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ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON

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Training feature

20 elite medics earn EFMB

Soldiers from JBER, Fort Wainwright, Fort Lewis and Hawaii vie for prestigious badge

By Army Staff Sgt. Jason Epperson
3rd MEB Public Affairs

A count of 123 Soldiers began the grueling, six-day competition to earn one of the Army's most coveted skill badges. By graduation day, only 20 remained to receive the Expert Field Medical Badge at a May 20 ceremony on Pershing Field at Joint Base Elmendorf-Richardson.

The EFMB was created in June 1965 as a Department of the Army special skill award to recognize exceptional competence and outstanding performance by field medical Soldiers. The testing process remained largely unchanged until 2008, when it was updated to reflect what medics are required to do in the current operational environment.

Army Capt. Daniel T. Coulter, command-

See EFMB, Page A-3



Pfc. Jason Woolard, 6th Engineer Battalion (Combat) (Airborne), and Spc. Ronald Burton, 725th Brigade Support Battalion (Airborne), cross the four-mile marker during a 12-mile road march, May 20, part of the test for the Expert Field Medical Badge. (Photo illustration by Army Staff Sgt. Jason Epperson/3rd MEB PA)

Expert Field Medical Badge recipients

- Spc. Theodore Batdorf, 17th Combat Sustainment Support Battalion
- Spc. Matthew Belot, Tripler Army Medical Center, Hawaii
- Spc. Ronald Burton, 725th Brigade Support Battalion (Airborne)
- Pfc. David Clark, 4th Stryker Brigade Combat Team, 2nd Infantry Division, Fort Lewis, Wash.
- 1st Lt. Jamie Clark, 725th Brigade Support Battalion (Airborne)
- Spc. Freddy Gonzalez, 4th Stryker Brigade Combat Team, 2nd Infantry Division
- Staff Sgt. Steven Haney, 4th Stryker Brigade Combat Team, 2nd Infantry Division
- Staff Sgt. Richard Herold, 725th Brigade Support Battalion (Airborne)
- 1st Lt. Kelly Mears, A Company, Madigan Army Medical Center, Fort Lewis, Wash.
- Pfc. Rafael Ordorica, 4th Stryker Brigade Combat Team, 2nd Infantry Division
- 1st LT Jennifer Rohn, 4th Stryker Brigade Combat Team, 2nd Infantry Division
- Sgt. Samuel Senner, 4th Stryker Brigade Combat Team, 2nd Infantry Division
- Pfc. Adam Steele, 1st Battalion (Airborne), 501st Infantry Regiment
- Pfc. Rodney Thomas, 3rd Battalion (Airborne), 509th Infantry Regiment
- 2nd Lt. Benny Tran, 2nd Stryker Brigade Combat Team, 2nd Infantry Division, Fort Lewis, Wash.
- Capt. Joshua Walters, Bassett Army Community Hospital, Fort Wainwright
- Spc. Paul Wilson, 4th Stryker Brigade Combat Team, 2nd Infantry Division
- Spc. Michael Wing, 4th Stryker Brigade Combat Team, 2nd Infantry Division
- Staff Sgt. Jonathan Woo, 1st Battalion (Airborne), 501st Infantry Regiment
- Pfc. Jason Woolard, 6th Engineer Battalion

Civilian fuels chief recognized

Fuels Fixed Facility manager credits team for his Air Force-level award

By Air Force 2nd Lt. Matthew Chism
JBER Public Affairs

You think your tank is tough to maintain? Try keeping up with a vehicle which stores and distributes more than 12.5 million gallons of fuel per year.

That's what Bill Wackerman, the 2010 John F. Lavin Fuels Civilian Leader of the Year, does every day.

Here on Joint Base Elmendorf-Richardson, hearing the engines of aircraft is common place. From the perfect fishing days of summer to the white swathe layered ones of winter, JBER have planes in the air.

All the different units whose efforts make this possible are often acknowledged for their efforts, but the Air Force has recognized Wackerman, from JBER's fuel division, as one of the best for 2010.

Wackerman said, as the Fuels Fixed Facility manager for JBER, he and his team control all the aviation fuel, the military service stations, aircraft deicer, and liquid oxygen on the base.

This responsibility encompasses a large geographic portion of JBER. When explaining how his team is able to meet its many daily requirements, he said, "It's the teamwork thing, you work with these guys and you can trust them. It's kind of like a little family."

He said about Lt. Col. Patricia Csank, 673d LRS Commander, "She is a very pro people and wants her personnel taken care of."

Wackerman explained this mentality about being a part of a team has trickled down throughout the squadron.

See Wackerman, Page A-3

Arctic reservists begin work on Boy Scout Jamboree site

By Air Force Capt. Ashley Conner
477th Fighter Group Public Affairs

BECKLEY, W. Va. — Arctic Reservists assigned to the 477th Civil Engineer Squadron recently arrived here to begin work on a 10,600 acre National Scout Jamboree site as a part of Joint Task Force Summit.

During the next two weeks, 22 Reserve civil engineers will clear trees and install silt fences on the site which will also serve as the location for a summer camp, high-adventure base, and leadership training center in addition to the permanent home of the National Boy Scout Jamboree when construction is complete in 2013.

This project, which was made possible by a \$50 million gift from the S.D. Bechtel, Jr. Foundation to the Boy Scouts, not only gives reservists a chance to give back to the community, but it also provides valuable training.

"This annual tour enabled CE troops from other career fields — electricians, carpenters, engineers — to become qualified on heavy equipment use," said Senior Master Sgt. Brede Emtman, 477th CES engineering superintendent. "But

it also enables us to give back to the youth of this country."

JTF Summit officer in charge, Army Capt. Leonard Nida, said JTF Summit is anticipating more than 500 service members from

the Air Force, Army, Navy and Marines to complete this joint project in 2011.

All but two of the Reserve Airmen assigned to the 477th Civil Engineer Squadron are traditional

reservists, meaning they have full-time civilian employment and train one weekend a month and two weeks a year with the Reserve unit here.

"My employer has been awe-

some and super supportive of my work with the Reserves," said Emtman, who works as a Service Operations Supervisor with Siemens in Anchorage, Alaska.

The 477th Civil Engineer Squadron takes advantage of the annual tour requirement to train together and build unit cohesion.

"In 2009 our squadron deployed to Iraq for six months," Emtman said. "That deployment and our yearly annual tours ensure that our folks maintain currency and bring us together as a unit."

The West Virginia site, in the New River Gorge Area, was chosen from 80 proposals in 28 states during a more than 18 month long process. The location borders more than 70,000 acres of National Park Service property, meaning Boy Scouts will have more trails to hike, more rocks to climb and more whitewater to paddle.

"We'll be bringing thousands of young people to West Virginia to have their lives changed forever by these wonderful mountains and these wonderful people," said Boy Scouts of America Chief Scout Executive Robert Mazza when speaking to Metro News reporter Glen Jean.



Air Force Master Sgt. Gerald Hedstrom, 477th Civil Engineer Squadron, sharpens a chain saw during construction of the Boy Scout Jamboree site. (Photo by Air Force Master Sgt. Brede Emtman)

Antiterrorism awareness

Tip of the week: Protect your computer

- The protection of information automation equipment and personally identifiable information is security measure which is the responsibility of all individuals, home or at work.

- Loss of Department of Defense computers and PII represents a security breach which can adversely affect military operations and lead to identity theft.

- PII can be exploited not only by criminals, but also by our adversaries. Ask your security manager for the current security standards.

- Always limit PII you post to social networking websites.

Inside this week's Arctic Warrior:

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{SUICIDE}
IS 100% PREVENTABLE

SPEAK UP
REACH OUT

Courtesy graphic

Suicide prevention is everyone's responsibility

By Spc. Paul Holston
Army News Service

"Suicide can dip in to any age group, any rank, from a private to our most senior officers," said Command Sgt. Maj. Earl L. Rice, senior enlisted advisor for the deputy commanding general for operations, United States Forces - Iraq, and XVIII Airborne Corps command sergeant major. "Regardless of who you are, you need someone to talk to. Service members need some type of way to communicate their issues and concerns, so that we can get them help."

Rice said service members should not have to fight alone against this silent enemy, and fortunately, the U.S. military forces have many personnel who are able to guide them to a solution, as well as a variety of helpful programs that can assist those who need support.

"Suicide prevention is extremely important to all of our senior leaders," he said. "It's about protecting the force, protecting our Army and doing what's right for our Army."

Top leaders, such as Rice, strongly recommend all service members needing help concerning suicide to use all available resources in order to overcome this challenge.

"Obviously the statistics show a significant increase in suicide deaths over the past few years, but I think everyone should understand that one suicide is too much," said Chaplain (Capt.) Robert Nofsinger, the chaplain of Task Force Dragon, Headquarters and Headquarters Battalion, XVIII Abn. Corps.

While being deployed can cause various types of stress to many service members, issues such as legal, marital and financial problems, as well as feelings of loneliness and depression, add to the strain which could lead to heavy anxiety.

The 883rd Medical Detachment Combat Stress Control

at Camp Liberty Clinic has numerous support programs for service members on Victory Base Complex.

"Combat Stress Control serves as a force multiplier by providing 13 regularly scheduled psycho-educational classes such as anger management, positive thinking and stress management," explained Maj. Sandra Pabon, an occupational therapist with 883rd Med. Co., 804th Med. Brigade, and officer-in-charge of Liberty Clinic.

"One of the most important prevention programs is the Unit Behavioral Health Advocate," Pabon said. "This is where we educate and train selected Soldiers at the unit level. They are the eyes and ears of the company and they are the first responders."

Additionally, chaplains, such as Nofsinger, are one of many resources which service members can use in order to discuss their issues and find solutions to their problems.

"The beautiful thing about chaplains is that (they) are separated outside of the chain of command," Nofsinger said. "That is for one specific reason, so that anyone along that chain of command, top and bottom, are able to come to the chaplain and have 100 percent confidentiality."

Whether enlisted or officer, Rice encourages all service members to recognize the symptoms of suicide, know how to prevent a fellow service member from going down that path, as well as continuing to educate those around them.

"We have to know and understand our Soldiers, and leaders at all levels play a critical part in taking care of our Soldiers," Rice said. "There is a way to fix their problems and we can do that by communicating, working together as a team, and utilizing all the resources that we have available to address and find a solution to that issue."

Editorial & Opinion

Watchful warriors

Air Force NCO challenges service members to watch for suicidal behavior

Commentary by
Senior Master Sgt. Melvin Turner
35th Force Support Squadron

What is it in us that seeks finality?

As humans, life has many challenges and rewards. Too often the rewards seem few and the hardships plenty.

For Airmen, those hardships are defined by personal issues and stressors from obligations to duty and country.

I find myself asking, "How have our Airmen responded to these fluctuating changes in their lives?"

Many successfully juggle their commitments and obligations with vigor and strength. However, a select few do not. They seek other means, resulting in long-term suffering and unanswered questions for families and the Air Force.

The signs of suicidal thoughts are not always "picture perfect." In fact, the idea of an individual making an assumption of another person with possible tendencies can be met with resistance.

Why is there a surge of sensitivity on the subject? I pondered that question several years ago as a staff sergeant after my younger brother claimed his own life. To this day, I doubt that there is one definitive answer.

Suicide is seen as the only resolution to a problem that cannot be resolved by another person. At least that is my perspective of it. Victims display no out-of-the-ordinary signs before the act. Or do they?

After my brother's death, I recapped on his final days and saw with trained eyes what I had missed before. In his final weeks, he was happy and calm, as if all the burdens had fallen from his shoulders. I regarded it as a

positive change.

In fact, it was an incorrect assumption. He was celebrating "finality." The decision was made, the lethal method chosen and this display of excitement was meant as his final goodbye to family and friends.

As with my brother, how do we miss the opportunity to engage with our Airmen? Is it lack of training or involvement? Is it miscommunication or no communication at all?

As a senior leader, I asked myself, "Am I approachable? Have I become too involved in daily commitments to notice the subtle changes in my Airmen?"

The answer, for me, became clear. I needed to stray away from the "human-eye perception."

What is the "human-eye perception"? This simply means placing another person's action in a general category. Often, misinterpretations of behavioral changes go unchallenged, interpreting them as misconduct, negligence or dissatisfaction with family, work duties or personal commitments.

Often, the victim feels alienated and misunderstood, which aids to further depression and stronger suicidal thoughts. Nonetheless, they remain careful not to display deteriorating behavioral patterns.

The Air Force provides the training needed to become a watchful warrior. Yet, there is still a breakdown in what is considered abnormal behavior.

As with any Airman, I received training on suicide. I took notes and viewed it as a useful briefing. However, like many others, I made another incorrect assumption: "human immunity."

This dreadful tragedy does not divide itself among services, gender, race or ethnic background.

We all have something in common: stress. Stressors of life, family, finance and duty contribute to depression, aggravation, medical problems and suicide. "It will never happen to me or someone I know," is a fallacy.

No longer can we assume that our rank or status immunizes us from suicide. Therefore, understanding anyone can become a victim is a key ingredient in identifying Airmen in need of help.

Helping our fellow Airmen is becoming a family friend. A family friend is not someone necessarily closely connected; rather, he or she is an individual who watches over another during on-and-off-peak times.

A family friend is not spread just within our own squadrons, but throughout the base, service home and on deployments. We all must use the skills provided by the Air Force to act more quickly and decisively when behavioral patterns change.

We must notice subtle changes and not look with "human-eye perception." We must understand that no one is immune.

Lastly, as a senior leader, I would encourage everyone, regardless of rank, to push away from the duties of the day, if only for a few minutes. Talk, sit down and chat with each other. Become a family friend and a watchful warrior. Don't let it take a personal tragedy to change your perspective on how to identify possible victims of suicide.

One life lost is one too many. One suicide accomplished is one Airman's dying feeling that there was no way out. Suicide has its place: in the dictionary as a word to define an action. It should not be used as an action to achieve a result.

War bride, minus the war

Commentary by
Fort Bragg, N.C., family member
Rebekah Sanderlin

I am a very good war bride.

That's not just bluster on my part; that statement has been tested and proven, time and again. But take away the war and, as I've learned in this past year of no deployments, I am not a very good bride.

Sure, I can handle all the chores on my own. I've installed a thermostat, a backyard fence and even a toilet sans husband; mowing the grass is a breeze. I can put together a care package like a champ and know exactly when to take it to the post office to avoid the longest lines.

I've given birth alone in the middle of a hurricane and seen two babies grow from newborn to near-toddlerhood with nary an adult around to help.

I make a mean batch of family readiness group brownies, I rock at putting together the "we miss you" slideshows to send downrange and I can even listen to "Blood on the

Risers" now without cringing.

Let me tell ya', Rosie the Riveter's got nothing on me - I can do it all alone.

What I can't seem to do is anything together.

This togetherness bit is a whole new test for my husband and me, one that probably doesn't make any sense to those of you suffering through your first deployment or to those who can't fathom spending more than half your marriage apart. But I bet there are a few of you out there wearing knowing smiles and nodding your heads as you read this.

My husband and I have gotten so good at doing things all by ourselves that we can't figure out how to do them together, and even a year of togetherness has yet to fix that.

We still trip over each other in the house. We still can't coordinate our bedtimes. We still get frustrated, resentful, angry and irritated that the other one doesn't do things the way we would do them.

It's like we're stuck in that awful newlywed time, that time when

the honeymoon has worn off but familiarity has yet to set in. And we can't seem to get out of it.

To be perfectly honest, this is really more my problem than his. He has adjusted to being home far better than I have adjusted to having him here, which makes sense, I guess.

It's not like he was deployed by himself all those times. He went with a bunch of people; people he had to work and live closely with.

I, on the other hand, shared my space with just two little people - two little people who had to do exactly what I wanted them to do because if they didn't want to I could pick them up and make them do it anyway.

I can't pick up my husband, though I have been tempted to try. So he has more practice at this sharing thing than I do. And it has gotten better with time, but it's still not great.

So tell me, after all this time spent turning myself into good ol' Rosie the war bride, how to I morph back to being just a regular bride?



Anna Diaz gives her husband, Spc. Lázaro Díaz, 3rd Battalion (Airborne), 509th Infantry Regiment, a welcome home hug at Buckner Physical Fitness Center, Jan. 13, 2010. Families may struggle to readjust after long deployments owing to different roles assumed during the military spouse's absence. (Photo by Sam Shore/Fort Campbell PA)

JOINT BASE ELMENDORF-RICHARDSON



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Spc. Theodore Batdorf disassembles a 9-mm pistol in the combat training lane to qualify for his Expert Field Medical Badge, May 17, at Joint Base Elmendorf-Richardson. (Photos by Army Staff Sgt Jason Epperson/3rd MEB PA)

EFMB

From Page A-1

er of C Company, 725th Brigade Support Battalion (Airborne), was the officer in charge of the course. He earned his badge at Fort Bragg in 2005.

According to Coulter, to earn the EFMB, candidates must pass 11 of 14 tasks for tactical combat casualty care, pass eight of 10 tasks for evacuation of the sick and wounded, pass 10 of 13 warrior skill tasks, pass four of five communication tasks, pass a comprehensive written examination, find three of four points during the land navigation course and complete a 12-mile foot march in three hours.

The prerequisites before being accepted as an EFMB candidate include passing an Army Physical Fitness Test, qualifying with their assigned weapon and having a current life support certification.

"It's a truly rigorous event that tests the will, strength, physical

and mental toughness of all Army medical personnel and it clearly distinguishes the best of the best in our medical department," Coulter said. "Statistically, less than 3 percent of our Army medical department possesses the Expert Field Medical Badge and the training we provided added to those numbers."

"It really brought together the candidates of (4th Brigade Combat Team (Airborne), 25th Infantry Division) and also incorporated the (3rd Maneuver Enhancement Brigade), who we don't normally train with or spend time with," Coulter said. "It was very well run; a lot of people put a lot of effort into making it happen. It was a real team effort."

"It was the first time it's been done here on Joint Base Elmendorf-Richardson in about 17 years. It was kind of re-inventing the wheel. It took a lot to build from the ground up, but we were able to get it together. We wanted to make sure that the candidates had a memorable experience."

Sgt. 1st Class Terry W. String-

fellows, the U.S. Army Alaska Surgeon noncommissioned officer in charge, was in charge of Combat Training Lane 2.

"Several months of planning went into it, with over 120 candidates that started," Stringfellow said. "There are people that came from Fort Lewis, Hawaii and Fairbanks, so it was a lot to put together logistically, getting the training areas laid out and the lanes set up and everything. I'm glad we were given the opportunity to run one."

It takes a large team to run the EFMB testing, according to the event's NCOIC.

"As far as the support package we have about 120 people that are actively supporting," said Sgt 1st Class Matthew R. Gritta, Headquarters, 4-25th ABCT, Surgeon NCOIC and EFMB NCOIC.

"This is lane support and life support that has to happen out here in the FOB to continue operations," Gritta said. "Everything from chow to changing out the lanes, to getting supplies, to running the (tactical operations center) ... doing coordination as well as doing our (transportation) and even our communication support."

U.S. Army Alaska Commanding General Maj. Gen. Raymond Palumbo was on hand to congratulate and pin the EFMB on the candidates during the ceremony on Pershing Field.

One of the freshly pinned Soldiers, Pfc. Jason Woolard, a medic with 84th Engineer Support Company (Airborne), 6th Engineer Battalion (Combat) (Airborne), said he was glad the course was over.

"It was not quite as bad as I thought it would be, but it was difficult," Woolard said. "The lanes were challenging and mentally exhausting. I can handle the physical - you know that's all heart - but the mental was definitely tough. CTL One, the medical lane, stood out from the others because you had to be so precise and you had to be on your game 100 percent. There's no room for error."

If anyone is thinking of giving the course a run, Woolard offered this advice:

"Forget everything you know. You have to start training from scratch and go by the book," he said. "Don't give up. It's all heart and motivation and determination."



U.S. Army Alaska Commanding General Maj. Gen. Raymond Palumbo presents the Expert Field Medical Badge to Pfc. Jason Woolard May 20 on Joint Base Elmendorf-Richardson's Pershing Field.

Wackerman

From Page A-1

That team atmosphere is what he attributed to his personal success.

"I really appreciate (the award), but it's nothing I did individually," he said. "It's these guys taking care of me."

"We're blessed, because it's a very diverse mission," Wackerman continued. "A lot of stuff passes through JBER. It is good work for us. It helps the flight get recognition when we can take care of that stuff."

A retired Air Force master sergeant, Wackerman said after twenty six years of working in this field, this is his favorite job so far.

"After I retired, I spent a couple of years on the slope as the Operations and General Manager for Nana oil field services," he recalled. "In the military you have that camaraderie, that atmo-

sphere... on the commercial side of the house you don't really have that like you do at the military level."

Wackerman said the structure and camaraderie shared across each service has helped the joint base merger seamless for his team. The main hurdle they have to overcome is the rough Alaskan climate.

"Six months a year we have snow on the ground," he said. "So unless these guys are trained during the summer and know specifically where everything is at, we would spend a lot of time looking for stuff."

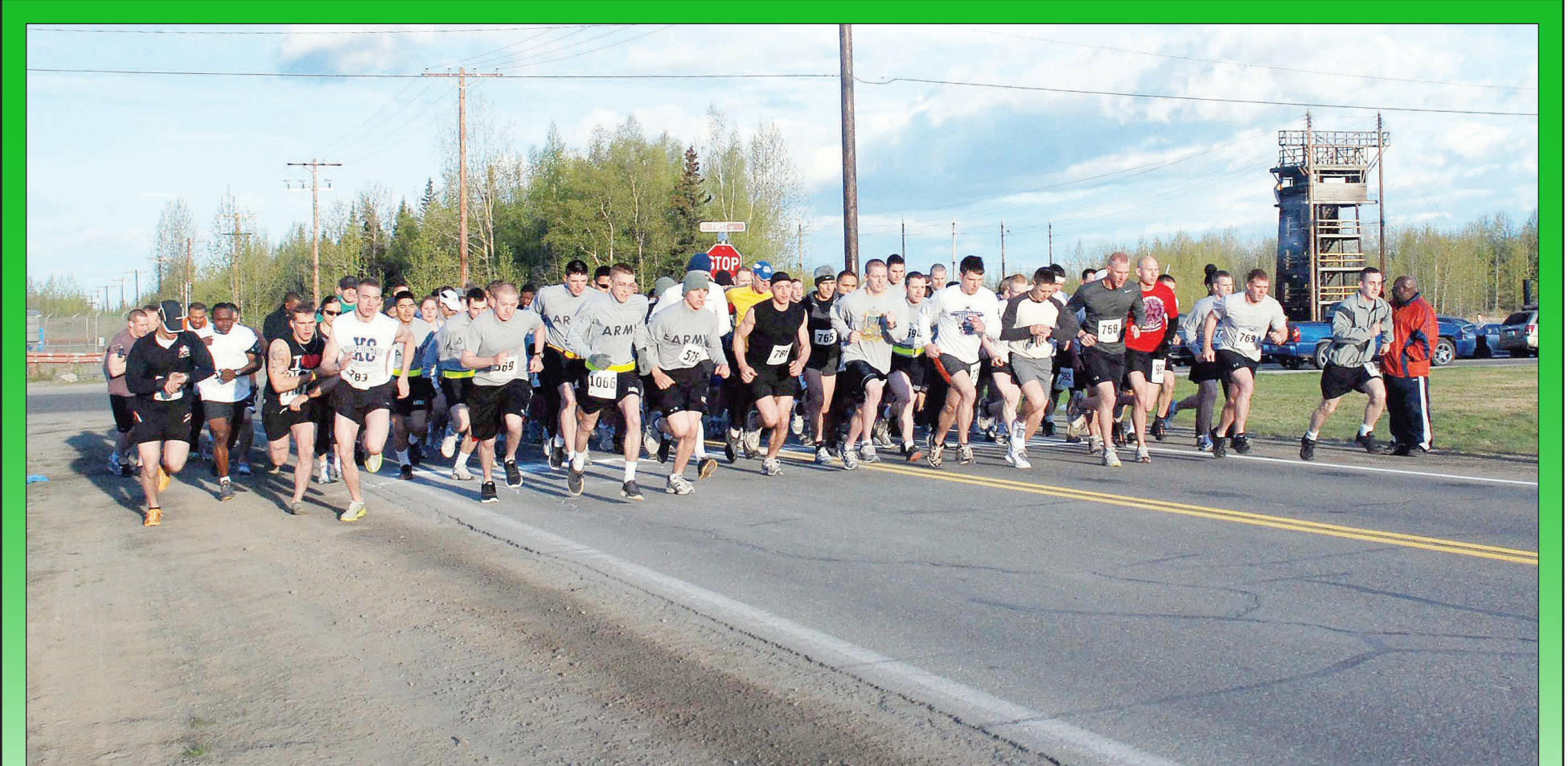
In comparison, it would be like going outside in the dark wielding a shovel, to find a manhole in six inches of snow.

"It's a matter of having to pay attention and be proficient on stuff as we go into the winter," Wackerman said.

The expectation for the fuels shop to be flawless is as high as any unit on JBER and Wackerman said his team has always met the challenge.



Bill Wackerman, Joint Base Elmendorf-Richardson Fuels Fixed Facility manager, inspects a fuel pump, May 19. (Photo by Air Force 2nd Lt. Matthew Chism/JBER PA)



Quick Soldiers run for spot on USARAK Ten-Miler Team

Participants in the Joint-Base Elmendorf Richardson Army Ten-Miler Qualifier take off from the starting line Friday along the Davis Highway. Qualifiers were carried out simultaneously at JBER and Fort Wainwright to determine which ten Soldiers will represent U.S. Army Alaska at the annual Army Ten-Miler in Washington, D.C., in October. (Photo by Mary Rall/USARAK PA)

'Mutual Transparency'

U.S., China military officials call talks frank, fruitful

By Lisa Daniel
American Forces Press Service

WASHINGTON — The U.S. chairman of the Joint Chiefs of Staff and his Chinese counterpart announced the completion of two days of talks which they agreed will move their militaries, and respective countries, closer together.

U.S. Navy Adm. Mike Mullen and the chief of the general staff of the People's Liberation Army, Chinese Army Gen. Chen Bingde, described their talks as frank and fruitful and said they made progress in building a stronger relationship.

"It has always been my view that we cannot wait until we are in a crisis to understand each other," Mullen said alongside Chen at a Pentagon briefing today.

"Through these discussions, General Chen and I have a better understanding of one another. I believe that we have established a foundation upon which we can explain ourselves, and that we can begin to look forward to mutual transparency about what we are doing, how much we are spending, and where we are operating," he said.

Chen called for mutual respect between the countries and said cooperation is the mainstream of U.S.-China military relations.

"We shared a broad consensus on some major issues," he said. "Certainly, we also disagree on some other issues."

Chen thanked Mullen for his invitation to the Pentagon and his involvement in Chen's trip to the United States. Mullen, in turn, thanked Chen for inviting him and his wife, Deborah, to China, a trip he said the couple will make in the near future.

The groundwork for the meeting was laid earlier this year when China President Hu Jintao met with President Barack Obama in the White House. Also, Defense Secretary Robert M. Gates met with Chinese leaders during a trip to Beijing in January.

Mullen and Chen issued a release to journalists describing areas they agreed upon during two days of meetings.

The two agreed that a healthy, stable, and reliable military-to-military relationship is important to broader U.S.-China relations and both supported maintaining senior-level military communication.

Also, they agreed that there is mutual benefit in cooperative activities that reduce risk and improve safety and security. They agreed to navy exchanges including joint counter-piracy and other exercises in the



People's Liberation Army soldiers prepare for an honors ceremony for U.S. Secretary of Defense Robert M. Gates in January. This month, Navy Adm. Mike Mullen, Chairman of the Joint Chiefs of Staff, met with PLA Chief of General Staff Chinese Gen. Chen Bingde for discussions. (Photo by Air Force Master Sgt. Jerry Morrison)

Gulf of Aden.

Both also supported humanitarian assistance and disaster relief exchanges and exercises for next year, as well as a joint medical exercise and visits to each navy's hospital ships. And they reaffirmed the value of cultural and sports exchanges as a way of improving mutual understanding and trust.

American officials have called for more transparency in Chinese military capabilities and, in answer to questions from Chinese and American reporters, Chen said American claims of Chinese military capabilities are exaggerated.

"Our efforts to enhance China's national defense and military capabilities ... after rapid growth in our economic power, is com-

pensatory in nature," Chen said. "China's efforts to enhance our military capabilities is mainly targeted at separatist forces ... who have attempted to split Taiwan away from China."

And, Chen denied China targets missiles at Taiwan, saying it amounts to only garrison deployment.

During his visit, Chen said he was surprised by the sophistication of U.S. military equipment.

"I can tell you that China does not have the capability to challenge the United States," he said.

Mullen said maintaining relations will shed light on each other's capabilities.

"Part of the emphasis in our conversa-

tions is to try to move forward so these challenges don't exist for our kids and our grandkids," he said.

"We're committed to working our way through not just the easy issues, but also the hard issues," Mullen added.

Mullen noted that China helped the United States in the aftermath of Hurricane Katrina along the Gulf Coast in 2005, and was the first country to send a rescue team to Haiti following the 2009 earthquake there.

"As great powers, both of us have neighbors around the world," Mullen said. "This is about the two of us being able to grow in ways that make it better for people around the world."

Army calls for review of the squad, force reductions

By C. Todd Lopez
Army News Service

WASHINGTON — The Army will conduct an analysis of its "fundamental fighting unit," the squad, to ensure everything is being done to prepare those Soldiers for the fight.

Secretary of the Army John McHugh and Chief of Staff of the Army Gen. Martin E. Dempsey appeared May 17 before the Senate Appropriations Committee defense subcommittee to discuss the fiscal year 2012 budget submission and Army posture.

"We'll look at the squad as a collective whole, not nine individual Soldiers, and determine how to enable it from the bottom up to ensure that the squad has the training, leadership, doctrine, power and energy, protection, and lethality to win when we send them into harm's way," Dempsey told lawmakers.

The general said other tiers of Army structure are already unmatched, and that he wanted to ensure the squad too was unmatched.

"As an Army no one can challenge us at corps level, division level, brigade level or battalion level," he said. "I want to ensure we've done as much as possible to make sure that the same degree of overmatch exists at squad level."

While Dempsey didn't give a date to senators for when a review would happen, he did say it wouldn't result in more gear given to individual Soldiers, who are "already strained by the load they have to carry in combat."

Force reductions

The Army is facing two requirements to reduce the number of Soldiers in uniform — a 22,000-Soldier reduction that accounts for the temporary end-strength increase authorized by Secretary of Defense Robert M. Gates in 2009, and a Gates-directed 27,000-Soldier reduction three or four years from now to be taken out of the Army's permanent end-strength.

McHugh told lawmakers he has been working with leaders in the Defense Department to make sure the cuts would happen, but that they would not affect the mission or put other Soldiers at risk.

"We've spent a lot of time with

the secretary and the people at OSD to make sure the way forward on this makes sense, that we are not buying an unreasonable amount of risk," McHugh said.

The reduction of 22,000 Soldiers, he said was something that would have to come down in "the near term." But McHugh told lawmakers the Army was concerned about the current operations tempo and how that reduction would affect the force, and that those troops are still needed.

The secretary of Defense, he

said, "understood" that, and is allowing the Army to keep those 22,000 until March 2012 — with the drawdown in Iraq then making it possible for the Army to take the reduction "in stride."

In January, the secretary of defense also directed a reduction in permanent end strength of 27,000. That drawdown would be "conditions based," McHugh told legislators.

The 27,000-Soldier reduction is aimed at the 2014-2015 time frame, with the potential draw-

down in Afghanistan. But ultimately, he said, a final decision would depend on input from the president, NATO allies, and recommendations from Gen. David Petraeus, commander, International Security Assistance Force and U.S. Forces Afghanistan.

"(If) conditions on the ground allow that to continue, we feel very comfortable that the 27,000 is a very achievable target," McHugh said.

The secretary said the Army is working on how to shape the

force with the drawdown and how to "ramp down" the numbers of Soldiers without "placing Soldiers at greater risk."

Army acquisition

With the 2004 cancellation of the Comanche program, the 2008 cancellation of the Armed Reconnaissance Helicopter program, and the 2009 cancellation of the Army's "Future Combat Systems," known as FCS, program in recent memory, senators concerned about tightening the budget asked Army leaders how they would ensure future Army programs could remain on target and on budget.

McHugh discussed a recent study on Army acquisition he said was "long overdue" and which yielded 76 recommendations on acquisition, "some of which were revelatory."

"I think the No. 1 thing was our inclination in the past to not control requirements," McHugh said. "We've seen that in a number of programs, and FCS, I think is the poster child for it as is the presidential helicopter, where requirements keep getting built on and built on."

Continued additions of requirements in such programs means it takes longer for the program to come to fruition, the secretary said, and makes its costs spiral out of control.

"So we've tried to do a better job in stating the requirements, keeping them less reliant on immature or less reliable technologies," he said.

He cited the Army's ground combat vehicle program as an example of how the Army has applied what it has learned. The program's initial request for proposal to industry included 990 "tier-one" requirements. Later, the Army rescinded that Request For Proposal and replaced it with another — one that reduced tier-one requirements by 75 percent.

"A tough decision, but one that at the end of the day I think that was very soundly supported by the industry and will serve not just the Army but the taxpayers more fairly as well," he said.

McHugh said the Army is now implementing all but 13 of the 76 recommendations from the report and is taking a closer look at those 13 recommendations.



Spc. Jonathan Gruenzner, 6th Engineer Battalion, pulls rear security as part of a fire team entering a building, April 28, at the Baumeister Military Operations on Urban Terrain Complex. An infantry fire team consists of a team leader, a grenadier, an automatic rifleman and a rifleman. An infantry squad consists of two fire teams and is led by a squad leader. Chief of Staff of the Army Gen. Martin E. Dempsey told the Senate Appropriations Committee the Army will be reviewing the squad as a fighting unit. (Photo by Percy Jones/JBER PA)

Coast Guard rescues Anchorage residents



The captain of the 60-foot vessel Nordic Mistress, far right, talks about the circumstances surrounding the sinking of the yacht with Petty Officer 3rd Class Ralph Aguero, Petty Officer 3rd Class Devin Lloyd, Lt. Vince Jansen and Lt. Jon Bartel. Another survivor, left, and responders from Coast Guard Fire and Rescue at Air Station Kodiak also listen to the captain's story. The crew's survival suits, termed "gumby suits," can be seen laid out at left. (Photo by Petty Officer 1st Class Sara Francis/Coast Guard Air Station Kodiak)

PAO staff report

Coast Guardsmen from Air Station Kodiak rescued five Anchorage residents, Sunday, after they abandoned their stricken 60-foot vessel, the Nordic Mistress.

The crew issued a mayday after the vessel began taking on water about 80 miles north of Kodiak.

They donned survival suits before getting into a life raft with their emergency position indicating radio beacons.

Lt. Vince Jansen, co-pilot of the responding MH-60 Jayhawk, said he reacted more quickly than usual when his crew received word of the mayday.

"It was about 11 a.m. when we got the call that there was a ship going down and people were getting in the water," Jansen recalled. "I don't normally run to the plane (helicopter) – I think it's a bad habit – but today, I ran to the plane because we had people in the water."

Aviation Survival Technician 3rd Class Ralph Aguero said the Jayhawk hovered over the life raft before he took a free fall into the water.

After making initial contact

with the crew, Aguero said he decided to take a 14-year-old male to the rescue basket first due to his youth.

The remainder of the Nordic Mistress crew was then quickly hoisted up to the Jayhawk, where they were medically assessed, before the aircraft returned to Kodiak.

Pilot Lt. Jon Bartel said he credits the Nordic Mistress crew's equipment and proper mayday procedures for their quick and relatively incident-free rescue.

"Those guys did everything right," Bartel said. "They were in a raft, no. 1., all in 'gumby suits,' which was great.

"They also had EPIRBs, or emergency position indicating radio beacons," he continued. "Those were all turned on. They shot off flares just like they are supposed to so that we could see where they were once we got close."

Aguero said he agreed with the pilot's assessment, adding the crew was happy to get safely into the helicopter.

"Once they were in the helicopter, you could see the relief on their faces – that we were there and we got them out," he said.



ABOVE: The stricken 60-foot Nordic Mistress slips beneath the waves of the Gulf of Alaska May 22, 80 miles north of Kodiak. A Coast Guard rescue helicopter crew from Air Station Kodiak rescued the five members of the crew from a life raft after they abandoned ship. (Photo by Petty Officer 3rd Class Devin Lloyd/Coast Guard Air Station Kodiak)

RIGHT: Petty Officer 3rd Class Ralph Aguero, an aviation survival technician with Air Station Kodiak, approaches the five survivors of the 60-foot recreational vessel Nordic Mistress 80 miles North of Kodiak in the Gulf of Alaska just east of Kennedy Entrance May 22. The Coast Guard responded to a mayday call from the captain of the vessel. Crew members of the responding MH-60 Jayhawk credited the Nordic Mistress' crew's readiness and proper mayday procedures for a quick and incident-free rescue. (Photo by Petty Officer 3rd Class Devin Lloyd/Coast Guard Air Station Kodiak)



Briefs and Announcements

Correction

In last week's article, "JBER Airman measures radiation after Japan disaster," Tech. Sgt. Martine Robinson was incorrectly identified as belonging to 673d Logistics Readiness Squadron. It should have read 773d Logistics Readiness Squadron.

Disposition of personal effects

Army 1st Lt. Stephen Veiga, 6th Engineer Battalion, is authorized to make disposition of personal effects of Spc. Arturo Martinez, 6th Eng., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Felicichia at 384-2100.

Disposition of personal effects

Army 1st Lt. Stephen Felicichia, 2nd Battalion, 377th Parachute Field Artillery Regiment, is authorized to make disposition of personal effects of Spc. Michael J. Carrier, 2-377th PFAR, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Felicichia at 384-9744.

MiCare registration

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

More than 2,400 patients have already signed up to take advantage of the ability to communicate with their primary care clinicians online. Registered patients also have access to electronic PHRs, allowing them to view and maintain their health records.

The 673d Medical Group is the first Air Force site to test this system. Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year. This provides an opportunity for all active duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

To register, visit the MTF, where enrollment specialists are available in each primary care clinic. All beneficiaries who are enrolled to the family health, pediatrics, flight medicine, and internal medicine clinics are eligible to participate.

Patients need to show military identification card and provide some basic information, including name, social security number, birthday, and e-mail address. The enrollment specialist will enter the information and patients will receive an e-mail which contains a link and instructions for completing the registration process.

The project team is monitoring results in order to develop future implementation plans. The Air Force is also interested in understanding how this new technology impacts the quality of healthcare provided to patients, as well as the overall well-being of the patient population. A research team is conducting a study in conjunction with this pilot program.

Military Pathways

Service members returning from deployments may find themselves struggling with feelings of anger, sadness, loneliness and depression.

Taking an online, anonymous self assessment can help troops figure out what is wrong and find a way back to emotional wellness.

The questions are designed to review a service member's situation with regard to some of the more common mental health issues.

The screening will not provide a diagnosis which can only be given by a mental health professional.

Visit www.militarymentalhealth.org/JBER to take the assessment.

Road closures

Construction fence installation in the Moose Crossing neighborhoods has begun with road closures.

Roads affected by the closures include Bengal Way, Goodwin Avenue and Campos Avenue.

For more information, call 868-1911.

Crime witness

The 673d Security Forces Investigations is looking for anyone who may have any information pertaining to an incident that took place on April 26, at approximately, 11:15 p.m. on Arctic Warrior Drive.

A witness to the incident was



Every bit helps

Airman 1st Class Paul Tucker (right) and Lloyd Krugman, 3rd Contracting Squadron, do their part in keeping the base clean by crushing used cans for recycling. The Air Force Resource Recovery and Recycling Program is based on solid waste reduction, pollution prevention, and conservation of natural resources. Objectives include minimization of the amount of waste discarded in landfills, increasing the percentage of waste which is recycled, stimulating market demand for environmentally preferable products as well as compliance with federal, state and local mandates. (Photo by Airman 1st Class Jack Sanders/JBER PA)

driving a small, white, four-door vehicle traveling west and may have seen what took place and distracted the suspect by honking their horn. The victim reported this gave just enough time to speed away from the area.

If you have any information relevant to this incident, please contact Security Forces Investigations at 384-0834, 384-0836 or the Security Forces Law Enforcement desk 552-4444, 552-3421 or 384-0823.

Thrift shops

The Thrift Shop, Building 724, Quartermaster Road, Door 8, is open Tuesday, 11 a.m.-5 p.m., Wednesday, 11 a.m.-2 p.m. and Thursday, 11 a.m.-5 p.m. The Thrift Shop is also open the first and third Saturday of each month, 11 a.m.-2 p.m.

The Bargain Shop, 8515 Saville Ave., is open Tuesday and Wednesday, 10 a.m.-2 p.m.

The Airman's Attic is open Mondays, Wednesdays and Fridays, 10 a.m.-2 p.m. The attic is looking for volunteers. Call 552-5878 for more information.

Recruiting announcement

The Asymmetric Warfare Group hosts a recruiting brief in the 4th Brigade Combat Team (Airborne), 25th Infantry Division conference room (Building 56), at 11 a.m. and 2 p.m. both days Wednesday and Thursday.

The AWG provides observation, analysis, training and advisory support to Army and Joint Force unit's in order to enhance their capabilities to predict, mitigate, counter, and defeat asymmetric threats and methods.

For more information, call (301) 768-6159 or e-mail awg_recruiter@us.army.mil.

Housing construction

Aurora Military Housing is ready to begin constructing new homes in Moose Haven and Kodiak neighborhoods.

Moose Crossing will see construction activity for approximately 16 months beginning this summer to construct new junior and senior noncommissioned officer homes.

In Kodiak, the construction of new field-grade and company-grade officer homes will take approximately nine months.

In Moose Haven, the contractors will construct new pay grade

E-9 and senior NCO homes with a time line of approximately 10 months.

All neighborhoods mentioned will have some road closures and the installation of security fencing completed prior to the construction of the new units.

Residents of Kodiak and Moose Haven neighborhoods received notices delivered directly to their homes providing information on the work activity.

Because of the short summer season in Alaska, construction hours are often longer than normal.

Activity is expected Monday through Friday from 7 a.m.-8 p.m. and Saturday/Sunday from 9 a.m.-8 p.m.

Working past 6:30 p.m. on Sundays is not currently planned, but maintaining the construction schedule or emergency concerns may require this work period in the future.

The current target date for award and the final transition from the government to the project owner is July 1.

Aurora asks for patience during this time as this undertaking is a significant effort.

Please be aware and respectful of the construction zones and activities, ensuring families remain safe during this period.

For further information, questions and concerns please e-mail jber.richardson.hp@elmendorf.af.mil or see information posted on the JBER website at www.jber.af.mil.

The project points of contact are Melody Marsh at 552-4295; privatization lead, Tim Griffith at 552-0626; privatization contracted project manager, Rich Watson at 384-0133; housing operations manager, Genevieve Holubik at 552-2554; design review lead, and Aurora Housing at 753-1023.

Army Birthday Ball

Former Chief of Staff of the Army, retired Gen. Gordon Sullivan, will speak at the Army Birthday Ball which is hosted at the Hotel Captain Cook, 6 p.m.-midnight, June 17.

Military uniform for the ball is dress mess, dress blues, Army Service Uniform or Class A uniform with black bow tie.

Civilian dress is tuxedo or business suit and ball gowns.

See unit points of contact for ticket prices, child care information

and other details.

Joint training

The 673d Air Base Wing hosts training primarily for Joint Base Elmendorf-Richardson civilians intended to orient former Army civilians to the Air Force, and career Air Force civilians to the Army.

Training is at the Professional Military Education Center located off 11th Street.

For Air Force 301 training (former Army civilians), training will be 8:30-11 a.m. daily June 8, 14 and 15.

For Army 301 training (career Air Force), training will be 1:30-3:30 p.m. daily June 8, 14 and 15.

There are 160 seats available for each session. Reserve a seat at william.ferguson.1@elmendorf.af.mil, or call 552-8898.

Prescribed burns

In cooperation with Bureau of Land Management's Alaska Fire Service, Joint Base Elmendorf-Richardson will initiate several prescribed burns on JBER training ranges through Thursday.

The burns will take place when weather and adequate smoke dispersal conditions are favorable for burning.

The target areas to be burned are the JBER Small Arms Complex, the Multi-Purpose Training Range, the Infantry Platoon Battle Course, Malamute Drop Zone and the Infantry Squad Battle Course.

The primary objectives of the prescribed burns are to decrease surface fuels, primarily dead grass, in the training ranges.

During the burns, firefighting personnel, fire vehicles and other equipment will be within the immediate area.

Smoke from the burns will be visible in the Anchorage area but is expected to dissipate quickly.

For more information, contact JBER Public Affairs at 522-8986 or the BLM Alaska Service Dispatch in Fairbanks at (907) 356-5554.

Retirement ceremony

U.S. Army Alaska hosts a retirement ceremony to honor career Soldiers, 10 a.m., June 3, at the JBER-Richardson Theater.

Runway closure

Airfield Operations is closing Runway 06/24 runway until June 2 for repair work.

This closure will cause a signif-

icant increase in aircraft operations on Runway 16/34 (the north-south runway adjacent to Arctic Warrior Drive).

This closure will force heavy aircraft to use Runway 34 for departures and will require a more frequent use of the Arctic Warrior traffic lights to stop traffic south of the runway.

Find housing

Visit the Automated Housing Referral Network at www.ahrn.com to find housing before packing up.

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

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

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

For more information, call 552-4439.

Furnishings management

The Furnishings Management Office offers 90-day loaner furniture for Airmen arriving at or leaving JBER-Elmendorf.

The FMO also has appliances for Airmen residing off base, for long-term use. Delivery and pickup is provided for 90-day loaner furniture and appliances. The FMO also has longterm furniture for ranks E-1 through E-5.

These items are available on a first-come, first-served basis. The service member is responsible for transporting these furnishings. Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Dr. to schedule furniture delivery.

Call 552-2740 for any questions regarding the FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m.

Soldiers can call 384-0092 for the JBER-Richardson FMO.

Employee assistance

The Employee Assistance Program is a confidential, voluntary, and at no cost to the employee. The screening and referral service is provided to supervisors, civilian employees, their spouse, retired military and disabled veterans.

For the supervisor, the EAP provides expert consultation and training for organizational leadership, (e.g. management, supervisors, and union stewards) regarding the problematic or troubled employee, enhancing the work environment and improving employee performance.

For the employee and all other eligible clients, the EAP provides confidential problem identification and assessment services. For cases where referrals are required, case monitoring and follow-up is provided.

The EAP also conducts training for civilian employees on topics such as drug free workplace, workplace violence, customer relations and other tailored training that contributes to the overall welfare of the civilian workforce.

For more information contact George Mongar at 384-0863 or in person at Building 658, 1st floor on 5th Street, Joint Base Elmendorf-Richardson.

Rental Partnership

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

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

The other option, RPP 5 percent Below Market, saves the member five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

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

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

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

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



Get out and play

Alaska fun doesn't have to take all day – or a hike

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ARCTIC WARRIOR COMMUNITY

www.jber.af.mil/news



Biking through base

JBER cyclists wend way 17 miles around installation

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Volume 2, No. 20

May 27, 2011



Healing waters, healing warriors

By Johnathon Green and Chris McCann
JBER Public Affairs

In the Global War on Terrorism, the military has been at war longer than ever, with an all-volunteer force, and service can take its toll. To combat this, there are a number of projects and initiatives. One of the more visible – but quiet – programs is Project Healing Waters.

Fly-fishing tends to be a calm pastime, and many wounded service members find it soothing – especially fishing with other veterans

who understand.

Sgt. Juan Aguilar of the Warrior Transition Battalion on Joint Base Elmendorf-Richardson has been wounded twice during deployments, once in Afghanistan and once in Iraq. He was first introduced to Project Healing Waters in Seattle, Wash., in 2009, while he was receiving treatment at the VA facility there.

When he returned to Alaska just over a year ago, he met Air Force Staff Sgt. Michael Henrie, director of Project Healing Waters, and has been active in the group tying flies and going out on trips

ever since.

“My fiancée and I went out on a trip last year and it was great,” Aguilar said. “We caught a lot of fish and it’s really soothing – it’s very therapeutic for me.”

Participation is not restrictive; family members are welcome to come on fishing trips, and wounds don’t have to be visible.

“You don’t have to have taken a bullet, and you don’t have to have been rewarded for your war accomplishments to feel like you can benefit from standing in the water learning a skill, learning to fish,” Henrie said.

“Healing Waters is a good organization. I am thankful that they allow family members and significant others to participate in it. My take on it, like I tell Mike Henrie and some of these people – I like Healing Waters because (my fiancée) is able to do all this with me,” Aguilar said.

“She has been a key part of my transition. She understands what I have been through; she knows when to ask, and when not to push when things aren’t right. She is a big part of it. It’s great that they allow me to bring her into this and she actually likes it.”

“Healing Waters has given me the opportunity to do stuff that he enjoys,” said Janelle Clough, Aguilar’s fiancée. “I have never done any of this stuff – but they have taught us to tie flies, been patient with us and given us the opportunity to come out and fish. It’s been good.

“I love to camp ... but fishing is new to me. So far I love it. It’s definitely relaxing,” Clough said.

The program in Alaska is rather small – usually around 20 service members attend each meeting – which allows volunteers to connect with veterans, and fishing allows for talking or silence, whichever is more helpful.

“You don’t have to talk,” said Henrie. “You can just tie your flies, and it feels good to just do that. Standing out in the river casting your flies, it’s just you. You don’t have to have a conversation, but you can if you want to. When you’re fishing, it just feels good to be in the water.”

The program has attracted not only those who want to learn to fly fish, but those who are eager to teach or just to help veterans.

Army Capt. James Williamson of the Maneuver Enhancement Brigade found out about Project Healing Waters from a doctor. Now he teaches fellow veterans to tie flies.

“I have never been injured during a deployment, but anything I can do to help them guys get back on track, I’m all about that,” Williamson said.

“Project Healing Waters is a wonderful opportunity for military personnel and their families to enjoy,” said Damon Blankenship, an instructor with the program. “After returning from a deployment, a service member has been separated from his family for a long time. Healing Waters gives these individual and family members a chance to get out in to the vast beauty of Alaska as a family to go fishing, camping and spend time together after such a long separation.”

Project Healing Waters meets Thursdays from 4 p.m. until 6 on the second floor of the Veterans Administration hospital just outside the Muldoon Road gate.

Those who want to donate to the program can donate old fly-fishing gear to B&J Sporting Goods, Worldwide Angler, 3 Rivers Fly Shop in Wasilla or Mossy’s Fly Shop, or contact Henrie at 552-7665 or michael.henrie@elmendorf.af.mil.



TOP: Fishermen ply Joint Base Elmendorf-Richardson’s Green Lake May 21 on a Project Healing Waters outing. **ABOVE LEFT:** Army Capt. James Williamson of the 3rd Maneuver Enhancement Brigade fishes at Green Lake. Williamson volunteers his time regularly with the program, teaching fly-tying and fishing. **LEFT:** Air Force Staff Sergeant Michael Henrie offers a choice of hand-tied flies to fish with. **ABOVE:** Janelle Clough, her fiancé Sgt. Juan Aguilar of the Warrior Transition Battalion, and Sgt. George Campbell, also with the Warrior Transition Battalion, paddle back in from fly fishing on Green Lake. **BELOW:** Pfc. Emilio Rodriguez and Air Force Staff Sgt. Michael Henrie fish from a canoe on Green Lake. (Photos by Johnathon Green/JBER PA)





Going the distance

More than 40 riders braved a 50-degree, overcast morning Saturday to compete in Joint Base Elmendorf-Richardson's first bike race. The riders covered 17 miles on JBER. The Health and Wellness Center plans to make the scenic race an annual event. (Photos by Steve White/JBER PA)



673d Force Support Squadron ☀️ JBER-Richardson Events

Coming To You June 18!
3 Great Events On 1 Day!



Call 384 - 7619 or 384 - 9006 for more information.

ATV Safety Certification Course
June 7, 14, 21 & 28 from 1 - 5 p.m.

\$50 Weather permitting

Pre - register 1 week prior to class!

Learn riding techniques, hand signals & lessons of riding in Alaska.

JBER Richardson Outdoor Recreation
For more information call 384-1475/1476



37th Annual Arctic Valley Run
June 4, 2011 at 9 a.m.

5 Mile & 12.6 Mile Courses in the Chugach State Park Mountain Range.
Be a part of history.
Special trophy awarded to the top male and female racers & the General's trophy awarded to the fastest combined Military team.
Call Buckner Physical Fitness Center at 384 - 1304 or 384 - 1308 for more details and entry fee.

Warrior Xtreme Paintball Course



NOW OPEN!

Call 384-1476 for details.

JBER - RICHARDSON OUTDOOR RECREATION
ATV TRIP
JIM CREEK

June 4, 2011
Cost \$150 per person.
8 a.m. to 5 p.m.

Pre - register 1 week prior to class!

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

For more information 384-1475

Trips are open to 16 years old or older with a valid driver's license and a safety card. Minimum sign up is 6, max. 12.

Community happenings

JUNE 3 - JUNE 12
Renaissance Fair
 Renaissance enthusiasts from around Alaska gather for a festival with feasting, drinking, fighting and circuses.
 Vendors will offer crafts and renaissance wares at Tozier Memorial Track from noon until 8 p.m. daily; for information call 868-8012 or visit www.3barons.org.

JUNE 4
Barenaked Ladies concert
 Grammy-nominated Canadian alt-rock band the Barenaked Ladies perform in the Chilkoot Charlie's parking lot. Best known for their hit singles "One Week" and "If I Had A Million Dollars," the band plays one night only in Anchorage.
 For tickets or information visit www.koots.com or call 230-9592.

JUNE 4 - JUNE 15
Festival of Flowers
 Educational seminars, flower sales and auctions, music, art, face-painting and more with a carnival feel in downtown Anchorage. The free events run from noon until 6 p.m. in the town square.
 For information, call 279-5650 or visit www.anchoragedowntown.org.

JUNE 5 - Aug. 3
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.

JUNE 11 - JUNE 12
GCI Alaska 3-on-3 hoops
 Up to 600 basketball teams in 17 divisions from elementary school through college battle it out at the Sullivan Arena for top honors; games are all day both days.
 For information, visit www.alaskahoopfest.com.

JUNE 11
Alaska Run for Women
 Alaska women pound the pave-

ment in force to raise funds for breast cancer research and awareness.

The race unites serious runners and casual walkers, starting at 8:30 a.m. at Sullivan Arena.

For information, e-mail run@akrfw.org.

JUNE 17
Leukemia and Lymphoma Society of America dinner
 The Leukemia and Lymphoma Society of America will host their Inspiration Dinner at Dena'ina Center, time to be announced.

The LLS provides support to those with blood cancers and related diseases.

For information, visit www.lls.org or call Kathy at 914-821-8924 for information about the Inspiration Dinner.

JUNE 18
Mayor's Marathon

Five simultaneous races attract runners from all over the world. A marathon, a half-marathon, a five-mile run, a marathon relay and the youth cup start at the base of the Chugach Mountains and end at the edge of the Cook Inlet.

Bib pick-up is at the Anchorage Sheraton hotel June 16 and 17.

For more information, visit www.mayorsmarathon.com.

Summer Solstice Festival
 The year's longest weekend kicks off in downtown Anchorage with live music, children's activities, cultural performances, hero games and much more.

Activities are free.

For more information, visit www.anchoragedowntown.org or call 279-5650.

ONGOING
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 e-mail spenardfarmersmarket@gmail.com.

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.

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/msmrr or e-mail bjorgan@alaska.net.

Ice age titans

The Anchorage Museum presents "Mammoths and Mastodons: Titans of the Ice Age." Developed by the Field Museum of Chicago, this exhibit includes life-size replica creatures, skeletons, skulls and tusks; and includes ancient art contemporary to the extinct giants.

For more information, call 929-9200, or visit www.anchoragemuseum.org.

Wired Cafe for Airmen

The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.

The cafe was built to serve Airmen who live in the dormitories with a home-away-from-home atmosphere.

The cafe has wireless Internet and programs throughout the week.

There are also free home-cooked meals Thursdays, with dinner served at 6:30 p.m.

For information, call 552-4422.

Family Advocacy support programs available

The New Parent Support Program hosts several activities for families with young children up to age 3.

Family Advocacy also offers anger management classes, classes for new fathers and nursing mothers, as well as other programs for service and family members. "Dads 101" and "Home Improvement" are also featured.

For more information, call Family Advocacy at 580-5858.

Planetarium shows

Through 3-D graphics, surround sound and a dome screen, the Anchorage Museum's planetarium offers a fascinating way to learn about astronomy, the solar system and more.

For more information, call 929-9200, or visit www.anchoragemuseum.org.

Museum unravels the "History of Basketry"

The Anchorage Museum presents "Unraveling the History of Basketry," exhibiting baskets from Haida, Tlingit, Tsimshian, and Yup'ik baskets and outlining the history, methods and regional styles of Alaska native basketry.

For more information, call 929-9200, or visit www.anchoragemuseum.org.

Potter Marsh bird walk

The Alaska Department of Fish and Game hosts a daily walk along the Potter Marsh boardwalk to learn about the area's wildlife, waterfowl and other creatures. This family-friendly event is for everyone from beginning birders to experts.

Visitors should dress for rain,

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

wind or shine and meet at the boardwalk entrance at Mile Post 117 on the Seward Highway.

For information, call 267-2281.

Museum hours change

The Anchorage Museum has begun its summer schedule. Hours are 9 a.m. to 6 p.m. daily through September 11.

Summer tours begin Monday at 10 a.m., 11 a.m., 1 p.m. and 4 p.m. daily.

No reservations are necessary for daily tours, and normal ticket prices apply.

For information, visit www.anchoragemuseum.org or call 929-9200.



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 • 2 - 5 p.m.
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 • 8 years old and up.

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 • Dry suit: \$20 daily

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552-4599



Get out and enjoy spring in Alaska!

Remember the real meaning of Memorial Day

Commentary by Air Force Master Sgt. Scott T. Sturkol
Air Mobility Command Public Affairs

SCOTT AIR FORCE BASE, Ill. — In 2008, I went to a military funeral at Arlington National Cemetery for an American hero.

The hero I saw laid to rest that day was surrounded by many, many more heroes — his family.

That funeral was held on April 9, 2008, for Maj. Robert F. Woods, an Airman who was missing in action and buried at Arlington nearly 40 years after he went missing in Vietnam June 26, 1968.

Attending the funeral were dozens of members of the Woods family from all over the U.S.

What I remember the most of that funeral was the way the family talked about Woods like they had just seen him even though four decades had passed since he left their lives.

“How amazing,” I thought that they remembered him so fondly after such a long time and how

appropriate it was that Woods received full military honors for paying the ultimate sacrifice.

It’s because of people like Woods, and his family, that we have Memorial Day.

According to www.usmemorialday.org, Memorial Day was “officially proclaimed” May 5, 1868, and first observed May 30, 1868, when flowers were placed on the graves of Union and Confederate Soldiers alike at Arlington National Cemetery.

“Memorial Day is not about division — it is about reconciliation,” the website states. “It is about coming together to honor those who gave their all.”

I couldn’t agree more.

In looking back at American history, there are millions of Americans who have paid the ultimate sacrifice in service to their nation.

They are all heroes and should be remembered as such forever.

Every one of those heroes, like Major Woods, also had families who paid a high cost in sacrifice and support.

While their loved one is off doing their part as a military member, they manage the homefront and do whatever they can to support their warfighting family member. To me, those family members are heroes as well.

That day I spent at Arlington with the Woods family, I watched as the folded flag was presented to the family by the Air Force Honor Guard.

I watched the tears fall and saw as granddaughters and great-granddaughters touched the casket of a man they had never met until that day.

Later, in talks with Woods’ daughter, Lana Taylor, I learned about a man who loved his family deeply and “always went when his country called.”

Woods had served more than 20 years when he went missing.

He began his career as an enlisted Airman who served in the Berlin Airlift in the late 1940s, and was a Korean War veteran who flew KC-97 Stratotankers during the conflict, earning an Air Medal.

Woods’ granddaughter, Courtney Woods, recalled how fondly her grandmother, Mary Woods, talked about a man she’d never met and how that shaped her image of Woods as “more than a war hero.”

“One thing my Nana wanted my brother Mac and me to know was what a wonderful man my grandfather was,” she said. “He would write to her every single day; he never missed a single day. His letters go right up until the day he went missing.”

“She would let us read them, and by reading his words, we were able to see the meaning and thoughtfulness that went into each and every letter.”

Also at Woods’ funeral was Lt. Col. Phil Heseltine. He’s not a family member but might as well have been.

Heseltine presented a POW/MIA bracelet he wore for 18 years that had Major Woods’ name chiseled into it.

“I purchased the bracelet in 1990 during a POW/MIA event at my Air Force ROTC detachment,”

Heseltine said.

Heseltine brought along his wife Jenny and daughters Alexa and Livie.

It was a gesture that Mrs. Taylor later said “just overwhelmed” her. When asked about his family meeting the Woods family, Heseltine said, “I’ll admit I was nervous. But once they arrived and I met them I saw what wonderful people they all were.”

Some of those same “wonderful” people will be visiting with Heseltine again in June 2011 in North Carolina.

The 911th Air Refueling Squadron — where Heseltine is the commander — will be dedicating the Robert F. Woods Memorial Auditorium at Seymour-Johnson Air Force Base June 26.

The auditorium dedication is another way of remembering Major Woods and his family of heroes.

It also serves as a reminder to all of us that our fallen heroes like Major Woods, and their families, are the people who we should remember this Memorial Day.

Don’t be scammed by ‘charities’

Better Business Bureau

Whether providing aid after natural disasters or assisting a neighbor in need, consumers want to say “yes” when someone knocks on the door seeking help.

Sixty-five percent of households in the U.S. donate to charities, according to The Center on Philanthropy at Indiana University.

There are 1.2 million charitable organizations in the nation, according to Give USA 2010. Sadly, scammers rely on this abundance to deceive philanthropists.

Door-to-door charitable solicitations increase in summer months; BBB reminds consumers that while many are legitimate, some are schemes in disguise.

It’s nearly impossible to say “no” to solicitors for police, fireman or veterans associations; scammers of-

ten use those who serve and protect to entice donors.

Confirm affiliation with your local veterans, firefighters or police organizations.

Often under the guise of “job training,” young adults sell magazine subscriptions or other items, as they strive towards trips, prizes or better futures.

If interested, ask for written details and proof of program participation, get all refund and return policies, and research the company on your own.

Better Business Bureau serving Alaska, Oregon and Western Washington gives the tools necessary to build a wise giving community.

Take time to ask questions.

How much money goes to the cause? Can I get the organization contact information and think about it? Is the charity a registered

501(c)(3) organization?

Check first. Ask solicitors for identification; most charities provide workers with badges or business cards.

Use trusted directory information, contact the charity directly to verify their employment or volunteer status.

Make a plan. Choose a charity before it chooses you. Consider selecting organizations to support before doing a monthly or annual budget.

Before donating, review bbb.org/us/charity-reviews for free BBB Charity Reviews.

Don’t donate cash. Make sure checks are written to the organization, not the individual knocking on the door, and ask for a receipt for tax purposes.

For more charity savvy, visit bbb.org

Vacationing? Summer safety is a must-have

By Art Powell
U.S. Army Combat Readiness/Safety Center

Taking a vacation is similar to deploying, but instead of your unit, you go with your spouse, the children and maybe pets with attitude.

Just like deployment planning, you need to sit down in advance and write a checklist of to-dos that will make your vacation go smoothly and reduce unpleasant things that can take away from the fun.

Military personnel can first organize their plans and complete the Travel Risk Planning System at <https://safety.army.mil>.

Then start with your home. Secure it for your absence by alerting neighbors to keep an eye on it, stopping newspaper and mail deliver while you’re absent and leave on a low-wattage light inside.

“D-Day” is when the beach or mountains call and off you go.

Ensure a safe trip before the rubber meets the road. Regular vehicle main-

tenance such as tune-ups, oil changes, battery checks and tire rotations go a long way toward preventing breakdowns before they happen.

If your vehicle has been serviced according to the manufacturer’s recommendations, it should be in good shape and nearly ready to travel.

If not, schedule a preventive maintenance check up with your mechanic.

Age-appropriate reading material, coloring books and portable DVD players can keep passengers occupied as you tick off the miles to your destination.

Never leave children unattended in parked vehicles — especially during warmer weather. Temperatures inside a vehicle can soar, causing occupants to suffer from heat illness or even die from heat stroke.

Even a well-maintained vehicle can break down, so keep an emergency roadside kit to carry with you.

A cell phone tops the list, but a first aid kit, flashlight, jumper cables, jack and mat, flares, work gloves and a change of clothes are useful, as are basic repair tools and a jug of water.

Some nonperishable food, drinking water, and a stash of necessary medications may save your life.

Remember: getting to your destination and back safely is priority No. 1.

Army takes 15 medals in Warrior Games swim finals

By Jacqueline M. Hames
Defense Media Activity

COLORADO SPRINGS, Colo. — The swimming finals at the 2011 Warrior Games Friday brought the Army 15 medals, including several gold.

The Army had participants in all 15 events at the Olympic Training Aquatics Center, and though the competition was fierce, the camaraderie between the services was evident in the enthusiastic cheers from the crowd.

“I think the team did phenomenal today,” said Holly Roselle, the Army coach. “They really stepped up and performed at a higher level than even they thought they could.”

She explained the Army team wasn’t expected to get as many medals as they did, and she was very proud of the team.

“It was an incredible day,” Roselle said.

The Army team earned four gold medals over the course of the meet, to include two shut-outs in the Men’s 50 LC Meter Freestyle open Multi-disability event and the Men’s 100 LC Meter Freestyle open Multi-disability event.

The meet culminated in a relay, where the Army took silver.

Staff Sgt. Stefanie Mason won the gold in the Women’s 50-meter freestyle open multi-disability event, with a time of 39.51 seconds, and the bronze in the Women’s 50-meter backstroke open multi-disability

event, with a time of 55.81 seconds.

She didn’t expect to win the gold and said she was very excited.

“When I came over here I was kind of apprehensive, I didn’t know what kind of swimming abilities (were) from the different branches, so I was kind of nervous about that,” she said. After the preliminaries, she felt more confident.

Mason’s family was present for the games. Her twin sister Jennifer Mason was with her from the practice week to the finals as a non-medical attendant.

“As a twin, it’s great to have her there. She knows what I’m going through,” Mason said.

Mason was almost killed in April 2010

during a Humvee accident, sustaining injuries in her brain and knee, but she didn’t let that stop her.

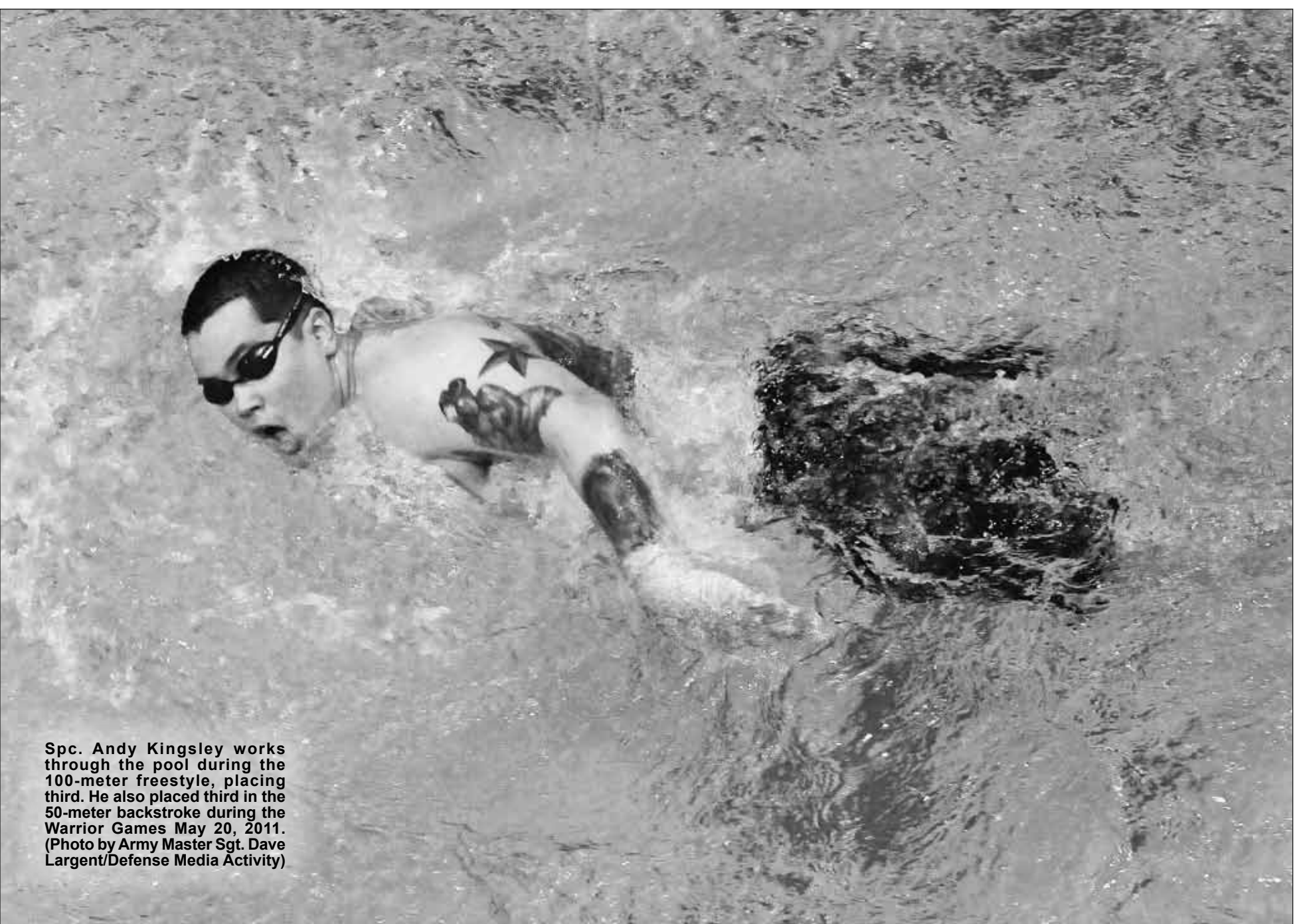
A year later, she was swimming.

Mason believes the Warrior Games is an excellent idea, and encourages the organizers to continue with the games in the future.

“It helps the Soldiers mentally and physically to focus on their abilities and not their disabilities,” she said. “It’s been a great experience.”

The 2011 Warrior Games, a joint effort between the U.S. Olympic Committee and the U.S. Department of Defense, is sponsored by Deloitte.

For more information, see www.usparalympics.org/warriorgames.



Spc. Andy Kingsley works through the pool during the 100-meter freestyle, placing third. He also placed third in the 50-meter backstroke during the Warrior Games May 20, 2011. (Photo by Army Master Sgt. Dave Largent/Defense Media Activity)



Just plane clean

Airman First Class Matthew Smith of the 3d Equipment Maintenance Squadron scrubs an F-4 Phantom II on display at Heritage Park on Joint Base Elmendorf-Richardson May 21. All the static-display aircraft are cleaned annually to ensure they look their best. (Photo by Steve White/JBER PA)

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



ARTHUR

Rated: PG-13
Playing: Friday at 7 p.m.
Run time: 110 minutes
Starring: Russell Brand, Helen Mirren, Jennifer Garner

Irresponsible charmer Arthur Bach (Brand) has always relied on two things to get by: his limitless fortune and the good sense of lifelong nanny Hobson (Mirren) to keep him out of trouble.

Now he faces his biggest challenge – choosing between an arranged marriage that will ensure his lavish lifestyle or the woman he loves.

Now playing



HANNA

Rated: PG-13
Playing: Saturday at 7 p.m.
Run time: 111 minutes
Starring: Saoirse Ronan, Cate Blanchett, Eric Bana

A 16-year-old (Ronan) who was raised in the wilds of Finland by her father (Bana) to be the perfect assassin is dispatched on a mission across Europe, tracked by a ruthless intelligence agent (Blanchett) and her operatives.

Area offers plenty of single-afternoon day trips

Commentary by
Chris McCann
JBER Public Affairs

It's a weekend near Joint Base Elmendorf-Richardson. You don't want to do anything too taxing, but sitting in the barracks or dormitory or apartment just isn't going to hack it on a lovely day like this.

What you need is something that isn't an all-day commitment – a nice way to enjoy an Alaskan afternoon.

Fear not: you don't have to hike up to Portage Glacier or spend all day driving to Homer to enjoy a slice of what Alaska has to offer.

The reindeer farm just outside Palmer is a wonderful attraction. A working reindeer farm, it's child-

friendly – reindeer, not having top front teeth, are incapable of biting when they lick alfalfa pellets from a visitor's hand (and a cup of pellets is included with the admission price).

The farm includes a bison named Dolly, two moose which will pose for a "kiss" if a visitor puts a leafy branch in his mouth, and a small herd of Rocky Mountain elk.

For seven dollars, it's a pretty good way to spend an hour or so, and the 45-minute drive from Anchorage to Palmer is beautiful.

If driving south along the Cook Inlet sounds better, you can stop short of the Whittier Tunnel and visit the Alaska Wildlife Conservation Center, just off the

Seward Highway.

For \$10 per person (or \$30 for a carload), you can see moose, elk, bears, musk oxen, woodland bison, and coyotes. A few strategically-taken photos, and your friends in the Lower 48 will never know you hardly had to leave your car to take pictures of brown bears mud-wrestling.

Self-guided tours can be done by vehicle or on foot.

On the way home along the Seward Highway are plenty of places to stop and fish or hike, or just take photos of Cook Inlet or the numerous small waterfalls as the snow melts off the mountains.

Alaska offers plenty of challenges, but some grand lazy afternoon trips as well.



TOP: Visitors feed reindeer at the Reindeer Farm outside Palmer. The farm is home to about 130 reindeer, a small herd of Rocky Mountain elk, two moose and a bison, and visitors can feed and pet them.

ABOVE, LEFT: Brown bears wrestle and keep an eye on visitors at the Alaska Wildlife Conservation Center just off the Seward Highway about 40 miles south of Anchorage. The center is home to moose, Rocky Mountain elk, black and brown bears, coyotes, musk oxen and woodland bison. (Photos by Chris McCann/JBER PA)

Play it safe before hiking in Alaska

By the American Red Cross

Many families will head to our national parks and forests this summer to enjoy the great outdoors.

But if you're not prepared to rough it in the woods, hiking or camping can be a rough experience.

The best way to help guarantee a good time for all is to plan ahead carefully and follow common sense safety precautions.

Hiking and camping provide exercise and interest for people of any age.

Just getting out and walking around is a wonderful way to see nature, but it's always best to prepare for the unexpected – especially when recreating in Alaska's wilderness.

If you have any medical conditions, discuss your plans with your health care provider and get

approval before departing.

Review the equipment, supplies and skills you'll need.

Consider what emergencies could arise and how you would deal with those situations.

What if you got lost or were unexpectedly confronted by an animal?

What if someone became ill or injured?

What kind of weather might you encounter?

Add to your hiking checklist the supplies you would need to deal with these situations.

Make sure you have the skills you need for your camping or hiking adventure.

You may need to know how to read a compass, create a temporary shelter or give first aid. Be sure to practice your skills in advance.

If your trip will be strenuous, get into good physical condition before setting out.

If you plan to climb or travel to high altitudes, make plans for proper acclimation to the altitude.

It's safest to hike or camp with at least one companion. If you'll be entering a remote area, your group should have a minimum of four people; this way, if one is hurt, another can stay with the victim while two go for help.

If you'll be going into an area that is unfamiliar to you, take along someone who knows the area or at least speak with those who do

before you set out.

Some areas require you to have reservations or certain permits.

If an area is closed, do not go there.

Find out in advance about any regulations — there may be rules about campfires or guidelines about wildlife.

Pack emergency signaling devices and know ahead of time the location of the nearest telephone or ranger station in case an emergency does occur on your trip.

Leave a copy of your itinerary with a responsible person.

Include such details as the make, year and license plate number of your car, the equipment you're bringing, the weather you've anticipated and when you plan to return.

Always allow for bad weather and for the possibility you may be forced to spend a night outdoors unexpectedly.

It's a good idea to assemble a separate "survival pack" for each hiker to have at with them all times.

In a small waterproof container, place a pocketknife, compass, whistle, space blanket, nylon filament, water purification tablets, matches and candle.

With these items, the chances of being able to survive in the wild are greatly improved.

Feeling too stressed out? Try breathing out

By Brian P. Smith
TriWest Healthcare Alliance

You're watching the phone, waiting to hear if you got that job. Or sitting in the audience as your daughter starts her first piano recital. Or awaiting the daily email from your deployed spouse, or walking through the mall, still trying to get used to crowds after deployment.

These can all be stressful situations.

What is stress?

Stress is a part of everyday life for service members, veterans and families dealing with multiple deployments, homecomings and all the other demands of a military life.

When you are stressed, do you ever focus on your breathing?

Most of the time, it's an automatic process.

Slowing down and concentrating on your breathing can help you react in stressful situations.

Just breathe

During stress and times of anger, the body's first reaction is to inhale and hold your breath.

Breathing out slowly helps take the body out of the "fight or flight" mode.

The Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury work to promote the resilience and recovery of military members and

their families, including keeping a handle on stress and stressful situations.

Their research shows that simple breathing exercises can help decrease the body's "fight or flight" response to stress.

For some of these exercises, visit www.dcoe.health.mil.

Certain types of breathing exercises can also help control anger and anxiety.

There's an app for that

Your smartphone can help you learn these exercises and improve control over your body's reactions to stress.

The National Center for Telehealth and Technology is a part of the DCoE that develops technology.

They've created tools to help you to manage your breathing (along with

handy phone apps to track your mood and teach you

about post-traumatic stress).

Visit www.t2health.org/apps

to learn more

about their tools and apps.

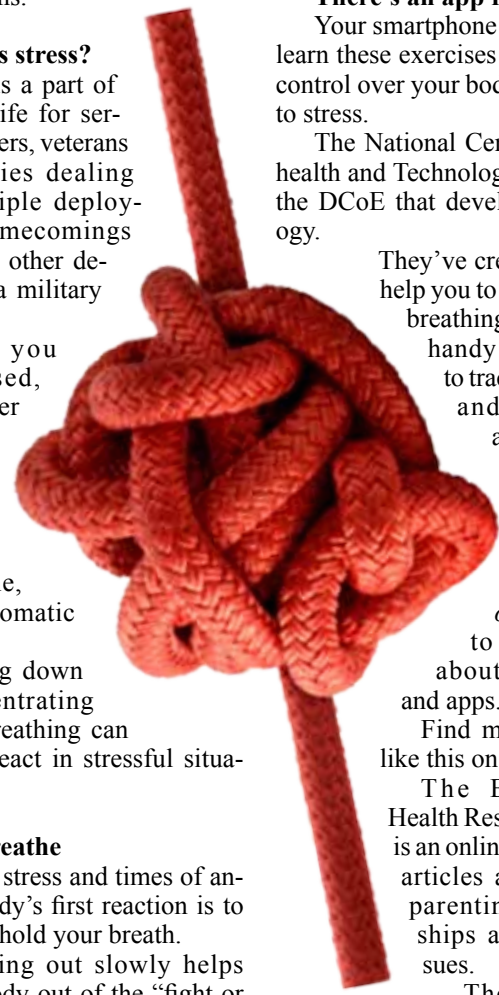
Find more tips just like this on trivest.com.

The Behavioral Health Resource Center is an online library with articles about stress, parenting, relationships and other issues.

There, anyone can read articles on

a wide range of topics,

find links to the latest relevant information, and self-assessments that you can take whenever it's convenient for you.



A hiking checklist

What you take will depend on where you are going and how long you plan to be away, but any backpack should include the following:

- Candle and matches
- Cell phone
- Extra clothing (Always bring something warm, extra socks and rain gear)
- Compass
- First aid kit
- Food (bring extra)
- Flashlight
- Foil (To use as a cup or signaling device)
- Hat
- Insect repellent
- Map
- Nylon filament

- Pocket knife
- Pocket mirror (To use as a signaling device)
- Prescription glasses (an extra pair)
- Prescription medications for ongoing medical conditions
- Radio with batteries
- Space blanket or a piece of plastic (to use for warmth or shelter)
- Sunglasses
- Sunscreen
- Trash bag (makes an adequate poncho)
- Water
- Waterproof matches or matches in a waterproof tin
- Water purification tablets
- Whistle (to scare off animals or to use as a signaling device)

Births

MAY 7

A daughter, Addison Teage Otto, was born 21 inches long and weighing 6 pounds, 15 ounces, at 12:28 p.m. to Tabetta Lynn Otto and Spc. Joshua Adam Otto of Headquarters and Headquarters Company, 509th Infantry Regiment.

MAY 8

A daughter, Leliana Grace Collins, was born 20.75 inches long and weighing 7 pounds, 13 ounces, at 7:58 a.m. to Airman First Class Carrie Elizabeth Collins of the 673d Medical Group and Joshua Duane Collins.

A daughter, Joslyn Kate McCurdy, was born 21 inches long and weighing 7 pounds, 4 ounces, at 1:43 p.m. to KrisDean McCurdy and Army Capt. Logan D. McCurdy of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

MAY 9

A daughter, Melissa Joyce Peltz, was born 20.5 inches long and weighing 7

pounds, 10 ounces, at 10:24 a.m. to Tonya Lea Peltz and Spc. Kurt Ralph Peltz of the 486th Movement Control Team.

MAY 11

A son, Benjamin Jay Burton, was born 19.5 inches long and weighing 7 pounds, 8 ounces, at 8:33 a.m. to Christine M. Burton and Army Staff Sgt. Brian J. Burton.

MAY 12

A daughter, Julianna Marie Pizzino, was born 17.5 inches long and weighing 5 pounds, 6 ounces, at 2:49 p.m. to Peggi Antoinette Pizzino and Army Staff Sgt. Christopher Joseph Pizzino of Battery A, 2nd Battalion, 377th Parachute Field Artillery Regiment.

MAY 13

A daughter, Emmaily Marie Pacheco, was born 19.5 inches long and weighing 7 pounds, 8 ounces, at 4:27 a.m. to Luz Ivonne Pacheco and Spc. Eric Josue Pacheco of the 2nd Battalion, 377th Parachute Field Artillery Regiment.

MAY 16

A son, Logan Jaxon Ryan, was born 19 inches long and weighing 5 pounds, 5 ounces at 7:12 p.m., and a daughter, Maisie Adelyn Ryan, was born 19 inches long and 5 pounds, 11 ounces at 7:15 p.m., to Victoria Marie Ryan and Air Force Staff Sgt. Robert Joseph Ryan of the 673d Civil Engineering Squadron.

MAY 17

A daughter, Susan Belle Renslow, was born 20 inches long and weighing 7 pounds, 11 ounces, at 10:12 a.m. to Tech. Sgt. Yolanda Sue Renslow of the 673d Aerospace Medicine Squadron and Sgt. Steven Lee Renslow of the 425th Brigade Special Troops Battalion (Airborne).

MAY 18

A daughter, Haidyn Faye Rasor, was born 19.5 inches long and weighing 7 pounds, 4 ounces, at 12:43 a.m. to Mellisa Faye Rasor and Cpl. Cory Matthew Rasor of Headquarters and Headquarters Company,

17th Combat Sustainment Support Battalion (Provisional).

MAY 19

A daughter, Thea Elise Carter, was born weighing 7 pounds, 10 ounces, at 11:07 p.m. to Julia Kay Carter and Sgt. Timothy David Carter of Company B, 3rd Battalion (Airborne), 509th Infantry Regiment.

A daughter, Annabelle Marie Slinker, was born 21 inches long and weighing 7 pounds, 13 ounces, at 9:33 a.m. to Amy B. Slinker and Sgt. 1st Class Dustin D. Slinker of Headquarters and Headquarters Company, 4th Brigade Combat Team (Airborne), 25th Infantry Division.

MAY 20

A daughter, Kendall Cinalli Richmond, was born 20 inches long and weighing 6 pounds, 10 ounces, at 7:04 p.m. to Chelsea Elizabeth Richmond and Sgt. Aaron Lee Richmond of Headquarters and Headquarters Company, 425th Brigade Special Troops Battalion.

