

Water quality

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Be prepared

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ARCTIC WARRIOR

Volume 2, No. 26

Joint Base Elmendorf-Richardson

July 1, 2011

PARARESCUE AIRMEN TRAIN WITH COAST GUARD



An Alaska Air National Guard 210th Rescue Squadron pararescueman performs a high-altitude jump from a Coast Guard C-130 Hercules during a training mission at Joint Base Elmendorf-Richardson, June 23. (Photo by Airman 1st Class Jack Sanders/JBER PA)

Coast Guardsmen in association with Alaska Air National Guard 210th Rescue Squadron pararescue Airmen performed a jump training exercise, June 23, at Joint Base-Elmendorf-Richardson's Malamute Drop Zone.

The training was in anticipation of the upcoming July exercise at Barrow, Alaska, where pararescuemen will exit Coast Guard C-130 Hercules and land in stationed Coast Guard boats to practice arctic rescues.

During the exercise, Alaska Air National Guard pararescuemen practiced rescue jumping, equipment drops and equipment and retrieval procedures.

"Today we're following a quad package today, which is an ATV that we can drop to get aid in the rescue of survivors on the ground," said Alaska Air National Guard Master Sgt. John Lane, 210th Rescue Squadron.

The National Guard executed two dif-

ferent jumps during the training. The first jump took place at a lower altitude and was a static jump, meaning the pararescuemen's parachute was connected to a cable in the aircraft, which would automatically deploy their parachute when they exited the aircraft.

"A static line is effectively a line to the aircraft that hooks onto our parachute bag and, as we leave the aircraft, the bag and the line stay attached to the aircraft," Lane said. "We're going to be 15 feet outside of the aircraft before our main parachute's pulled, so we'll be well clear of the aircraft and into the relative winds before our parachute comes out. We only fall about 40 to 50 feet before our main parachute comes out."

When most people think of jumping, they think back to old cartoons where the character will pull the cord to release their chute, but a static line jump differs from the traditional free-fall jump, Lane said.

"Seldom will you find an anvil or dirty laundry in parachutes these days," Lane laughed.

All joking aside, Lane said sometimes the jump can be somewhat unnerving.

"You'll still get that little voice saying, 'Oh man that's a long way,' or 'Oh! That's not very long at all maybe,' I think you have a different sense of reality when you're looking at this than most people do," Lane said. "The first few times you seem to think you're too low instead of too high, which most people would normally think, but when you're actually jumping yourself you don't actually get a feeling of falling like you would think you get more of a feeling of just a lot of wind and some really cool views," he said.

"I do get a little nervous, but we try to keep that as a positive factor, and a motivating factor. It's something to kind of key in and make you hyper aware."



JBER police take aim at simulated active shooter

By Airman 1st Class Jack Sanders
JBER Public Affairs

Security Forces Soldiers and Airmen at Joint Base Elmendorf-Richardson stressed their police skills, June 24, during a high-risk response train-the-trainer course, where the group's final exercise was an active-shooter scenario.

"Today is their final day for the high risk response train-the-trainer course," said course instructor John Knipe, a mobile training team instructor from Analytical Services, Inc. "High risk response entails any type of incident that could be a barricaded subject or a hostage situation, but

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The team also executed a high-altitude free-fall jump at about 10,000 feet. Unlike the earlier jump at a low altitude where their parachutes were automatically deployed upon leaving the aircraft, during the high-altitude jump the pararescuemen deployed their parachutes manually, which requires a much higher level of experience, Lane said.

"The experience level among this group is one of the highest we have, and there's really no difference jumping with the Coast Guard than one of the other services," Lane said. "They're professional military men and women and we've seen a lot professionalism from them. I haven't really seen much of a difference with them than anyone else I've worked with."

The training exercise was concluded without any errors and the Barrow search and rescue exercise is scheduled for July 26.

National Guard units provide needed supplies, save lives

By Air Force Master Sgt. Mary Davis
455th Air Expeditionary Wing Public Affairs

BAGRAM AIRFIELD, Afghanistan — Soldiers in an austere province in Afghanistan received much needed provisions thanks to the joint efforts of the Alaska and New York Air National Guard units during their first formation airdrop.

Members of the 774th Expeditionary Airlift Squadron dropped approximately 20,000 pounds of cargo to Soldiers on the ground in the Oruzgan Province, June 22. The aircrews were tasked to perform two back-to-back missions, which tested their skills and strengthened them as a team.

"We flew a two-ship formation airdrop of C-130s supporting Combined Joint Special Operations Task Force in southern Afghanistan," said the 774 EAS Commander Air Force Lt. Col. Rich Adams from Anchorage, Alaska. "We supported them by carrying food, fuel, ammunition and water to support forward operating bases in southern Afghanistan."

Despite having air crews from two separate Air National Guard units, they had one mission in mind — getting supplies downrange to combat forces on the ground.

"We delivered about 10 containers per aircraft at about 1,000 pounds per container," said Air Force Master Sgt. Timothy Griffin, a C-130 loadmaster from Buffalo, N.Y. "I ensured the cargo was balanced, so the weight was distributed evenly on the aircraft."

Griffin worked with the Army riggers

at Bagram Airfield to prepare cargo pallets for the drop using the Improved Container Delivery System.

"The system enables accuracy by adjusting to wind data, terrain and other vital information affecting the airdrop," said Air Force Capt. Tom Bradford, an active-duty C-130 navigator from the 39th Airlift Squadron at Dyess Air Force Base, Texas. "The ICDS collects data so aircraft speed and altitude can be adjusted."

Bradford provided his airdrop expertise to ANG aircrews and served as an extra set of eyes on the flight. He also operates as continuity between ANG units completing 90-day rotations in theater demonstrating the Total Force concept.

"It's challenging to work with different aircrews, but one benefit is learning how people do things differently," said the Eighty Four, Penn., native. "I've been deployed to this area twice, so I advise them about various aspects of the drop zones."

There is an inherent amount of risk when flying during the daytime, that is doubled when flying more than one aircraft to the drop area, said Air Force Lt. Col. Chris Thurn, C-130 pilot and mission commander.

"These types of missions are typically flown at night," he said. "The second aircraft had to perform fluid travel maneuvers from the 3 to 9 o'clock positions to mitigate threats and keep from becoming predictable."

Exercises and training is a huge aspect of Thurn's work back at his home station. This helped his team perform flawlessly during

the airdrop.

"As an instructor pilot and evaluator pilot, I put a lot of emphasis on training to make sure we are prepared," he said. "It's the long-term effects of what we do on a daily basis that makes a difference. If I can help those on the ground, I'm proud to do this."

The commander echoed Thurn's sentiments.

"We take pride in doing this, because it keeps people from having to drive in convoys. Airdropping supplies keeps people out of harm's way and keeps war fighters in the fight," he said.



A New York National Guard C-130 Hercules load master peers out at an Alaska National Guard C-130, June 22, at Bagram Airfield, Afghanistan. (Photo by Air Force Capt. Korrey Leverett/455th Air Expeditionary Wing PA)

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A welcome home

Air Force veteran and Alaska sourdough is welcomed by 381st Intelligence Squadron after leaving the installation 56 years ago, B-6



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Darren Back, Minot resident, removes water from a neighbor's yard in Minot, N.D., June 23. (Photo by Air Force Staff Sgt. Sharida Jackson)

Officials stop moves to Minot Air Force Base

By Debbie Gildea
Air Force Personnel, Services and Manpower Public Affairs

Air Force officials have temporarily halted most permanent change of station moves and temporary duty assignments to Minot Air Force Base, N.D.

Flooding has forced many to evacuate the city of Minot, N.D., prompting the commanders of the 5th Bomb Wing and 91st Missile Wing to request a partial stop movement, said Air Force Col. David Slade, the Airman assignments director for the Air Force Personnel Center.

Some Airmen will proceed as ordered because mission needs require their support, he said.

"Those Airmen have been identified in a specific list to the force support squadrons and the military personnel sections in the field, so those units will help inform Airmen who are authorized to continue to Minot," Slade added.

Airmen within the U.S. who are projected to move to Minot, and those who have already out-processed but who have not departed their current duty station – except those specifically authorized to continue their move – must not leave, he said. Air Force civilians with orders to Minot should not leave their losing base until further notice.

Airmen planning to take leave en route may depart their station, but cannot report to Minot afterward if the stop movement is still in place, he said. In that event, they will be charged leave for the additional time.

The colonel said Airmen stationed overseas with June or July return dates and orders for Minot who have not yet departed the overseas location have the following options:

- Those planning to take leave en route, but not in the Minot area, may proceed, with the understanding that if the stop movement order is still in place when their leave ends, they will not be allowed to proceed to the base, and additional leave will be charged against their leave account.

- Those who do not plan to take leave en route must remain at their overseas station until the stop movement order is lifted.

- Those interested in voluntarily extending the overseas time may submit an extension request for consideration.

Military members who have already departed their permanent duty station will be contacted by the personnel section, Slade said. Those en route to Minot who did not plan to take leave will be required to report to the nearest Air Force base military personnel flight, where they will be placed on temporary duty hold.

Airmen and Air Force civilians with temporary duty orders to Minot must get gaining unit approval to proceed before leaving their duty station, he said. Airmen whose temporary duty assignments are not approved must remain in place until further notice.

All Minot Airmen scheduled to return home from temporary duty or leave may do so.

For more information about the stop movement order, affected Airmen should contact their current or most recent permanent duty station MPF, or call the AFPC assignment programs and procedures branch at 210-565-3815, or the 24-hour contact at 210-565-2020. Affected Air Force civilians can contact the 24-hour number above or their current or most recent civilian personnel section.

Editorial & Opinion



Navy aggressor pilot Cmdr. Elliot Clemence of Fighter Squadron Composite-12 returns from a mission in his MiG-29 Fulcrum-liveried F/A-18 Hornet. (Cpl. Marianne Mangrum/1st Marine Division)

Thunder above Northern Edge 2011 host to spectacular aircraft

Commentary by David Bedard
JBER Public Affairs

The morning I wrote this, the last of the aggressor F-15 Eagles supporting Northern Edge 2011 pulled chock, fired up their afterburners and redeployed home.

During the previous two weeks, life got a little louder at Joint Base Elmendorf-Richardson as dozens of fighter, air-to-air tanker, airborne early warning and other aircraft crowded the airfield before jumping to subsonic speeds enroute to the skies over the Joint Pacific Alaska Range Complex.

As a self-professed aerospace geek, I couldn't have been happier to see Navy F/A-18 Super Hornet fighters, E-2C Hawkeye AEW aircraft and F-15s buzzing around JBER.

Jet fighters in particular and military aircraft in general really are at the apex of aviation. They are to ordinary jet liners and cargo aircraft what a Formula 1 or Indy car is to your vanilla-flavored, grocery-toting minivan.

Though I am certainly a fan of all of the aircraft operated by JBER's 3rd Wing and their associate units, it certainly is a change of

pace to see equipment flown by our maritime services.

The Super Hornet is perhaps the most striking fourth-generation fighter with its Coke-bottle profile and canted vertical stabilizers. Greatly improved from its Hornet forebear and designed to replace the legendary F-14 Tomcat, it was a great thrill to see the normally carrier-borne fighters lift off the JBER tarmac with thunderous afterburner rumble.

Perhaps equally thrilling was seeing older aggressor Hornet fighters painted to resemble Soviet-era MiG-29 Fulcrum fighters (my favorite) with meticulous detail – down to the blue-camouflage motif, red stars on the vertical stabilizers and white-capped nose cone.

Joining the Navy aggressors in the fight against the blue force were F-15 aggressors adorned with similar paint schemes. It was good to see iron Eagles return to JBER in force after the Eagle-equipped 19th Fighter Squadron left the base last year.

Also notable was the visit by a special British-made BAC 1-11, an older jet-liner fitted with the AN/APG-81 radar which was tested

during Northern Edge and will ultimately be fitted to the F-35 Lightning II fighter.

Perhaps the most interesting sight, however, was that of a small menagerie of Hawker Hunter (also British-made) fighters operated by a contractor who specializes in furnishing aggressors to air-combat exercises.

At first glance, I thought they were A-4 Skyhawks – made famous as aggressors in the "Top Gun" film – because they are about the same size and both share a similarly prominent high T-tail. Upon closer inspection, it became apparent I had no clue what the older fighter was and had to ask around to figure out the small mystery.

Though developed and fielded in the 1950s, the Hawker Hunter is nonetheless a small and agile fighter well suited to the dissimilar air combat training sought at exercises like Northern Edge.

With Red Flag around the corner, I count myself blessed to work at a base which is often host to the most advanced and interesting aircraft known the world over.

Though it gets a little bit louder around the flight line, you really couldn't ask for a better view.

Servant leadership Humility required of great leaders

Commentary by Chief Master Sgt. Tyrone Davis
59th Orthopedics and Rehabilitation Squadron

Servant leadership is a concept which may be a little different from the normal talk about leadership.

Though many of us practice this concept every day, we haven't thought about it as being in relationship to a servant.

The phrase, "I joined the military to serve my country," has been used by many people. But how much thought has really been put into the concept to serve or become a servant? To serve, you must take on the role of a servant.

You might have a visual picture of what a leader should be, and it probably has nothing to do with being a servant. A servant and a leader, however, should share many characteristics.

Focus on the word servant. Think about some of the tasks a servant would perform, his or her attitude and how he or she would act and dress. Most of us would think of someone who is courteous, clean cut and dressed very neatly. You would think of someone who demonstrates the characteristics of humility through willingness to provide for your needs.

A servant will often sacrifice his own needs to make sure yours are met. The two key words are humility and sacrifice, or selflessness.

A servant will always address you as sir, ma'am, mister, miss or missus. It is a sign of respect for the person with whom the servant is interacting.

A servant also demonstrates kindness by taking care of a person's needs when the need is identified, often before it is anticipated,

without expecting to be repaid. The key words are respect and kindness.

A servant shows patience and commitment by ensuring needs are met when you need them and even when you don't, whether you're in a good or bad mood. The ultimate goal is to make sure that your needs are met regardless of the circumstances. The key words are patience and commitment.

Servants display honesty in their dealings, always providing the right information because if they weren't honest, they couldn't provide for your needs. The key word is honesty.

Now let's think about some of the characteristics of a leader. Do leaders provide for the needs of their people? Are leaders honest, caring, committed, selfless and kind? Do they hold their people accountable, whether their people want them to or not?

The role of a leader is to lead their people by getting them to do a job or task. There are two ways they can do this: by power or by influence. Both methods are effective when used appropriately, but when the leader overuses his power, he will eventually lose his position as a leader.

To influence people, you have to have some type of authority. Authority is a power to influence or command thought, opinion or behavior. We build authority any time we serve and sacrifice for others. When a leader routinely meets with his or her people, learns about them, identifies and understands their needs, provides for their needs and gains their trust, they establish relationships and build authority.

The last key word is love – not the love that we relate to feelings,

but the love that is often spoken of in Biblical terms, called agape love. Agape means charity or service.

Those of you who have been married for a little while know that love means being patient, kind, humble, respectful, selfless, honest and committed. When you do all of the things a servant does you are demonstrating agape love. You are meeting the needs of your people unconditionally regardless of how you feel or how those you lead feel.

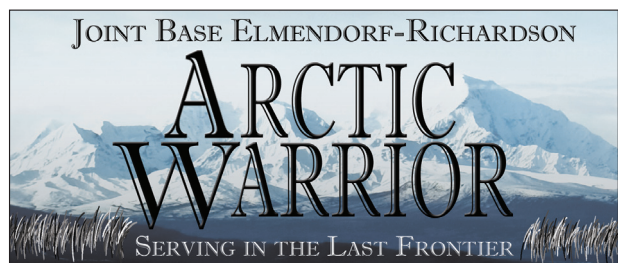
Feelings have nothing to do with what a leader does, and true leaders don't let their feelings stop them from providing for the needs of the people they lead.

Mother Theresa, Mahatma Ghandi and Martin Luther King Jr. were known as great leaders. They had a servant mentality, and their willingness to serve and sacrifice gave them authority. With that authority, they influenced people.

In the Air Force, leadership is defined as the art or skill to influence people to accomplish the mission. To influence people, you must have authority. To gain authority, you must establish relationships. To establish relationships, you must serve and sacrifice for your people. When you serve and sacrifice for your people, you are demonstrating servant leadership.

At the end of the day, did you serve anyone? Did you take care of your people? Did you build any relationships? Did you hold people accountable for their actions? Were you honest, kind, respectful, committed and selfless in your actions?

Do this not to pat yourself on the back but to keep yourself in check. To lead, you must serve, and when you serve, you are following the concept of servant leadership.



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'A sense of honor'

Four military police Soldiers remembered in memorial ceremony

By Army Staff Sgt. J. Eric Epperson
3rd MEB PAO

A memorial ceremony, June 22, at Joint Base Elmendorf-Richardson honored four military policemen killed in Afghanistan.

Sgt. Joshua David Powell of Quitman, Texas, 28; Sgt. Christopher Roger Bell of Goldman, Miss., 21; Sgt. Devin Arielle Snyder of Cohocton, N.Y., 20; and Spc. Robert Lee Voakes Jr. of L'Anse, Mich., 21, were killed by an improvised explosive device, June 4, in Afghanistan's Laghman Province while on patrol.

The Soldiers were supporting Operation Enduring Freedom and were deployed since March. They were assigned to the 164th Military Police Company, 793rd Military Police Battalion, 3rd Maneuver Enhancement Brigade.

The four Soldiers were remembered as heroes because their job was to look for IEDs. All of them were trained to find the bombs and destroy them, clearing roads for American Soldiers.

"I think the memorial service was really a feeling of pride, a sense of honor for our fallen comrades," said Army Lt. Col. Stephen E. Gabavics, commanding officer, 793rd MP Bn. "Obviously there was a sorrow of having the loss of these heroes, but I think largely it was a celebration of their life and what they brought to this battalion and to all the Soldiers that knew them."

Spc. Mikel Systo, a member of the 545th Military Police Company, remembered Powell as more than a co-worker. He remembered him as a big brother.

"Joshua would tell you something about what he thought even if you didn't want to hear it, but that is what true friends do," Systo said. "They say what needs to be said, not what you want to be said. He was a true friend. No matter what time it was or what he was doing he was always there watching over me like a big brother I never had. Sgt. Powell always thought more of other people than himself."

Powell was fond of hunting, fishing and western movies, Systo noted.

"We always joked with each other that we had been born in the wrong time period

and that the 1800's is where we should have been," he said.

Spc. Robert Worthington, a member of the 545th Military Police Company, remembered Bell as a leader who looked out for other Soldiers.

"If he saw that someone needed help, he did not hesitate to step in and lend a hand, Worthington said. "If he noticed one of the Soldiers was struggling to understand something in training, he would try his best to explain it and show it to them in a way they could understand. He always put others before himself.

"After his daughter Lana was born, he would always talk about the funny things she would do, how much she made him laugh, and how happy he was that he had a daughter," Worthington said. "He would also say how grateful he was for his wife, all things she did, and how proud he was of her. Sgt. Bell strived for perfection in every aspect of life, and knowing that perfection was out of reach, he still never stopped trying."

Spc. Jessica Jeffords, a member of the 545th Military Police Company, said Snyder had a smile which could light up a room.

"She looked at things in life in a positive, upbeat way," Jeffords said. "She enjoyed seeing new places, meeting new people and definitely wasn't afraid to take on challenges. She enjoyed everything life had to offer. Every time I think of her, I remember her smile. She smiled 99.9 percent of the time.

"She impacted countless number of people in a positive way," Jeffords continued. "On her way back home there were thousands of people lining the streets to pay their respects. She impacted people she never got the chance to meet. She will be missed greatly but never forgotten."

Army Capt. Gregg Williamson, former 164th MP Commander, remembered Voakes as very proud of his Native American heritage and how he displayed pride in all he did.

"Robert's name – even early on – was already on the lips of many of the NCOs and officers of the 164th and on many occasions his name would come up as a Soldier that was developing as a leader and standing out in a positive manner," Williamson said.



A Soldier pays last respects to four fallen military policemen at a memorial ceremony, June 22, at Buckner Physical Fitness Center. (Photo by Army Staff Sgt. J. Eric Epperson/3rd MEB PA)

"His mother told me that as is customary in his native culture, he went in the forest for several days to clear his head and meditate on all the options he had before him," Williamson said.

"The result of this journey was a decision to serve his nation honorably, work toward

a degree in criminal justice and eventually return to his community to work with the tribal police department. Although Roberts's dreams were cut short, I know that Robert made a difference in all of those he came in contact with and we are all better to have been a part of his life."



Senior Airman Kevin Freeman, sweeps a warehouse, June 24, during an active-shooter scenario. (Photo by Steve White/JBER PA)

Shooter

From Page A-1

mainly an active shooter event."

According to the Sheriff's Office policy and procedures manual from Colorado, Springs, Colo., an active shooter is an armed person who has used deadly physical force on other persons and continues to do so while having unrestricted access to additional victims.

During the June 24 scenario, Security Forces personnel responded to an "active shooter" at the local base exchange. Upon arrival, SF members were divided into teams and ran several different scenarios where role players put the service members into different situations.

"Today they're going to respond to a facility that they would normally respond to," Knipe said. "So, we're going to have role players and a lot of stimulus for them and I think they're going to do great."

Some of the scenarios involved victim rescue, while others put the SF members into a position to remove a shooter from a situation. As the day progressed the SF members

were given scenarios where they would have to rescue victims and detain shooters.

"I feel this training is extremely important to first responders, because traditionally they are not trained to go in and deal with the threat," Knipe said. "They're trained to call in, wait for backup and setup containment and get a perimeter around the situation. Now, they are all trained to get in there and eliminate that threat immediately."

The training the SF personnel went through before the final active-shooter scenario gave them the tools they needed to get the job done, Knipe said.

Air Force Staff Sgt. Zachery Patton, 673d Security Forces Squadron, participated in the course and said he enjoyed the training.

"This should go pretty smoothly because we've had a lot of time to train together and work together," Patton said. "We kind of know how each other operates now."

Knipe said his team travels to all nine Pacific Air Forces bases in the course of a year to give this course.

"We're trying to change their mindset from the traditional re-

sponse, which they normally would be doing containment and waiting on other agencies to arrive to take care of the problem," Knipe said. "Now – with the nontraditional deployment – they need to act immediately, get into the situation and eliminate the threat even if that means they're just a solo officer responding."

Knipe said the importance of training for an active shooter and any high-risk response event is because patrolmen and first responders are the first to arrive at these situations, which typically last a few minutes.

"Active-shooter events are traditionally only last between two and 10 minutes, and seconds count," Knipe said. "Every second that goes by that someone's not in there acting as a first responder, people are dying and the suspects are barricading and hardening their position and making it harder for follow on first responders to act."

The SF personnel completed their exercise, taking with them the knowledge they learned from the course.

"They're ready for this final exercise," Knipe said. "They've had their training and I think they're going to do great."

Briefs and Announcements

Disposition of personal effects

Army 1st Lt. Rhiannon Niehoff, 725th Brigade Support Battalion (Airborne), is authorized to make disposition of personal effects of Sgt. Adrian A. Velasquez, 725th BSB, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Niehoff at 384-1335.

Disposition of personal effects

Army 2nd Lt. Seth Kimrey, 793rd Military Police Battalion, is authorized to make disposition of personal effects of Sgt. Joshua D. Powell, 793rd MP, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Kimrey at 384-3560.

Disposition of personal effects

Army 2nd Lt. Andrew Matwijec, 793rd Military Police Battalion, is authorized to make disposition of personal effects of Sgt. Christopher R. Bell, 793rd MP, as stated in Army Regulation 638-2.

Any person or persons having

claims for or against the estate of the deceased should contact Matwijec at 384-6755.

Disposition of personal effects

Army 2nd Lt. Andrew Matwijec, 793rd Military Police Battalion, is authorized to make disposition of personal effects of Sgt. Devin A. Snyder, 793rd MP, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Matwijec at 384-6755.

Disposition of personal effects

Army 2nd Lt. Seth Kimrey, 793rd Military Police Battalion, is authorized to make disposition of personal effects of Spc. Robert L. Voakes, 793rd MP, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Kimrey at 384-3560.

Housing surveys

Surveys are sent to each tenant annually and are a valuable tool for informing base leadership and Aurora Military Housing on satis-

faction with the quality of homes and services provided.

The results obtained from these surveys are used to tailor business decisions which are geared toward improving the quality of life desired by Joint Base Elmendorf-Richardson housing tenants.

Inputs through the surveys are key to ensuring the right decisions are made.

Please allow Aurora Military Housing and the base leadership to better serve with base housing by taking a few minutes to complete and promptly return the surveys in the supplied envelope upon receipt.

For further questions on the Aurora Tenant Satisfaction Survey, contact Aurora Military Housing at 753-1023, or the Capital Asset Management Office at 552-4312/552-2516.

Change of Command

The 3rd Operations Group change-of-command ceremony is 3:30 p.m., July 15, at Hangar 20.

Sports physicals

A mass-physical day is planned for July 30. Appointments are from 8-9:45 a.m. and can be booked by calling 580-2778.

Walk-in appointments will be

available the same day at the Pediatric Clinic from 9:30-11:45 a.m..

All TRICARE Prime Department of Defense dependents ages 5 to 17 are eligible (ages 4 starting kindergarten or 18 in high school are also eligible).

Children must have their military ID card, immunizations record and any specific required paperwork needed for the physical.

Renters insurance

Starting this week, Aurora Military Housing is providing free renters insurance to tenants of all Joint Base Elmendorf-Richardson housing.

The renters insurance will be provided, at no cost, to all existing and future JBER-Elmendorf and JBER-Richardson residents under a blanket policy with Great American Insurance.

For those tenants currently under the Aurora Allstate Policy, conversion to the new policy will be totally transparent and will be taken care of by Aurora.

Aurora will continue to honor its reimbursement arrangement with those tenants who have previously elected renters insurance coverage by an insurer other than Allstate.

These tenants will be grand-

fathered under the previous reimbursement option and will continue to receive reimbursements during their stay with Aurora.

The new policy coverage limits are very similar to those previously provided by Aurora and are as follows:

Deductible – \$250
Personal Property – \$20,000 per loss, per MHU
Personal Liability – \$100,000 per tenant household, per occurrence
Personal Liability/Medical Payments – \$1,000 per person/\$1,000 per accident
Fire Legal Liability – \$100,000 per tenant household, per occurrence.

As this limited coverage is provided to you as part of your residency, Aurora encourages you to examine your needs and independently seek supplemental coverage if you feel necessary.

This is a brief explanation of the coverage. Please refer to the policy for precise terms, conditions, coverage's and limitations.

A copy of the insurance policy will be available at the Aurora Military Housing office or visit our website at www.auroramilitary-housing.com.

'Of exceptional quality'

JBER issues drinking water consumer confidence report

Bioenvironmental Engineering Flight
673d Aerospace Medicine Squadron
News release

A water utility seldom takes the opportunity to tell its customers about all they are doing to produce exceptional quality drinking water in conjunction with the myriad of additional things the utility does to ensure public safety.

All too often, we concentrate only on our mission of producing water that goes through a rigorous testing and quality control process before being introduced into a water distribution system for customers. Beyond that, we don't broadcast what we are doing. In essence, we fail to "toot our own horn."

The Environmental Protection Agency and the Alaska Department of Environmental Conservation have given us an opportunity to tell the rest of our story in the form of this annual Consumer Confidence Report.

Doyon Utilities and 673rd Bioenvironmental Engineering are pleased to jointly prepare this comprehensive report for our customers who work and reside on both sides of the JBER boundary. Our goals and efforts have been closely coordinated with the environmental staff from both Elmendorf and Richardson to provide you with a complete picture of the water quality program.

As you will clearly see from the report, the water you consume is of exceptional quality and clearly exceeds the standards established by the U.S. Environmental Protection Agency.

Who are we?

While there are two Public Water Systems at JBER, the two systems are connected and in essence operate as a continuous system from the water plant to the consumer.

The commonality of the two systems allows us to efficiently operate as a team in order to serve our most deserving customers; the military personnel and civilian employees assigned to the joint installation.

This report will provide many technical aspects of our water quality but just as importantly, it will allow us an opportunity to let you know some of the work going on behind the scenes.

Doyon Utilities owns and operates the utilities located at JBER-Richardson. This relationship was initially established through a Utility Privatization Contract with the Army and later expanded due to the Joint Basing efficiency program that consolidated Richardson and Elmendorf.

The bulk of JBER's water originates at the Ship Creek Dam above the water treatment plant on the Richardson side of JBER. As the water purveyor on JBER-Richardson, Doyon manages the water plant and distribution lines, while conducting a myriad of bacteriological and chemical tests to ensure all quality standards are met.

Once the water reaches the JBER-Elmendorf side, the 673d Civil Engineering Group and 673d Medical Group Bioenvironmental Engineering take over.

CE provides distribution system oversight, while Bioenvironmental Engineering monitors water quality. This includes additional testing of the system for bacteriological contamination, with each major loop and/or population area sampled at least once per month.

Additionally, several select chemical contaminants are re-sampled to verify results seen on JBER-Richardson, as required by the State of Alaska. The results of Bioenvironmental Engineering's samples, in conjunction with those obtained by Doyon Utilities, are used to ensure base wide water quality.

In order to ensure long term reliability of the water source, we have conducted assessment studies of the Ship Creek Dam and water treatment plant to determine areas where we need to focus our resources.

As a result of those condition assessments, we initiated a comprehensive repair project of the Ship Creek Dam and several smaller projects within the water treatment

Contamination	Sample Date	Violation Y/N	Level Detected JBER/R	Level Detected JBER/E	MCL	MCLG	Likely Source of Contamination
Microbiological Contaminants							
Total Organic Carbon (TOC)	Monthly 2010	N	Raw Water Range <0.57 - 3.67 Treated Water Range <0.50 - 3.37	Tested by JBER/R	NA	NA	Naturally present in the environment
Turbidity	Daily 2010	N 100%	<0.3 NTU	Tested by JBER/R	<0.3 NTU	NA	Soil Run-off
Inorganic Contaminants							
Arsenic Building 28008 Well 1 Well 2 Well 3	Annually 1/12/10	N	0.29 ppb 0.195 ppb 0.248 ppb 0.523 ppb	Tested by JBER/R	10 ppb	0	Erosion of natural deposits
Fluoride	Daily 2010	Y	0 - 19.8 ¹ ppm	Tested by JBER/R	4 ppm	4 ppm	Chemical Additive
Total Trihalomethanes Bldg 36012 Bldg 18220	Quarterly 2010 Range <5.0 - 13.3 ppb	N	Stage 1 Location running annual average 7.55 ppb	Stage 2 12 ppb	80 ppb	NA	By-product of drinking water chlorination
Total Haloacetic Acids Bldg 36012 Bldg 18220	Quarterly 2010 Range 3.80 - 14.8 ppb	N	Stage 1 Location running annual average 7.88 ppb	Stage 2 13.6 ppb	60 ppb	NA	By-product of drinking water disinfection
Nitrate Bldg 28008 Well 1 Well 2 Well 3	Annually 1/12/10	N	0.399 ppm 0.700 ppm 0.714 ppm 0.729 ppm	Tested by JBER/R	10 ppm	10 ppm	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits
Lead ²	Every 3 years	N	90%= 3.96 May 09	90%= 1.29 Aug/Sept 10	AL= 15 ppb	0	Corrosion of household plumbing systems
Copper ²	Every 3 years	N	90%=0.0703 May 09	90%=0.0703 Aug/Sept 10	AL= 1.3 ppm	1.3 ppm	Corrosion of household plumbing system
Chromium	BY ADEC Request 6/5/08	N	Highest level reported 0.75 ppb Range 0.63 - 0.75 ppb	Tested by JBER/R	100 ppb	100 ppb	Discharge from steel and pulp mills; Erosion of natural deposits
¹ Due to equipment failure, for a short duration on April 27 and 28, fluoride concentration exceeded 4ppm. ² Samples were obtained from numerous locations, the 90th percentile for lead and copper were below EPA actions levels (AL). For a complete list of sites contact Jennifer Glanville at 907-384-7790 or Kathleen Hook at 907-455-1540							
Radionuclides							
Alpha emitters	BY ADEC Request 7/9/09	N	Highest level reported 1.1 pCi/L Range 0.0-1.1 pCi/L	Tested by JBER/R	15 pCi/L	0	Erosion of natural deposits
Beta/photon emitters	BY ADEC Request 7/9/09	N	Highest level reported 3.7 mrem/yr Range 0.0 - 3.7 mrem/yr	Tested by JBER/R	4 mrem/yr	0	Decay of natural and man-made deposits
Combinde radium (226, 228)	7/9/09	N	Highest level reported 1.3 pCi/L Range 0.4 - 1.3 pCi/L	Tested by JBER/R	5 pCi/L	0	Erosion of natural deposits

Chart courtesy of 673d AMDS

plant. Some of the Ship Creek Dam projects will continue into future years, but the overarching goal is to always improve the quality of your water.

It is important for us to report the water treatment and distribution system is reliable and the required projects are being scheduled when appropriate. Our water treatment plant receives continuous oversight because of the critical nature of the drinking water it produces.

Rest assured, the quality of water you drink is superb and our standards will not be compromised.

Testing results from 2010 are included in this report and from the data, you can be confident the dedicated staff of highly-qualified and state-certified professional water treatment operators will protect the integrity and quality of your drinking water. After all, our reputation is only as good as

See **Water**, Page A-11

Terms and abbreviations used

Action Level: The concentration of a contaminant which, when exceeded, triggers treatment or other requirements which a water system must follow.

JBER/E: Joint Base Elmendorf Richardson – Elmendorf side. Public Water System 2211423

JBER/R: Joint Base Elmendorf Richardson – Richardson side. Public Water System 2212039

Maximum Contaminant Level: The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available technology.

Maximum Contaminant Level Goal: The level of a contaminant in drinking water below which, there is no known or expected risk to health. MCLGs

allow for a margin of safety.

mrem/yr: Millirems per year.

Nephelometric Turbidity Units: The unit of measurement for turbidity samples.

Not Applicable: When NA is used in the range column, only one sample was taken, therefore, no range exists.

Not Detectable: The contaminant is below the detectable limits of the testing method.

pCi/L: Picocuries per liter.

ppb: Parts per billion or micrograms per liter.

ppm: Parts per million or milligrams per liter.

Treatment Technique: A required process intended to reduce the level of a contaminant in drinking water.

Water

From Page A-1

the quality of water we produce and we value that reputation.

The banner of Joint Base Elmendorf-Richardson is flying high. We are proud to be partners in the preparation and publication of this annual Consumer Confidence Report and would welcome any suggestions on how to make it more informative in the future.

As a side note, we encourage you to use the water you need but don't needlessly use water. Conservation of any resource is important and we ask you to do your part in this effort.

Where does our water come from?

JBER's drinking water is obtained primarily from the Upper Ship Creek Drainage Area in the Ship Creek Watershed.

Because the drainage area is contained within the Chugach State Park, it is protected from many chemicals (such as pesticides) that may be found in other surface water sources.

While the chemical properties of the raw (untreated) water are not assessed, the JBER treatment plant routinely examines the physical quality of the raw water, including pH, turbidity, hardness, color and alkalinity. Additional water is obtained from three groundwater wells located on post.

Before entering the JBER Treatment and Distribution System, raw water from Ship Creek flows through a series of bar racks and screens designed to remove large debris that can damage the treatment facility.

The plant uses a series of conventional water treatment processes including coagulation (causes contaminants to clump together), flocculation (increases the size of the clumps), sedimentation (settles the clumps from the water), rapid sand filtration (removes smaller particles and contaminants), and chlorination (disinfects the treated water).

The plant is designed to produce approximately 7 million gallons of water per day – enough to fill over 8 Olympic competition-size pools.

All of our treatment processes are controlled and monitored by an interconnected set of computers known as a Supervisory Control and Data Acquisition system. This SCADA system constantly monitors the treatment and distribution system and alerts the system operators in the unlikely event of a process disruption or malfunction.

Additionally, the SCADA system operates three groundwater wells used to supplement the system during times of peak demand (such as early morning and evening when people are cooking or conducting personal hygiene activities).

Because groundwater is a very high-quality source of raw water, the only treatment necessary is disinfection. Each well is equipped with its own in-line chlorination equipment to ensure that water enters the distribution system free from any microbial contamination.

The finished water is tested several times a day to ensure that pH and chlorine residuals are at appropriate levels.

Water Testing and Your Health

The sources of drinking water (both tap and bottled) include rivers, lakes, ponds, reservoirs, springs and wells.

As water travels over the surface of the land or underground, it can dissolve naturally occurring minerals. In some cases, water can pick up radioactive material, or substances resulting from the presence of animals or human activity.

Although our water supply may contain some of these contaminants, it is important to know that these substances are either removed completely or reduced to a safe level before it arrives at your tap.

Contaminants that may be present in source water include:

- Microbial Contaminants, such as viruses and bacteria, which may come from sewage treatment facilities, septic systems, agricultural livestock operations and wildlife.

- Inorganic Contaminants, such as salts and metals, which may naturally occur or result from urban storm water runoff, industrial or domestic wastewater discharge, oil and gas production or farming.

- Pesticides and Herbicides, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.

- Organic Contaminants, including synthetic and volatile organic compounds, which are by-products of industrial processes and petroleum production, and may also come from gas stations, urban storm water runoff and septic systems.

- Radioactive Contaminants, which may occur naturally or result from oil and gas production and mining activities.

In order to ensure tap water is safe to drink, the EPA prescribes regulations, which limit the amount of certain contaminants in water provided by public water systems.

Food and Drug Administration regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

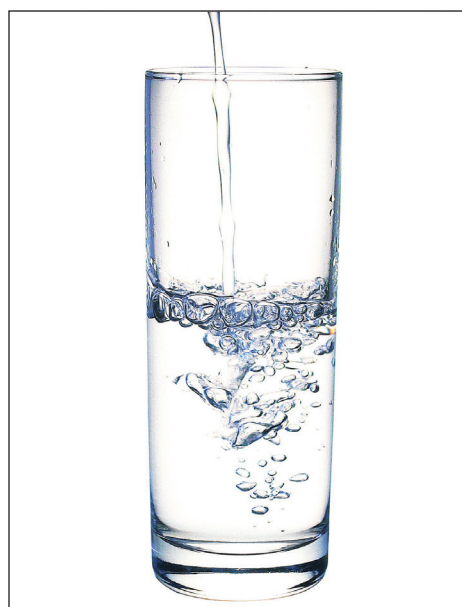
More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline at 1-800-426-4791.

Some people in the general population may be more vulnerable than others to contaminants in drinking water. Immunocompromised persons such as those with cancer undergoing chemotherapy, persons who have undergone organ transplants, persons with HIV/AIDS or other immune system disorders, some elderly and infants can be particularly at risk of infection.

These people should seek advice about drinking water from their health care providers. EPA/CDC published guidelines on appropriate means to lessen the risk of infection are available from the Safe Drinking Water Hotline at 800-426-4791.

We're happy to answer any other questions about our water quality. For general information or for water quality questions call Doyon Utilities site management office at 907-338-3600 or JBER Bioenvironmental Engineering at 907-384-7790.

Other Resources: Environmental Protection Agency's Safe Drinking Water Hotline: 1-800-426-4791. Water Quality Data for



Courtesy graphic

community water systems throughout the United States is available at www.waterdata.com.

Drinking water test results

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate the water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the EPA's Safe Drinking Water hotline at 1-800-426-4791.

The table (Page A-8) lists the Regulated Contaminants required to be monitored by the EPA which were detected in your water.

While some monitoring is required annually, some contaminants are sampled less frequently.

The Interim Enhanced Surface Water Treatment Rule required testing for trihalomethanes and haloacetic acids at the farthest end of the distribution system or any part of the system that retains water the farthest from the water treatment facility. This sampling was done quarterly in 2010. All the substances we found were present in quantities less than the EPA's limits for safe drinking water.

If you would like to view a complete listing of test results, please call Jennifer Glanville at 907-384-7790 or Kathleen Hook at 907-455-1540.

Lead/copper in drinking water

The EPA Safe Drinking Water Act requires public water systems to test water samples from its customers to determine lead and copper levels.

If present, elevated levels of lead can cause serious health problems, especially in pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing.

There is nothing in the treatment process which would introduce lead into the water; therefore, the water is tested at the individual service locations. If abnormal levels of lead or copper are detected in the water supply, residents will be notified and JBER will initiate action to correct the problem.

One method to minimize the risk of lead

or copper contamination is to let the tap water run for 30 seconds to 2 minutes to flush any water that has been sitting for several hours. It is important to use this approach for drinking water or cooking water.

Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at www.epa.gov/safewater/lead.

Fluoride

In late April 2010, the JBER Water Treatment Plant experienced a spike of fluoride in the water supply that exceeded the EPA's guidelines of four parts per million for a period of 40 hours.

Some people who drink water containing fluoride in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones.

Fluoride in drinking water at half the MCL or more may cause mottling of children's teeth, usually in children less than nine years old. Mottling, also known as dental fluorosis, may include brown staining and/or pitting of the teeth, and occurs only in developing teeth before they erupt from the gums.

The excess fluoride levels were caused by human error when a fluoride injection feeder control was adjusted improperly.

Within hours the excess fluoride was detected by the operator in charge at the Water Treatment Plant and immediate action was taken to notify JBER residents of the issue while activating a response team effort to flush the water distribution mains and individual services.

Do Not Drink notices were issued throughout JBER until samples indicated a return of fluoride concentration levels below two parts per million which is lower than the EPA guidelines for consumption.

While the fluoride levels exceeded allowable levels, it is important to note immediate action was taken to mitigate the exposure and there were no health-related issues resulting from the incident.

As a follow-up to the incident, JBER implemented procedural changes to increase fluoride level testing frequency, has replaced the fluoride injection system controls and provided the Alaska Department of Conservation an action plan to ensure such an incident does not recur.

Hydrant maintenance

Hydrant maintenance is a top priority for our utility. Twice a year, April and September, we visit each hydrant in our system. We test the water flow at each hydrant and make sure each one is working properly. This is our way to provide superior fire protection to ensure the safety and well being of our consumers.

Source water assessment

For the last several years, the ADEC has been working on assessments of the vulnerability of the water sources that provide water to all of the public water systems in Alaska. The source water assessment for JBER's Water Treatment Plant has been completed and is available for review by contacting Jennifer Glanville at 907-384-7790 or Kathleen Hook at 907-455-1540.

A 'rescuing hug' can save a life
Page B-2

Knock-down, drag-out softball
Page B-4



www.jber.af.mil/news

ARCTIC WARRIOR

Volume 2, No. 26

COMMUNITY

July 1, 2011

CAMP GORSUCH
 SCOUT CAMP

BOY SCOUT

CAMP OUT



By Chris McCann
 JBER Public Affairs

"You get to do a lot of stuff you couldn't normally do like rock climbing and learning to actually shoot a rifle, shotgun and black-powder muzzle loaders," said Trentin Wermers, of Boy Scout Troop 190. "My favorite thing is being able to make campfires."

Joint Base Elmendorf-Richardson has not one but two Boy Scout troops, and June 20 through 25 was spent at Camp Gorsuch near Chugiak, kayaking and rock-climbing and generally doing the things people associate with Boy Scouts.

Maj. Raul Rovira, with the Army Medical Command, is the leader of Troop 504 – the JBER-R group.

"This is a good way to get the boys off the couch, and off their computer games – there's more to life than that," Rovira said. "I think most of these boys play computer games, but they also look forward to going out camping and doing other things. It brings more balance to their lives instead of just being stuck inside a building in front of a monitor."

Both the military and scouting place an emphasis on leadership, making it a natural fit.

Eagle Scout Joshua Van Der Martin has been involved in scouting for about six years.

"There is one main leadership project for Eagle Scout, but on the way, there are a couple smaller leadership projects you have to do," Van Der Martin said. "The main leadership project, you lead it – you don't do it. You plan it out, and direct other scouts how to do it."

"At camp, I help the younger scouts get higher rank and merit badges... Leadership is the main element of being an Eagle Scout – trying to lead the younger boys up to where we are," Van Der Martin said.

Senior Master Sgt. Don Lester is the scoutmaster for Troop 190, and also serves as the superintendent for the 962nd Airborne Air Control Squadron.



"Camp is a great way for the boys to see Alaska," Lester said. "In Alaska you're in a paradise. You're able to go out and see different things. We've got the snow in the winter time, and in the summer time you've got this beautiful weather, where they can go hiking and it's just a great time. It allows the boys to come up and see some leadership, and to build on that leadership they may need throughout their lives."

Both troops plan to do recruiting in the near future, but in the meantime, those interested in JBER scouting can contact Lester at my3sons@gci.net or Rovira at raul.rovira@amedd.army.mil.



ABOVE: Airman 1st Class Tanner Volkers, left, a troop leader, and Boy Scout Gideon Wetherell, 14, both with JBER Troop 190, jump into the cold water at Camp Gorsuch. BELOW: Boy Scout Dylan Nelson, 13, of Joint Base Elmendorf-Richardson Troop 504, secures the mainsail of a sail boat while performing part of a badge requirement at Camp Gorsuch Boy Scout camp where troops 109 and 504 from JBER attended summer camp.



ABOVE: Tenderfoot Trentin Wermers, 12, of Joint Base Elmendorf-Richardson Troop 190, holds a rappelling line for a fellow scout at Camp Gorsuch Boy Scout camp where Boy Scout troops 109 and 504 from Joint Base Elmendorf-Richardson were camping for the week.

TOP: Eagle Scout Alex Flores, 16, with JBER Troop 504, demonstrates rappelling down a cliff face at Camp Gorsuch Boy Scout camp where Boy Scout troops 109 and 504 from JBER were camping for the week and performing tasks to earn scouting badges. (Photos by Justin Connaher/JBER PA)



A rescuing hug can make all the difference to your buddy

By Army Chaplain (Maj.) Robert Williams
3rd MEB

"Two are better than one, because they have a good return for their labor," says Ecclesiastes 4:9. In Joel Osteen's book, "Your Best Life Now," he tells an amazing story about a set of twins who were just a few days old.

One of them had been born with a serious heart condition and wasn't expected to live.

A few days went by and one baby's health continued to deteriorate; she was close to death.

A hospital nurse asked if she could go against hospital policy and put the babies in the same incubator together, rather than in individual incubators.

It was a big ordeal, but finally the doctor consented to allow the twins to be placed side by side in the same incubator, just as they had been in their mother's womb.

Somehow, the healthy baby managed to reach over and put his

arm around his little sick sister. Before long and for no apparent reason, her heart began to stabilize and heal.

Her blood pressure came up to normal.

Her temperature soon followed suit.

Little by little she got better, and today they are both perfectly healthy children.

A newspaper caught wind of the story and photographed the twins while still in the incubator, embraced in a hug.

They ran the photo with the caption, "The Rescuing Hug."

The scripture verse from Ecclesiastes speaks of being a team. We all need each other.

Everyone needs a battle buddy, a wingman.

Although most Soldiers and Airmen truly enjoy all that summer in Alaska has to offer, sadly there are a few who not only contemplate suicide but take actions on their suicidal thoughts, even during these days of seemingly unending

sunshine. Having a variety of resources for support is important because when trying circumstances occur, it is not good to be alone.

My question for each of you is ... do you have good variety of resources for support when times of trouble come?

Even two are better than one, as noted in Ecclesiastes.

For both married couples and single Soldiers/Airmen, it is good to team up with someone with whom you can closely relate.

Look to family, a close friend, your chaplain, your chain of command, your military family life consultant.

There are also numerous resources just a phone call or mouse click away (see list of resources at the end of this article).

What is the common factor no matter which resource you tap into?

The common and key factor is — you don't have to try to make it through alone if you are experienc-

ing a crisis. "Two are better than one." Be a friend, be a battle-buddy or be a wingman who can be counted on. And remember, "A Rescuing Hug" can make all the difference in a person's life.

Available Resources:
To speak with a chaplain (100 percent confidential): during duty hours — Chapel Center on JBER-Elmendorf, 552-4422, or Soldiers' Chapel on JBER-Richardson, 384-1461; or after duty hours — 673 ABW Command Post, 552-3000, or USARAK Command Center, 384-6666.

673 ABW Mental Health Clinic, 580-2181
Military Family Life Consultant, 440-8200 or 382-2799

Chaplain Family Life and Training Center, 384-LIFE. Building 658, First Floor, West Wing.

Defense Center of Excellence Outreach Center (PTSD and Psychological Health), 1-866-

966-1020
Veterans' Crisis Line, 1-800-273-8255
Military One Source website: <http://www.militaryonesource.com/MOS.aspx>
Army suicide prevention website: <http://www.armygl.army.mil/hr/suicide/default.asp>
Air Force suicide prevention website: <http://afssp.afms.mil>

Suicide prevention resources for military families can also be found here:

<http://www.realwarriors.net/family/support/preventsuicide.php>
The Centers for Disease Control and Prevention suicide prevention resources:

<http://www.cdc.gov/ViolencePrevention/suicide/index.html>

The DOD has a website called Restoring Hope, with links to good resources:

http://www.defense.gov/home/features/2010/0810_restoring-hope_resources/

Deploymate: What military spouses really appreciate while home

Commentary by Jacey Eckhart

Sisterfriend? Deployment twin? Secret Weapon? What do you call the woman who partners you during deployment?

The one who has seen your preschooler pick his nose every hour on the hour yet seems to still find him cute.

The one who makes soothing noises when you whine about how long it has been since you heard from your beloved (even when you heard from him yesterday).

The one who takes the screaming baby from your fevered hands and utters the four most beautiful words in the English language: Go Take a Nap.

What do you call that angel woman?

I call her much appreciated. During Military Spouse

Appreciation month, I read over and over how much everyone appreciates the way we spouses hold down the fort while our service members are deployed.

Which is great. But the truth is that secretly what I would really, really appreciate is some hands-on, in-person, active duty kinda HELP, please.

I know some women handle deployment with ease.

Me? I'm kalunking around the field man-down.

I don't want people just telling me to call if I need anything. Assume I need stuff every day — even if that "stuff" is someone to tell me about the cute thing my son said and how dumb my boss is. Frankly, I need a deploymate.

So what is a deploymate? I'm not completely sure. But here is what I am thinking so far — feel free to add to

my list. I think a deploymate can't be earned, can't be demanded, can't be deserved.

A deploymate is a woman who you find right next to you, a gift of the universe, magically willing to blend her life and your life when you need it most.

A deploymate can be a mom, a sister, a neighbor, a friend. She can be older or younger. Another military family member or a complete civilian.

She just has to live close enough to temper the loneliness of Sunday with chick flicks and Wordfeud and cookies baked in person. Deploymates cannot be long distance.

A deploymate is cool about your dog, your weight and the funky smell in your car.

A deploymate is a friend of your house.

She blends her domestic

pleasures with yours.

She brings you an apple crisp. You put together a lemon risotto. She picks up milk for you. You pick up Mike, her teenager, for her.

You are always sure that she gives more to you than you could ever give back to her. And somehow she feels just the opposite.

A deploymate remembers your birthday when no one else does.

Her family comes to Christmas dinner and her husband plays all the new video games with the kids while you hide in the kitchen because it is too much to be so far apart on that one day.

A deploymate is always pro-Sailor. Pro-Soldier. Pro-Airman. Pro-Marine. She acts like deployment is normal even when she thinks it is not.

During moments when your service member is acting like a complete jerk,

a deploymate is the one who listens and always end the conversation with "you know he loves you." And somehow your anger just ... melts.

A deploymate holds you to a higher standard.

You pick up the living room since she is coming over and eat at the table with an actual fork.

She's the one who pulls you away from the too-pricey purse and that too-cute guy in the bar. She's the one who reminds you that married women don't date.

Deploymates will stand by you and all your bodily fluids during labor.

She will be the first to hold your baby when your husband can't and the first to look in that baby's world-wondering eyes and say "Wait 'til your daddy comes home."

A deploymate comes to homecoming to help you

juggle the diaper bag and stroller and trying-to-get-hit-by-a-truck toddler sibling of a newborn.

She will stand at the sidelines of your family, the witness of your joy, the recorder of your memories.

A deploymate is at once so happy for you all because she knows the true cost of deployment, yet so wistful because the end of deployment means the end of deploymate.

All those days spent with kiddies at the pool.

All those popsicles and glasses of wine.

All those words and feelings and love in action.

How we will miss it so.

Editor's note: Jacey Eckhart is a military life consultant in Washington, DC. She is the author of "The Homefront Club." Facebook Jacey or contact her at jacey@jaceyeckhart.com.

673d Force Support Squadron ☀️ JBER-Richardson Events

Come see the fight of the year!

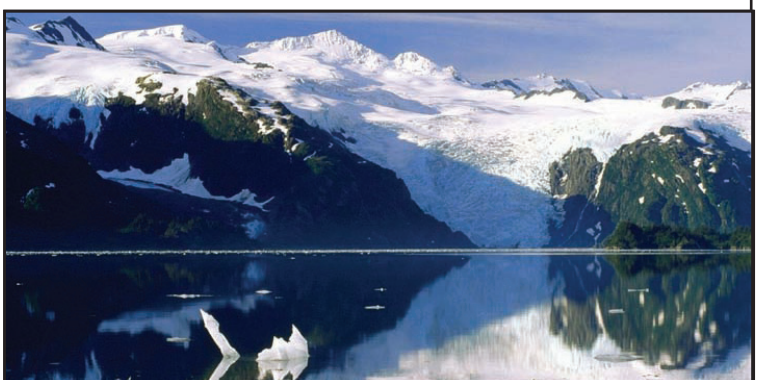
Tickets sold now through day of fights at the Arctic Chill, Building 655.

Jaxx Steel - VS - The Holy Sheik
NWA CHAMPION

JULY 16
7 - 9 p.m.
at the Kashim Club!

Call 384-9023/7619 for details.

- ♦ MK II -vs- Chainsaw Charlie
- ♦ Ak Lighting -vs- Mr. Douglas
- ♦ David Rage -vs- Del Sol
- ♦ Silas Young -vs- Angel Armoni
- ♦ Micheal Maddness -vs- Nick Danger (Alaska Heavy Weight Champion)



AHOY THERE!
JBER - Richardson Outdoor Recreation is giving free classes at Dyea Ski Hill, Building. 470
July 5, 7, 12, 14, 19, 21, 26 & 28 from 6 - 8 p.m.

Those interested in learning the ins and outs from safety to navigation come to Jack Roskind "Seamanship Class," who has a charter boat operation and over 20 years of experience operating in Prince William Sound and Resurrection Bay. Sign up now.
Contact JBER - Richardson Outdoor Recreation, Building 794 or call 384-1475/1476.



BUCKNER PHYSICAL FITNESS CENTER
BUILDING 690 ♦ 384 1308

INTRAMURAL FLAG FOOTBALL ROSTER
Sign up deadline ... July 5.
Organizational Meeting... July 8 • 1 p.m.
Competitions... July 11 - September 16

Meeting at: Buckner Physical Fitness Center & Competitions will be at: BPFC Football Fields.

MONDAY NIGHT NINE & DINE!

DINE AT THE MOOSE!
EVERY MONDAY NIGHT!

Light Dinner 5:30 - 6:15 p.m. Play at 6:30 p.m.
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\$30 Military & \$40 Civilian (per player).
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Space is limited, so sign up early. Call 428-0056 for details.

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JBER - RICHARDSON OUTDOOR RECREATION

ATV TRIP
JIM CREEK

July 16, 2011 • \$150 per person.
8 a.m. to 5 p.m.

Includes ATV, safety gear & transportation.
Bring lunch, beverages, gloves, hip waders, rain gear & water proof/resistant boots.

For more information 384-1475

Community happenings

FRIDAY-SUNDAY Girdwood Forest Fair

Alaska artists, musicians, singers and dancers team up with hand-crafted items and exotic foods in the forest along Glacier Creek in Girdwood.

Events kick off mornings at 11 and last until 8 p.m. Friday and Saturday, until 6 p.m. on Sunday.

For more information, email queenbee@girdwoodforestfair.org.

SUNDAY-MONDAY Eagle River Independence Day celebrations

A community-wide Independence Day celebration begins July 3. The celebration starts at 6:30 p.m. at Lions Park and ends with fireworks at midnight.

July 4, the Chugiak Parade begins at 2 p.m. at Latimer Fire Station on Old Glenn Highway, rain or shine.

For more information, call 694-4702 or visit www.cer.org/comevents.htm.

MONDAY Great Alaskan Salmon Bake and Fly-by

From 1 p.m. until 5 p.m., visitors can enjoy a buffet of salmon, burgers, hot dogs, salads and more celebrating Independence Day at the Alaska Aviation Museum on Lake Hood, with fly-bys from a variety of aircraft as well as auctions and live music. The fundraiser helps the museum continue its mission to preserve Alaska's aviation history. Tickets are \$30 for adults, \$15 for children.

For more information, call 248-5325 or visit www.alaskaairmuseum.org.

Anchorage July 4th celebration festival

Celebrate America's birthday in Alaska style.

The old-fashioned celebration in downtown Anchorage is complete with family events like a pancake breakfast, downtown parade, picnic, activities and a fireworks finale.

For more information, call 279-7500 or visit www.anchorage-july4thcelebration.com.

Mount Marathon race

This mountain run has been held annually in Seward since 1915, following a bet among friends that Mount Marathon couldn't be run in

less than an hour. The footrace is a climb and descent, a mile and a half each way, with cliffs, waterfalls, and spectacular views.

For information, call 224-8051 or visit www.sewardak.org.

WEDNESDAY-JULY 10 Bear Paw Festival

Eagle River hosts the Bear Paw festival, featuring events like the Teddy Bear Picnic, Bicycle Safety Rodeo, Dog-and-owner Look-alike contest, Running with the Bears, and a salmon cook-off. The Grand Parade is one of the largest in the state, and carnival rides and games are available.

For information, visit www.bearpawfestival.org or call 694-4702.

Bear Paw Pageant

High school students in the Chugiak-Eagle River area are invited to apply for scholarships through the Bear Paw Pageant. Up to \$1,500 in scholarships are available for community service and for those chosen as the Bear Paw King and Queen. For information, contact the Chugiak-Eagle River Chamber of Commerce at 694-4702 or visit www.cer.org.

JULY 11 3rd MEB hosts an Organizational Day

The 3rd Maneuver Enhancement Brigade will host an organizational day from 8 a.m. until 1:45 p.m. behind Buckner Physical Fitness Center. The event is open to Soldiers and families of the brigade and will include food and games, as well as Soldier-and-spouse team events, combat skills relays, and endurance events.

For information, call 384-0197.

JULY 14-20 Elmo's Healthy Heroes

Sesame Street Live returns to the Sullivan Arena at 7 p.m. July 14, 10:30 a.m. and 7 p.m. July 15, 2 p.m. July 16, and 1:30 p.m. and 4:30 p.m. July 17.

For more information, call 279-0618.

JULY 18 673d Medical Group annual golf tournament

The 673d Medical Group hosts its annual golf tournament at Eagle Glen golf course starting at 7 a.m. The event is open to everyone with

base access, and will have four-man teams. Prizes will be awarded, and the \$30 entry fee must be paid no later than July 6.

For ticket prices and more information, call 580-3247 or email maryann.chapman@elmendorf.af.mil.

JULY 30 Arctic Warrior Half-Marathon and 5K race

The Arctic Warrior Half-Marathon and 5K race kicks off at 9 a.m. at the Talkeetna Theater on Fighter Drive. Participants must check in on July 28 or 29 between 5 p.m. and 7 p.m. at the parking lot of Lowe's on Muldoon to collect bibs and base access passes.

Race day check-in is between 8 a.m. and 8:40 a.m. for the half-marathon and from 8:45 until 9:15 a.m. for the 5K. Tickets are \$45 for the half-marathon and \$25 for the 5K; all proceeds go to charity.

For information, email arctic-warriorhalfmarathon2011@gmail.com or call 552-3649.

AUG. 11 Annual MOC golf tourney

The 381st Intelligence Squadron and Alaska Mission Operations Center will host the Top III 4th Annual Golf Tournament at Eagleleglen Golf Course.

Space is limited to 36 four-person teams. All military and civilians are welcome; prizes will be awarded. Start time is 7 a.m. Ticket price includes greens fees, cart, and a door-prize ticket.

For information or to reserve a spot, call 552-4590 or email whipkey@elmendorf.af.mil.

ONGOING Anchorage baseball

From June 5 through Aug. 3, the Mulcahy Stadium hosts the Anchorage Bucs and the Anchorage Glacier Pilots baseball.

Outstanding collegiate players from around the world join forces to create the Alaska Baseball League, and many future major-league players have competed with the teams. Schedules are available on the website.

For information, visit www.anchoragebucs.com or www.glacierpilots.com, or call 561-BUCS.

Aurora: The Great Northern Lights show

There isn't much darkness in

Alaska this time of year, but it's still possible to see the Northern Lights set to beautiful music.

The 40-minute program runs every day and begins every hour at the Alaska Center for the Performing Arts.

Visitors should enter on the 6th Avenue side of the building. Discounts are available.

For information, visit www.alaskapac.centertix.net or call 263-2993.

Spenard Farmers' Market

Local items and Alaska-grown, -caught, -baked and -made items are available under the windmill in Spenard.

Everything from fresh oysters, organic bread, garden starts, kettle corn and reindeer sausage is available, including live music, every Saturday from 9 a.m. until 2 p.m.

For information, call 563-6273 or email spenardfarmersmarket@gmail.com.

Market and festival

Local farmers and artisans sell their goods Saturdays and Sundays in a festival atmosphere.

Enjoy free lively entertainment and great food while browsing more than 300 booths. Market days run through Sept. 11 - Saturdays and Sundays from 10 a.m. until 6 p.m. at the Third Ave. and E Street parking lot.

For information, call 272-5634 or visit www.anchoragemarkets.com.

Model Railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays with work sessions at 1 p.m. Saturdays in in basement Room 35 of Matanuska Hall, 7153 Fighter Drive. Anyone interested in model railroading is invited.

For more information, call 552-5234 or 952-4353, visit www.trainweb.org/msmrrre or email bjorgan@alaska.net.

Farmers' market

Non-profit, famer-directed market at 15th and Cordova, offering fruits, vegetables, herbs, flowers, plants, and animal products available.

Offerings and vendors vary seasonally; open Saturdays from 9 a.m. until 2 p.m. through Oct. 15.

For information, e-mail info@anchoragefarmersmarket.org.

Chapel services

Catholic Mass

Sunday

9 a.m. - Soldiers' Chapel
10:30 a.m. - Elmendorf Chapel 1
5 p.m. - Soldiers' Chapel

Monday through Friday

11:40 a.m. - Soldiers' Chapel
Monday, Wednesday and Friday
11:30 a.m. - Elmendorf Chapel Center

Thursday

11:30 a.m. - Hospital Chapel

Confession

Sunday

4:30 p.m. - Soldiers' Chapel
Monday though Friday
Before/after 11:40 Mass - Soldiers' Chapel

Protestant Sunday

Services

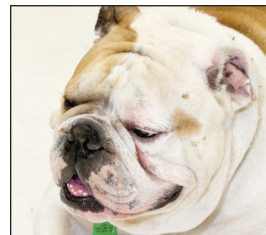
Joint Liturgical Service
9 a.m. - Elmendorf Chapel 2
Celebration Service
9 a.m. - Elmendorf Chapel 1
Collective Protestant Service
11 a.m. - Soldiers' Chapel
Gospel Service
Noon - Elmendorf Chapel 1
Contemporary Protestant Service
5 p.m. - Elmendorf Chapel 1

Correction

In the June 24 edition, the *Arctic Warrior* identified the dog Fado in a photo as the mascot of the 90th FS.

Fado is the mascot of the 525th Fighter Squadron, whose patch features a bulldog.

The *Arctic Warrior* apologizes for the mistake.



Fado



Experience JBER Elmendorf-Richardson

Summer 2011
Outdoor Adventure Program

**JBER ELMENDORF
OUTDOOR ADVENTURE PROGRAM**

For Reservations call **552-4599**
Reservations must be made in advance.
Email: 673fss.oap@elmendorf.af.mil

\$45

**Whitewater Rafting
Eagle River**
July 6, 7, 13, 14, 20 & 27
5 - 8 p.m.
July 2, 16 & 30
10 a.m. - 1 p.m.
2 p.m. - 5 p.m.

Trips offered this month. Call today to plan your adventure with us.

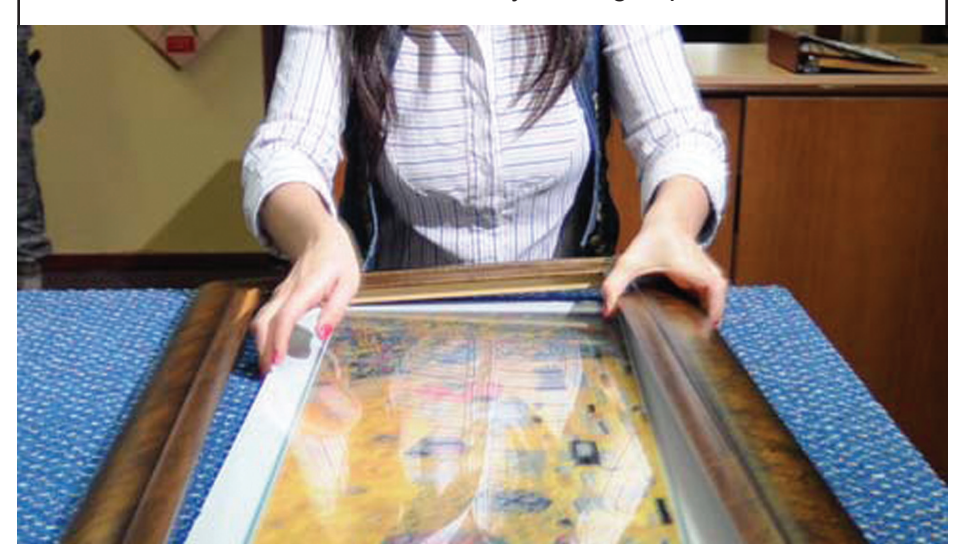
- ATV Trips and Training
- Sea Kayak trips
- Russian River Fishing
- Kayak Training

Got a gift? Personalize it!

It seems this time of year, everyone knows someone who is either graduating, retiring, having a baby, getting married, moving out of state, or having a housewarming party, barbecue or birthday. It's getting tougher to think of unique gifts — you might be tempted to buy a batch of gift cards and distribute them as needed.

While we applaud your gift-giving habits, we also would like to point you toward the Arts and Crafts Center, your gift-giving "Specialty Shop."

They'll take time to consult with you, look over designs with you, help you visualize the finished gift and work within your budget. Visit the Arts and Crafts Center today and sign up for a class.



Baby Bump and Beyond

Every Tuesday and Thursday • 11 a.m.

It is a fitness class for pregnant/post natal active duty and dependants. Great for new mothers after the baby is born too. The goal is to keep them exercising until birth then help speed the recovery after birth. For active duty, we will help get you back into shape for your PT Test. For more information call

JBER Elmendorf Fitness Center • 552-5353

Advanced Picture Framing Class

July 13, 5:30 - 9:30 p.m. \$65

Bring a 5X7 Picture or select one at the shop! Impress your friends, showing off your custom framing skills! Save money and have fun too!

Digital Photography Class

July 20, 5:30 - 9:30 p.m. \$65

Bring your camera gear, manuals. Learn what all those setting and modes mean on your camera, and learn how to take better images!

**Far North Arts & Crafts Center
JBER Elmendorf
552-7012/7017**

Building 3136, 6136 Doolittle Ave.
Far North Frame Shop,
552-7017
Engraving Shop,
552-7017
The Mud Shop,
552-7012
Instructional Programs,
552-7012
Tue. - Fri. 10 a.m. - 6 p.m.
Sat. 10 a.m. - 5 p.m.
Closed Sun., Mon. & Holidays
July 1 - 4 for Independence Day

Get out and enjoy summertime in Alaska!

Army, Air Force units duke it out in unit softball games

BELOW: Ray Raigoza, 425th Brigade Special Troops Battalion, connects during the intramural softball game between B Company, 3rd Battalion (Airborne), 509th Infantry Regiment and 425th Brigade Special Troops Battalion at Joint Base Elmendorf-Richardson.

RIGHT: Al Mariner, 425th Brigade Special Troops Battalion, pitches to Brian Carter, B Company, 3rd Battalion (Airborne), 509th Infantry Regiment, during an intramural softball game between the units at Joint Base Elmendorf-Richardson, Wednesday, June 22. (Photos by Justin Connahee/JBER PA)



ABOVE: Thomas Scott, B Company, 3rd Battalion (Airborne), 509th Infantry Regiment, throws to first after catching Al Mariner, 425th Brigade Special Troops Battalion, out at second base, during an intramural softball game between the units June 22. **LEFT:** Jeremy Burnett, Headquarters and Headquarters Company, 17th Combat Sustainment Support Battalion (Provisional), throws to first after catching Dale Thurman, B Company 2nd Battalion, 377th Parachute Field Artillery Regiment, out at second base during an intramural softball game at Joint Base Elmendorf-Richardson June 22.

Maintaining a positive image is critical to our mission's success

Commentary by Air Force Staff Sgt. Jeremy Larlee
JBER Public Affairs

The Dallas Mavericks captured the attention of basketball fans everywhere by capturing their first NBA title by beating the Miami Heat in the finals.

A lot of those fans were cheering for them because they wanted to see the Heat, and more specifically star forward LeBron James, fall flat on their faces.

The Heat had a target on their backs for most of the year after assembling a trio of stars in the off season.

I think the issue wasn't that James, Dwayne Wade and Chris Bosh chose to play for the same team; it was more because of how it was done.

No event raised more ire than LeBron's "Decision" prime

time special.

I don't fault him for finding greener pastures but there had to be a better way of going about it.

It seemed to be a heartless way to say goodbye to his hometown team the Cleveland Cavaliers.

It would be like deciding to divorce your spouse of seven years.

Instead of dumping them in private, he chose to kick them to the curb in front of an audience of millions.

The Cleveland fans were understandably outraged.

Many fans burned their gear and their owner even contributed a public letter filled with venom.

Cleveland has had kind of a brutal history when it comes to their sports teams.

Their last championship was a pre-Superbowl NFL championship in 1964.

The sports public mainly rallied around Cleveland and cheered

against the Heat all season.

After a rough beginning of the season the Heat pulled it together and made it through the Eastern Conference playoffs rather easily.

In the finals they faced the Mavericks, a team which had no players who had ever won a NBA title.

People wanted to see James fail and he complied.

I was quite amazed by the amazed by the amount of criticism he drew.

As a player he is exciting to watch.

With his large build he often looks like a grown man playing with children at times.

He is constantly making highlight reels with his impressive leaping ability.

He also is not a ball hog and possesses a great passing ability, a rarity in this era of basketball.

Fans have forgiven players for

much more serious sins.

I found it interesting that they wouldn't let him get past his prime time breakup with the Cavaliers.

It was pretty obvious to me that the pressure and criticism got to him.

He often looked lost and uncertain of himself during many pivotal points in the series.

He has been a star at every level of basketball he has played, and it must have been a foreign feeling to have everybody rooting against him.

As military members we play for a winning team, too – and we count heavily on the support of our civilian counterparts.

I feel it is important that try not to spoil the impressions that civilians have of us.

When it comes down to it, they are who we ultimately serve and are the reason we are here.

Being off duty and out of

uniform doesn't absolve us of this responsibility.

Our close-cropped haircuts and professional bearing make us stick out like a sore thumb.

Countless times I have had people come up to me and ask me if I serve.

So when you are out on the town, you had best believe there are eyes watching you.

Besides keeping the taxpayers happy, we also have to pay attention to how we treat the younger generation.

Impressions stick hard with young folks.

I would hate to think that we would lose a future military leader because they had a bad experience with a service member when they were a child.

Plus – as LeBron proved this year – it is a lot easier to accomplish your goals when you don't have the majority of the public rooting against you.

Improving fitness starts with recovery, nutritious food

Commentary by Capt. Zach Garrett
51st Aerospace Medicine Squadron

OSAN AIR BASE, South Korea — "If you want to be more effective, improve your fitness," said Sir Richard Branson, who was knighted in 1999 and is currently worth more than \$4 billion.

While he is not a member of the military, I think his undeniable success justifies observing his methods. I will be clear and state that I am not advocating for everyone to adopt part-time residency status at the gym.

On the contrary, increasing the amount you exercise is not as critical to improving overall fitness as is proper recovery or nutrition. I think all three are important to overall health, but too often we don't effectively prioritize these key components.

The first step in improving your fitness is improving your recovery. I do not limit this to recovery from working out. The daily grind itself requires a certain amount of recovery, which is where many fall short.

They do not recover enough to support a couch-potato lifestyle, let alone an active lifestyle. Thus, beginning an exercise program without first establishing solid recovery habits will reduce the gains made from exercise.

There is no way around the physiological need for sleep. The standard recommenda-

tion is eight hours per night and applies to virtually everyone. Achieving this does not have to occur in one night but can be a gradual change by going to bed just 10 minutes earlier than the previous night and continuing this trend until a more optimal sleep pattern is established.

One caveat is that your day-to-day energy levels and alertness will lag behind your sleep habits by about seven to 10 days. So you will have to achieve seven to 10 consecutive days of adequate sleep before you can expect to see the difference.

Following sleep, the next step in improving fitness is nutrition. Most of us will consume sustenance two to four times per day, but will not have a strong recollection of what we ate, let alone the exact caloric and macronutrient content of what we ate.

This is fine if your meal choices are vegetables and lean sources of protein 75 percent of the time. However, if this isn't you, then you may need to evaluate your "tracking system." This isn't just for weight loss, because it's possible to be "thin" but be as unhealthy as any obese or overweight individual.

Back to what Branson said, there is no better confidence booster than mastering your own body. On top of the physical changes that occur with fitness improvement, the desire to continue to improve usually persists.

So, while taking care of ourselves is something that can be difficult to prioritize above our other endeavors, it's often that self care that can enable us to achieve more in the long run.

Vintage Air Force veteran visits his unit 56 years later

By Air Force Staff Sgt. Kyle Brown
381st Intelligence Squadron

In early June, the 381st Intelligence Squadron on Joint Base Elmendorf-Richardson welcomed back one of its own.

Seventy-eight-year-old Forrest St. Aubin made his first trip to Alaska since completing his tour in 1955.

The unit's leadership quite literally rolled out the red carpet and employed an eight-man cordon to welcome St. Aubin back to his old unit.

"I thought I was just going to take some pictures of the building," St. Aubin said as he took in the welcome.

The unit also arranged for St. Aubin to see some of his old stomping grounds while on base and also arranged a lunch at the unit where members could ask him questions about his time on Elmendorf Air Force Base.

In 1953, then-Airman Second Class St. Aubin arrived at Elmendorf as one of the initial cadre of Russian Linguists to occupy the newly constructed build-

ing, which was then named the 3rd Radio Squadron Mobile.

"I left before any of you were even born," he said gesturing to some of the senior leadership. "Out of an original 49 in my linguist class, there are only 25 of us left."

As a young Airman from Missouri, he asked for an assignment to Alaska instead of one of the more exotic overseas assignments.

"It was an adventure – Alaska was still a territory," he said.

He recalled that the unit was often on alert, given the tensions of the Cold War, and spent long hours at the office.

"We'd work so much during the winter we wouldn't see the sun for a month," he said.

He told the gathered Airmen of the 381st some of the more memorable moments from his time in Alaska.

"I loved my job, I loved being here... you could just hop on a train heading out of Anchorage and pull

the cord when you wanted to get off at your favorite fishing spot."

He also recounted a time in early 1954 when Anchorage shopkeepers were less than happy with the military in Alaska.

"(The Air Force) paid us all in two-dollar bills so the town would see how much we spent... and we never heard much more about it," he said, smiling.

Most memorably, St. Aubin and his buddies rehabilitated a young moose – something that would never be allowed now.

"We found this calf moose up behind the unit whose mother had died. We put her inside the unit's fence and fed her milk out of a ketchup bottle. When she got older, I'm pretty sure she got our entire vegetable ration. We had to let her go in the fall when the bull moose started stalking around outside the fence," he said.

One of the most interesting parts of the visit for St. Aubin, he

said, was a tour of the "Elephant Cage" antenna behind the 381st, which was built years after he left the unit.

Upon entering the complex, he stared at the giant antenna.

"Holy s***, we never had anything like that!"

A must-see for St. Aubin during his visit was Green Lake. He recalled many a good time up at Green Lake with buddies.

"There used to be a beach over there," he said, pointing to the water's edge. While taking pictures of the lake, he remembered one of his first bosses from his assignment at Elmendorf.

He went back to the car, found his notebook of contacts and called his old friend in Texas.

"Fred, you'll never guess where I am right now. Green Lake on Elmendorf!"

The leadership of the unit was glad to see one of their own return for a visit.

"Mr. St. Aubin is one of the last of the pioneers and a true national treasure. We owe him and his colleagues a great debt of gratitude for blazing the trail before us in keeping the nation safe," said Jeffrey Bolenbaugh, deputy commander of the Alaska Mission Operations Center.

More than a half a century has passed since St. Aubin's assignment to Elmendorf.

Missions have changed and faces have come and gone, but the lasting impression of a tour in Alaska is indelible to those who have served here.

St. Aubin was born in September 1932 and enlisted in the Air Force in December 1951 as a Russian linguist.

He retired from the Army Reserves in 1985 as a lieutenant colonel.

St. Aubin currently lives in Kansas.



ABOVE: Lt. Col. Augustin "Pete" Briguet presents a 381st Intelligence Squadron challenge coin to former Airman 2nd Class Forrest St. Aubin in early June at the squadron headquarters. St. Aubin was stationed at then-Elmendorf Air Force Base from 1953 until 1955, when he served with the 3rd Radio Squadron Mobile as a Russian linguist. He regaled current unit members with stories of his time on what is now Joint Base Elmendorf-Richardson. (Photo by Air Force Staff Sgt. Kyle Brown/381st IS)

RIGHT: Airman 2nd Class Forrest St. Aubin holds a female moose calf during his time at Elmendorf Air Force Base in the early 1950s. The calf was found orphaned behind the squadron headquarters building, and Airmen of the 3rd Radio Squadron Mobile fed it from their own rations for the spring and summer, and released it back into the wild that fall, St. Aubin said. (Photo courtesy Forrest St. Aubin)



At the movies

For recorded show and movie times, call 428-1200 or visit the Army and Air Force Exchange Services website at www.aafes.com. Movies are subject to change without notice. Admission: Adults \$4, children \$2. Information provided courtesy of AAFES.

Now playing



PRIEST

Rated: PG-13
Playing: Friday at 7 p.m.
Run time: 87 minutes
Starring: Paul Bettany, Karl Urban, Maggie Q

A legendary warrior priest from the last Vampire War who now lives in a walled-in dystopian city ruled by the Church. When his niece is abducted by a murderous pack of vampires, Priest breaks his sacred vows to venture out on a quest to find her. He is joined on his crusade by his niece's boyfriend, a trigger-fingered young wasteland sheriff, and a former warrior priestess who possesses otherworldly fighting skills.

Now playing



JUMPING THE BROOM

Rated: PG-13
Playing: Saturday at 7 p.m.
Run time: 112 minutes
Starring: Angela Bassett, Paula Patton, Laz Alonso

In *Jumping the Broom*, two families — one wealthy, one working-class — join together for a wedding on Martha's Vineyard, where they produce a stormy comic culture clash. The setup is formulaic, but director Salim Akil keeps the encounters flowing in a lively, organic way.

Protect your skin - cancer is easy to find

By Shari Lopatin
TriWest Healthcare Alliance

More Americans are diagnosed with skin cancer each year than cancers of the prostate, breast, lung, colon, uterus, ovaries and pancreas – combined.

All together, says the American Cancer Society, that equals 2 million new cases of skin cancer a year, making it more common than any other cancer.

The majority of skin cancers are caused by too many UV rays – which can come from the sun, or tanning beds.

With summer here, now is a great time to get educated on skin cancer and learn how to prevent it.

The three types of skin cancer

According to the National Cancer Institute, three types of skin cancer are the most common:

- **Basal Cell Skin Cancer:** These cancer cells rarely spread to other parts of the body, so they are the least deadly.
- **Melanoma:** The deadliest type of skin cancer, melanoma begins in skin pigment cells and is the most likely type of skin cancer to spread to other parts of the body.
- **Squamous Cell Skin Cancer:** These cancer cells sometimes spread to other parts of the body, but not as much as melanoma.

More information on these three skin cancers can be found from the NCI at <http://1.usa.gov/SkinCancer>.

The American Cancer Society says if caught early enough, skin cancer can usually be treated effectively.

“Finding possible skin cancers doesn’t require any x-rays or blood tests — just your eyes and a mirror,” the society says on its website.

Individuals can check their own skin, preferably once a month, for any suspicious growths or changing moles.

People should also limit their exposure to the sun. Besides wearing sunscreen, the Cancer Society suggests slipping on a T-shirt, wearing a hat and sporting some sunglasses.

Also, stay away from tanning beds and sunlamps.

For more healthy living tips, visit TriWest’s Healthy Living Portal at www.triwest.com/healthyliving.

Officials seek input to update MWR

By Terri Moon Cronk
American Forces Press Service

WASHINGTON — Defense Department officials intend to use input gained from customer satisfaction surveys to bolster Morale, Welfare and Recreation programs and meet the up-to-date needs of service members and their families, deputy assistant secretary of defense for military community and family policy said today.

Officials are electronically sending 600,000 surveys to military installations worldwide, Robert L. Gordon III said.

The survey is the first of its kind to collect input from all components of the U.S. military, including National Guardsmen and reservists, he added.

The survey includes 135 questions that address a range of offerings from fitness centers to libraries, and automotive services to leisure activities.

Officials hope to have survey data returned in about three weeks, Gordon said.

“If (service members) can turn it around quickly, we can soon understand how we’re doing and see how we can get better,” he said.

Sent randomly, the survey takes about

20 minutes to complete, he added, and the answers are kept confidential and anonymous.

“We want to get a sense of exactly what our service members and their families are using (at MWR) so we can tailor it to our multigenerational force,” Gordon said.

Recognizing the differences in multigenerational needs is essential to members

of the armed forces, he noted.

“The younger service members might use different types of equipment in our fitness centers [than older troops], and library services is another area where our millennial generation – ages 18 to 29 – is more likely to use online service, while others use books,” he said.

The MWR survey does not include data from family members since valid contact information was not available for them.

Because of this, Gordon emphasized that service members should keep their families in mind when filling out the survey.

“Don’t just think about yourself,” he said, “Think about your families. It’s important because we want to make sure your families have access to the very best services that we can provide them.”

Gordon noted the need for survey data.

“In our last survey, we were able to pinpoint that our fitness centers were an area of concern for our service members and families, so we focused on that in terms of improvement across the force, and we intend to do the same with this survey,” he said.

“If you get it, please fill it out quickly, and know that your opinion counts and will make MWR better for you and your family members,” he added. “Quality of life is important to us.”



New ID keeps private information ‘need to know’

AAFES Public Affairs

DALLAS — Social Security numbers are enjoying the top-secret clearance they have always deserved as the Department of Defense has removed the nine-digit number from Identification Cards issued after June 1.

Authorized Exchange shoppers who receive the new ID will notice some changes when writing a check, putting something on layaway or making a return at an Army & Air Force Exchange Service facility.

The absence of the Social Security number, the only number used by DoD for financial transactions to recover lost

funds, means that cashiers will scan the new IDs to facilitate certain financial transactions.

“We’ve spent a great deal of time upgrading our systems to recognize the new IDs and provide these services without interruption,” said the Exchange’s senior enlisted advisor, Chief Master Sgt. Jeffrey Helm.

“The scanning process not only is more convenient, but also helps protect service members’ personal data.

“So whether the ID is old or new, authorized shoppers have the proper ‘security clearance’ to exercise their Exchange benefit and shop with peace of mind,” said Helm.

While not a new process, scanning for the DoD ID number to complete select transactions assists in guarding the invest-

ment authorized shoppers make in their communities.

A military command with a retail mission, two-thirds of Exchange earnings are paid to morale, welfare and recreation programs.

Procedures which protect assets helped the Exchange to contribute more than \$2.4 billion to quality-of-life improvements over the past decade in support of youth services, Armed Forces Recreation Centers, arts and crafts, aquatic centers, golf courses and more.

More information concerning the DoD’s new Smart Card – and all its ramifications – is available online by visiting www.dmdc.osd.mil/smartcard.

