.

Boaters should look at the weather prior to their voyage and the extended forecast.

Always take extra layers even

if the weather appears nice and remember synthetic materials are preferable to cotton as they still provide some warmth even when wet and dry faster.

Take provisions and gear in case you are caught out overnight or in poor weather.

A modicum of preparedness can save you a great deal of discomfort and even your life.

To ensure you are ready for sea and have all the gear you need to weather the Alaska outdoors, get a free vessel safety check.

The Coast Guard Auxiliary offers free vessel safety checks in many Alaska cities and coastal towns as summer begins, and safety checks are available year-round by appointment.

Many times, simple oversights

such as old batteries in communications equipment or forgetting to check the weather make a difference in success of your voyage and the success of rescues if you do run into trouble.

"Making people aware about the hazards of boating especially after winter is very important," said Auxiliarist Sue Lang, Coast Guard 17th District National Boating Safety Week chairperson. "Boating is such a way of life and big part of the history here in Alaska, it is important to remind boaters to be safe out there and not be complacent."

In a region such as Alaska, where weather systems and climates can be volatile and treacherous to the boating community, National Safe Boating Week stands as a reminder to everyone who plies

the waters to make sure they have everything necessary to ensure their trip is both fun and successful, and they return safely home.

For more information about National Safe Boating Week, Coast Guard Auxiliary event schedules and Coast Guard Safe Boating Week activities, refer to the following links:

- National Safe Boating Campaign: cgauzalaska.org/NSBW1.html
 - Alaska Office of Boating Safety: dnr.alaska.gov/parks/boating/index.htm
 - Coast Guard Auxiliary Vessel Safety Checks: cgauz.org/vsc/
- You can also view safety tips and videos on our Facebook Page at USCGAlaska or follow us on Twitter @USCGAlaska.

COMBAT FISHING

By Airman Ty-Rico Lea
JBER Public Affairs

The Seward fishing community showed their thanks for what U.S. troops do and the sacrifices they make by taking approximately 250 service members out May 23 for a day on the seas fishing for halibut and any other fish in season.

"I had a really great time," said Sgt. Ivan Ang, 8th Forward Surgical Team operating room noncommissioned officer. "This is actually my first time going fishing, and I'd encourage every service member to take advantage of this."

The 7th Annual Armed Services Combat Fishing Tournament took place in Seward.

Thanks to the support of the Seward Deep-Sea Charter Fleet, many local charter vessels were donated to the event and recently deployed or deploying service members, both Air Force and Army, participated.

"I've never gone halibut fishing since I've been stationed here on Joint Base Elmendorf-Richardson," said Tech. Sgt. Brian Rendahl, 611th Air Communications Squadron project manager. "So I decided to take advantage of this perfect opportunity and go fishing before I deploy."

Troops boarded buses at JBER shortly after midnight and were given a police escort for the 130 miles to Seward.

"This was a great way to break away from the daily grind of work," said Spc. Joshua Bartlett of C Troop, 1st Squadron (Airborne), 40th Cavalry Regiment. "It's nice to be with the guys that I know have my back downrange and bond."

Once they arrived, participants found their way onto the boats, which traveled more than two hours from the dock in hopes of landing plenty of fish.

Once the captains felt they reached a successful spot, it was fishing from then until the end of the day.

The Combat Fishing Tournament was created seven years ago by Keith Manternach and Bob Candopoulos as a way to give back to junior enlisted members of Alaska's military.

"It started out small the first year, taking about 70 members of our military fishing over a two-day period," said Buddy Whitt, ASYMCA associate director. "In 2007, the Armed Services YMCA became involved and the event quickly grew into what we have today."

When service members were finished fishing, they had their fish weighed, cleaned



The Armed Services YMCA hosted its seventh annual Combat Fishing Tournament in Seward May 24. Active-duty Air Force and Army service members who have recently deployed, or are preparing to deploy, participated in the tournament and caught fish such as halibut. The event is a tradition among the Seward charter fleet, and is a way the community shows its appreciation for the military. A total of 250 Soldiers and Airmen participated in fishing, followed by a meal and awards for biggest fish and number of species. (U.S. Air Force photo/Airman Ty-Rico Lea)

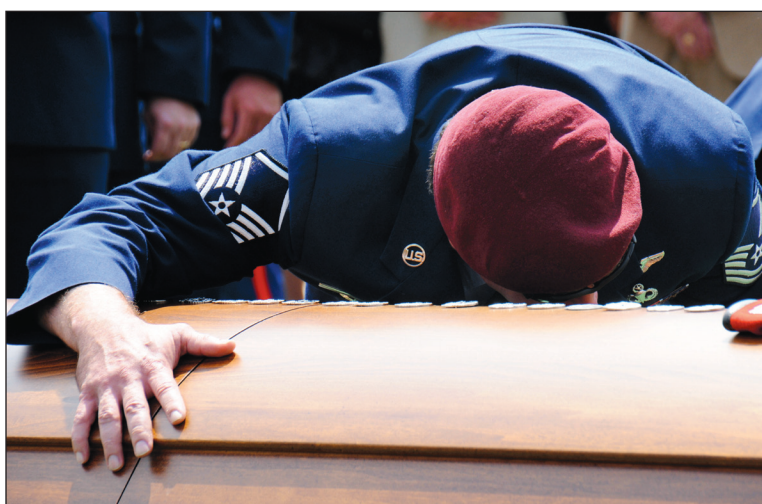
and filleted by the captains. The fish are then shipped to the YMCA on JBER and returned to the respective service member.

"This was definitely a brand-new experience for me," said Senior Airman Duquin Bradley, 773d Civil Engineer Squadron water and fuel system maintainer. "I would definitely come again. Hopefully they have similar events at my next duty station."



Remember the fallen, not only on Memorial Day, but all year

Commentary by Air Force Chaplain (Lt. Col.) Keith Muschinske JBER Chaplain



The casket of Staff Sgt. Andrew Harvell is embraced by one of his teammates during Harvell's funeral. (U.S. Air Force photo/Joe Juarez)

Did you remember? Last weekend, sandwiched between the gatherings around tastier food than sandwiches, did you remember? After all, that's what the word "memorial" as in "Memorial Day Weekend" means, isn't it? Remembering?

This past year or so I've discovered that, even in the middle of a Sunday sermon, by the time I share something like the following definition, you could have looked it up yourself on your magic phone, sitting right there in chapel...

From Random House Webster's College Dictionary, here are several definitions of that word "memorial":

1. something designed to preserve the memory of a person, event, etc., as a monument or a holiday; 2. (adj.) serving to preserve the memory; commemorative: memorial services; 3. of or pertaining to a memory.

Some of you can do so – you can remember – immediately, vividly, sometimes unwillingly.

You can remember not only the names but the faces of those who

died for someone else – those who died for you.

Those names and faces – those to be remembered, must be multiplied many times over, if they are to include all who have died in our country's many wars and military operations, known and still unknown, while defending their fellow citizens' freedoms.

Those who continue to die – last month, last week, today, tomorrow.

I've got some unique personal memories surrounding those who exhibited what was described

by Jesus of Nazareth this way: "Greater love has no one than this – that he lay down his life for his friends."

Those memories were created during six months working in the Port Mortuary at Dover Air Force Base, Del., in 2010.

Those memories include the vivid sights and smells you may have personally experienced – the horrific evidence of what's left of human bodies after an explosion, after a variety of projectiles tear through flesh.

But my memories also include

the memories of others – the memories shared with me by the families and friends of those fallen warriors, those who made the journey from all around the country to Dover to watch ("welcome" is far too positive a word) their loved ones touch American soil for the first time after their death.

They came to watch in grief and shock, hoping to somehow, somehow, take some measure of comfort in the dignified transfer of their loved one happening right before their eyes – within days, sometimes hours, of that fateful knock on their front door by somber military personnel wearing their dress uniforms.

That's what I most remember.

That's what I most remember not only every Memorial Day since 2010, but many days in between.

I remember those six months at Dover when it was Memorial Day – and hour – and minute – 24/7, week after week.

I remember.

The homeless mother of a Soldier who spent much of her time stuffing her poncho with potato chips and other snacks.

The newlywed wife who played the last cell phone voice messages left by her husband over and over, somehow taking comfort in those

unintended last words of his.

And that same Soldier's mother and father, who, even while mourning their own son, expressed concern about the dead Sailor who shared the same aircraft with their son, this Sailor who had no family there to welcome him home.

The father who, while the rest of us saluted the vehicle with his son's flag-draped transfer case as it slowly moved away from the aircraft on the short drive to the mortuary – the father who instead of saluting, waved goodbye.

The mother of a Soldier who, in the midst of her own grief, there in the building known as the Center for the Families of the Fallen, walked over to a Marine dad who sat waiting for the dignified transfer of his son's body – this Army mom offered her condolences to him and said, "I've come to take my son home, too..."

Oh, by the way – that very day was Mother's Day.

Then there was that young Marine. That Marine, killed on his first patrol, on his first day in Afghanistan.

At least a dozen of his Marine comrades-in-arms came to Dover for his dignified transfer.

They supported his family, they supported each other, they saluted and they shed tears – and then, three days later, every one of them deployed to Afghanistan.

Those are only some of the images I've brought back to Alaska with me. Then there are the sounds – the sounds of grief, as many and varied as the families themselves. Soft, body-shaking sobs.

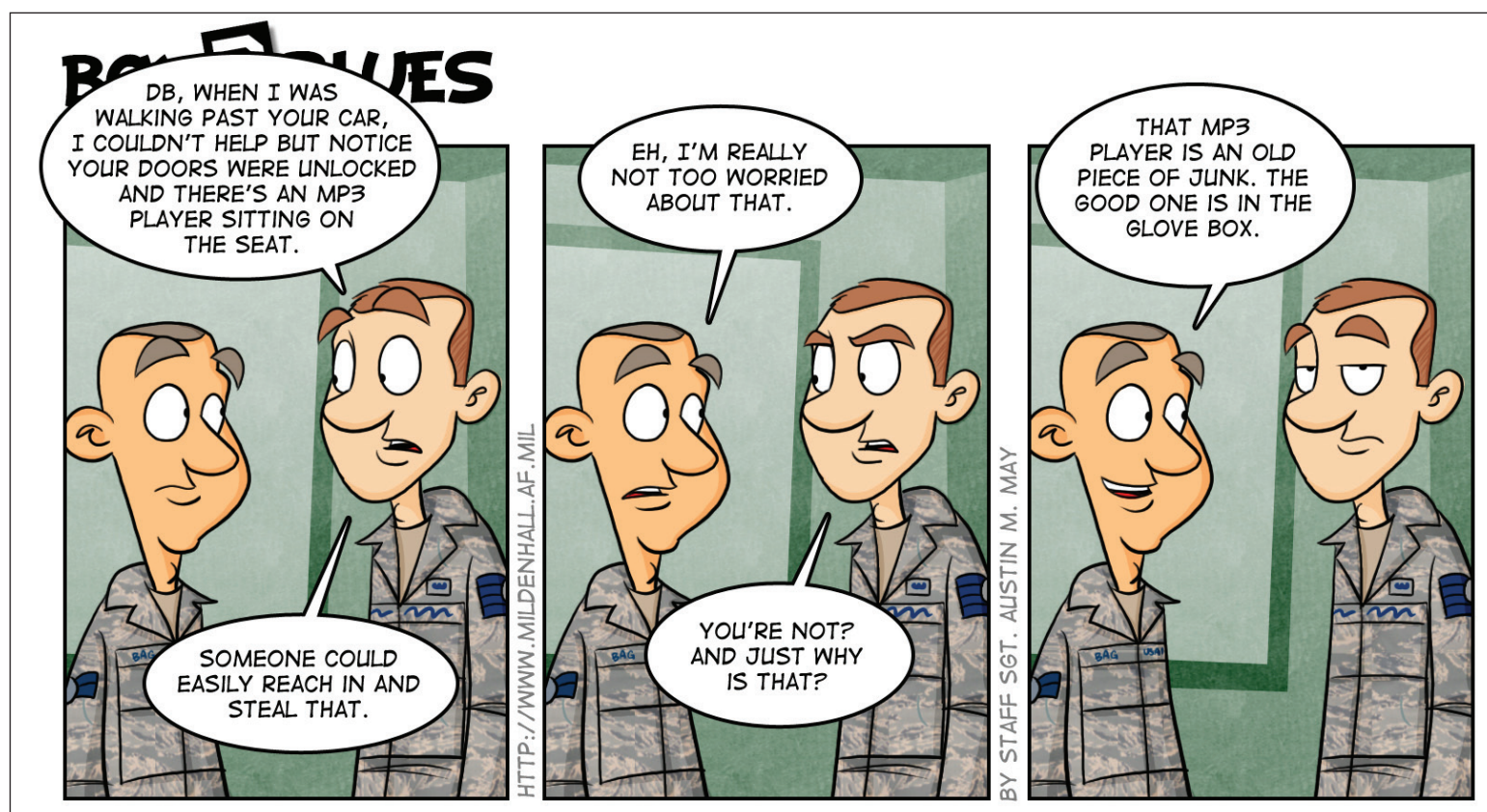
Loud, seemingly endless wails, and most everything in between.

"The Soldier above all others prays for peace, for it is the Soldier who must suffer and bear the deepest wounds and scars of war."

To those words of Army Gen. Douglas MacArthur, I would add, "and his family."

For it is the Soldier – or Sailor, or Airman, or Marine – and his family who pray for peace above all others, for it is they who must suffer and bear the deepest wounds and scars of war.

Did you remember, last weekend? You still can, you know. You still should. Today, tomorrow, next week – remember... it's the least you who are still free can do.



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Moose Run Golf Course

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www.moosewinggolfcourse.com
We're on Facebook!

Golf is Calling! Sign up Today!

Free family Golf Clinics on Saturdays
11-12:30 \$30 for adult and one youth
\$10 each additional
Come out for a great time!

Join us June 18 for Family Fun under the Midnight Sun Golf Tournament!

Golf Shop Specials
Last years golf equipment deals
Lucky size sale shoes are 40% off
Shirts: Buy 1, get a second at 50% off

Learn to Play Golf "GGR" - means "Get Golf Ready" Every week in June
\$99 includes 4 lesson sessions and an on course outing.
GGR given by Rick Golden - PGA

Custom Club Fitting available by appointment.
Golf Shop 552-3821

Golf shop opens 1/2 hr prior, and closes 1/2 hr after tee times

Tee Times
7 a.m. - 7 p.m. Mon. - Thurs.
6 a.m. - 8 p.m. Fri - Sun, & Holidays

PACAF Junior Golf Clinic

June 10-13 and June 17

552-3821

<http://www.elmendorf-richardson.com>

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POLAR BOWL BIRTHDAY PACKAGES

Call 753-PINS(7467) to make your reservation!

\$199.99

for up to 10 kids and an hour in our party room!

- 1.5 hours unlimited bowling time
- 1 hour in party room
- Shoes included
- Balloon bouquet attached to souvenir bowling pin
- Bowling pin
- Pizza or hot dogs
- Soda
- 10 tokens for each kid
- 10 pucker powder tubes
- 10 balloons and gift bags
- Decorations included
- Birthday party host to set up, clean up and assist with your party.

\$159.99

for up to 10 kids!

- 2 Hours unlimited bowling time
- Shoes included
- Balloon bouquet attached to souvenir bowling pin
- Pizza or Hot dogs
- Soda
- 10 tokens for each kid
- 10 pucker powder tubes
- 10 balloons and gift bags
- Decorations included
- Birthday party host to set up, clean up and assist with your party.

Eagle River Whitewater Rafting

Weds & Thurs evenings
5-8 p.m.
\$50

ATV Trips

Advanced rides
Jim Creek or Hatcher Pass
EVERY Saturday in June
8a.m.-6p.m.
drivers (18+ yrs) \$150
riders (8+ yrs) \$50
Beginner rides

907-552-4599
www.elmendorf-richardson.com
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Mystic Serenity Massage

Gift Certificates Available

For appointments or information please call Arctic Oasis

552-8529

24 hour notice required for appointments and cancellations.

POLAR EXPRESS ARTS & CRAFTS

Arts & Crafts Bldg. 755 384-3717

BASIC FRAME CLASS • \$30
Thursdays • 6:30 p.m.
Saturdays • 10:30 a.m.
Bring a 5x7 picture to frame, you will leave with it framed and matted.
I LOVE YOU FRAMES • \$25
Fridays • 6:30 p.m.
EARRING HOLDER FRAMES • \$25
Sundays • 10:30 a.m.

Arctic Oasis COMMUNITY CENTER

Bouncy Land

June 17th through 23

\$1 per child per day
Join us at the arctic oasis to bounce off your energy!
Multiple bounce houses / obstacle courses.
All ages welcome with some age restriction bounce areas.

Scholarship Program

Membership has its rewards.

500 WORDS or less could get you \$1000 toward your education & a FREE laptop

To enter, write and submit a one-page essay on the topic:
"Who or What Inspires You to Be Successful? Why?"
by July 1, 2013.
For entry form and more details, visit www.afclubs.net

Sesame Street Tour!

At Talkeetna Theater - JBER-E

Show Times:
June 3: 3:30 & 6 p.m.
June 4: 12:30 p.m.

FREE LIVE SHOW!

The tour showcases the power of friendship when Elmo and his Sesame pals help Katie open up about her fears and excitement as she deals with moving to a new place and making new friends. The show features a fun-filled character performance with special giveaways and outreach materials for those who attend. Doors open half hour prior to show.

ELMENDORF-RICHARDSON FORCE SUPPORT SQUADRON

Community Happenings

May 31, 2013

ARCTIC WARRIOR

B-3

FRIDAY

Skinny Raven 12K

Hit the streets of Anchorage in this evening road race that winds through the Government Hill neighborhood, through Bootleggers' Cove, and the Tony Knowles Coastal Trail.

The finish, at the Delaney Park Strip, features pizza and beverages for those who complete the race.

For information, visit skinny-raven.com.

SATURDAY

Festival of Flowers

Downtown Anchorage is filled with live music, food, an art fair and master gardeners, flowers and gardening supplies.

This one-day celebration of the "City of Flowers" is a great reason to get outside.

For information, visit anchorage-downtown.org.

SAT., SUN. AND JUNE 9 AND 10

The Three Barons Renaissance Fair

Join the Three Barons for their 21st anniversary in revelry and merriment.

This yearly festival is an Anchorage mainstay, bringing together three "nations" at the Tozier Track from noon until 8 p.m. each day.

For more information, visit kandhgraphics.com/38.

JUNE 7

F Street Farmers' market

Need to stock up on veggies? This farmers' market on F street between 6th and 7th avenues features fresh Alaska-grown foods from 4 to 8 p.m.

JUNE 7 THROUGH 16

Slam'n Salmon Derby

A stone's throw from downtown Anchorage is Ship Creek, an urban fishing hot spot.

Anglers, both tourists and locals alike, wet their lines and vie for the biggest king salmon and the cash and prizes that go with it.

For more information, call 277-4302.

JUNE 8

Potter Marsh Discovery

Check out Potter Marsh and some of Anchorage's abundant wildlife in the viewing area.

The event is on National Get

Outdoors Day and offers games and prizes, invertebrate sampling, birding, animals from the Alaska Zoo and other activities.

For information, visit www.adfg.alaska.gov.

JUNE 9

RC Plane Fun Fly

The Alaska Radio Control Society hosts their annual memorial fun fly and barbecue at the JBER RC field.

Watch the planes, learn about the pilot instruction program, and check out the club.

For information and directions, call 440-4230 or 245-3550.

JUNE 12 AND 26

Home buyers' seminar

A complimentary seminar explaining the home buying and selling process is hosted in Room 104 of Building 600 on JBER-Richardson from 1 to 2 p.m. Have your questions answered by a volunteer realtor.

For information, call 384-3088.

JUNE 14

Military Appreciation Day

The annual Military Appreciation Day picnic at the Buckner Physical Fitness Center field and the Arctic Warrior Olympics are a summer standard. Everyone on JBER is invited to eat, socialize, and enjoy the summer.

For information on the picnic, call 552-9596; for the Olympics, call 552-9177.

JUNE 15

Amazing Pet Expo

The Anchorage Pet Expo at Sullivan Arena welcomes your dog, cat, bird or even lizard (with proof of applicable vaccines) from 10 a.m. to 6 p.m.

Special guest is Shorty Rossi and his pit bull Hercules, star of 'Pit Boss' on television.

This event also offers a mega-adoption event, with low-cost vaccines and microchipping for mammals.

For information, call (800) 977-3609.

JUNE 15 THROUGH 21

Solstice Week and the Hero Games

Celebrate summer solstice with a week of hands-on activi-

ties downtown. The Anchorage museum hosts planetarium shows, and the annual Hero Games which pits police, firefighters, Soldiers and Airmen against each other in challenges.

For information visit anchorage-downtown.org.

The Color Run

This race is less about speed and more about crazy color fun. The 5k race is open to runners and walkers of all speeds.

Most of the runner's clothing must be white - so the colored corn starch thrown during the race has a canvas.

For information, visit thecolor-run.com/anchorage.

JUNE 22 AND 23

Ham Radio Field Day

Paxton Park hosts JBER's annual Amateur Radio Relay League field day, with setup beginning at 9 a.m. and operation starting at 10.

Operations may continue through 4 p.m. Sunday.

This combination social gathering, emergency communication exercise, contest and training offers something for everyone, and everyone with JBER access is invited.

For information, visit KL7AIR.us or email club@kl7air.us.

ONGOING

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.

For information, call 272-5634.

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. Meetings will be at parks throughout the summer, from 9:30 to 11 a.m.

The June 11 meeting is at Cottonwood, June 25 at Moose Crossing, July 9 at Mount Spurr Elementary, July 23 at the JBER-Richardson Library and Aug. 6 at the Arctic Oasis.

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

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.

Motorcycle training

Military motorcycle riders and civilians using motorcycles for their jobs on JBER must attend an approved safety course.

Riders must wear all personal protective equipment - including approved helmet; shatter-resistant goggles, glasses or face shield; long sleeves and trousers, full-finger gloves; sturdy footwear and a reflective vest or jacket.

These requirements are based on Department of Defense Instruction 6055.04.

For information, contact a unit safety representative or the 673d Air Base Wing Ground Safety Office at 552-6850.

Borealis Toastmasters

Conquer your fear of public speaking with Toastmasters.

This safe, friendly club helps build confidence through speeches, presentations, feedback and listening. The club meets every Thursday in Room 146 of the BP building from 7 to 8 p.m.

For information, call 575-7470.

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

Wired Cafe for Airmen

The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories. The cafe has programs throughout the week for single Airmen. There are free homestyle meals Fridays at 6 p.m.

For information, call 552-4422.

Sing-along at the zoo

Pre-school-aged children can explore the world of animals through music. They can sing along or play with instruments, 10:30 a.m. Mondays at the coffee shop greenhouse. For information email klarson@alaskazoo.org.

events & activities

Check out the May Alaskan Adventurer

For a coupon at the Auto Skills Center or Car Wash \$3 off purchase.

1 Coupon per family/visit. Coupon Valid May 1-31, 2013. No Cash Value.



Check out the new & improved Otter Lake!

Come test out your water skills & join us for our FREE BBQ!

Float tubes, Stand-up paddleboards, paddle boats & more will be on display.

Tour one of our log cabin rentals, visit our Paintball field, get to know our Outdoor Adventure guide & the great summer trips we have planned!

Like the Otter Lake Facebook page to be entered in for prizes. Call Otter Lake for more information 384-6245



6th ANNUAL MILITARY APPRECIATION CAR & BIKE SHOW

CONTROLLED CHAOS

JUNE 15 {Eleven to Five}

WARRIOR ZONE PARKING LOT

For more information, call 384-8006

Lacrosse Interest Round Up!

JBER Instructional Youth Programs

Everyone Is Invited!

Brand New Fun!

Tuesday, 04 June Two Rivers Youth Center 6pm

Everyone is welcome!!!

Our own JBER 673 ABW Commander, Col Duffy, and Mike Driscoll, Chapter President of USA Lacrosse Alaska, will be doing a FUN & INFORMAL ONLY introduction to the fastest game on two feet-LACROSSE!!!! If there is enough interest who knows? This could become an on-going deal for JBER!!!! If you have your own gear, bring a min of sticks & gloves...if you don't have gear & want to learn more, come on out!!!!

Susan DeDionisio / Instructional Youth Programs
susan.dedionisio@elmendorf.af.mil
384.7482 / 227.5052

Together Makes A Difference!

39th Annual Arctic Valley Run 2013

June 1 • 9 a.m.

*Meet 7:30- 8:45 a.m. at Moose Run Golf Course

5 or 12.6 miles

Entry fee: \$15 / \$20 on race day

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Register at Buckner or contact Ellis Aston: ellis.aston@us.af.mil or call 384-1304.

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Blazing a trail: JBER youth earns top award

By Airman Ty-Rico Lea
JBER Public Affairs

Collette Ohotnicky has proven her mettle to JBER residents by organizing the construction of the Upper Otter Lake Nature Trail.

This trail was constructed to provide residents with a path to traverse the north side of base and take in all of JBER's scenery.

Ohotnicky expressed enthusiasm about the idea to construct a path at an early age. Her fascination came from the many hours she spent outside observing nature.

"I've had the idea for this project ever since I developed an interest in nature and wildlife at an early age," Ohotnicky said.

The nature trail project spanned four months beginning in September 2012.

The trail features plaques with facts concerning animals native to the area, foliage along the trail and information on the trail's construction. It stretches an approximate distance of three quarters of a mile and is available to everyone who has access to JBER.

Ohotnicky is a senior member of the American Heritage Girls association.

According to www.ahgonline.org, this organization was started to mold young women into mature adults using the concepts of teamwork, leadership and the values of volunteerism, similar to the Girl Scouts of the USA.

The American Heritage Girls was founded in 1995 in West Chester, Ohio, by a group of parents wanting a wholesome program for their daughters.

These parents were disillusioned with the increasing secular focus of existing organizations for girls.

They wanted a Judeo-Christian-focused organization for their daughters and believed other parents were looking for the same for their daughters.

American Heritage Girls is a nonprofit organization dedicated to the mission of building women of integrity through service to God, family, community and country.

The organization offers badge programs, service projects, leadership opportunities and outdoor experiences to its members.

It serves to build young women of integrity and faith.

It also broadens girls' social development through various extra-curricular activities.



Collette Ohotnicky poses for a photo in front of a guide post dedicated to the construction of her Upper Otter Lake Nature Trail. Ohotnicky is a member of the American Heritage Girls which is a Judeo-Christian organization dedicated to molding and shaping young women into upstanding individuals. (U.S. Air Force photo/Airman Ty-Rico Lea)

This program of character-building has successfully served thousands of girls since its inception.

"My words of encouragement to aspiring American Heritage Girls are that as long as you put your mind to it, you can accomplish anything," Ohotnicky said.

Collette has received various acknowledgments for her duties as a scout.

But one award which stands out amongst all others is known as the Stars and Stripes

award, which recognizes a youth's ability to coordinate and orchestrate a large-scale project using their knowledge and expertise.

Ohotnicky is the first Alaskan to ever receive it, the highest recognition in American Heritage Girls.

The award incorporates badge work, religious award recognition, service and leadership.

"This award takes a lot of hard work, and may take a few years to achieve,"

Ohotnicky said.

Air Force Lt. Col. Peter Ohotnicky, Alaskan Command deputy chief of staff and Collette's father, said he was happy to hear of her success.

"I'm quite proud of Collette as I know her mother is too," Lt. Col. Ohotnicky said. "I always knew that if she were to put her mind to something she would be rewarded for it and receive great praise and recognition."



Motorcyclists from JBER participate in a motorcycle mentorship ride as a part of Safety Day May 23. The 90 riders started from the Army's military police building and ended their ride at Eklutna Lake in Chugach State Park. All motorcyclists are required to wear personal protective equipment on and off JBER during motorcycle season such as a helmet, reflective gear, gloves, a jacket and proper closed-toe footwear. (U.S. Air Force photo/Airman 1st Class Tammie Ramsouer)

