



Air Force announces new force-management programs

Air Force News Service release

WASHINGTON — Air Force leadership announced force management programs Wednesday designed to reduce the force by thousands of Airmen over the next five years as a result of sequestration.

Fiscal year 2014 force management initiatives are in addition to the announcement made in July, stating the Air Force will implement several force management programs to meet budget reduction requirements.

Air Force leadership has made the decision to announce the overall strategic plan now so Airmen have the necessary time to consider all their career options.

During testimony to the House Armed Services Committee in November, Air Force Gen. Mark Welsh, Air Force chief of staff, said long-term impacts of sequestration could force the service to cut about 25,000 Airmen over the next five years.

“The difference from years past is that we announced voluntary programs first, then involuntary,” said Air Force Lt. Gen. Samuel Cox, deputy chief of staff for Manpower, Personnel and Services. “This year, due to the limited timeframe, we’re announcing all

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Feature: When all else fails, go to MARS

Airman 1st Class Omari Bernard
JBER Public Affairs

With the steady progression of technology, it’s possible to communicate from almost anywhere via the internet or by cell phone. Today’s communications rely on underground cables, cellphone towers and orbiting satellites, but what happens when they fail?

When all else breaks, the government uses the tried-and-true communications of the past: the Military Auxiliary Radio System.

According to Department of Defense Instruction 4650.02 MARS shall provide health, morale and welfare radio communications support to military members, civilian employees and contractors of DoD components, and civil agency employees and contractors, when in remote or isolated areas, in contingencies or whenever appropriate.

“The principle purpose of MARS was to deal with morale,” said Ron Keech, secretary of the Elmendorf Amateur Radio Society. “However, that has changed over the years.”

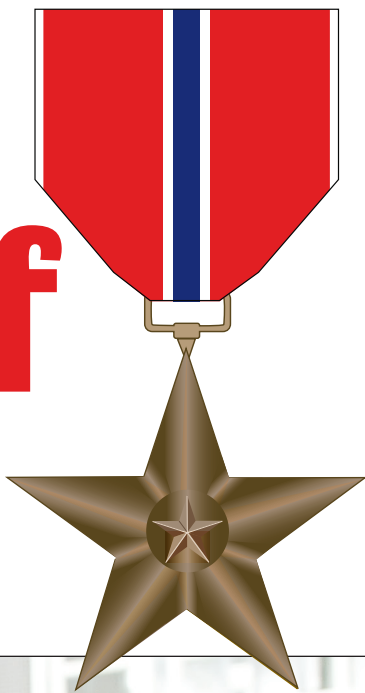
Keech explained that MARS currently exists to ensure JBER and other agencies have the ability to transmit, relay and receive messages in times of crisis and emergency.

Natural disasters such as earthquakes, fires and high winds can easily disrupt communications, Keech said.

“We provide emergency communications for the Federal Emergency Management Agency, Homeland Security, the

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‘I’m proud to be part of this team’



Senior Airman Andrew Nichols, a pararescuer with the 212th Rescue Squadron, receives a Bronze Star Medal in a ceremony Saturday. Nichols was awarded the medal for his courageous actions to save a wounded U.S. Soldier under enemy fire in Afghanistan’s Konar Valley on July 19, 2011. (Alaska National Guard photos/Tech. Sgt. Jennifer Theulen)

Guard Pararescuemen earn Bronze Stars

By Air National Guard Capt. John Callahan
176th Wing Public Affairs

Four members of the Alaska Air National Guard’s famed 212th Rescue Squadron were awarded Bronze Star Medals — one of the nation’s highest individual military honors — in a ceremony at the squadron’s headquarters building Saturday at Joint Base Elmendorf-Richardson.

Combat rescue officer, Air National Guard Maj. Matthew Komatsu, and pararescuemen, Chief Master Sgt. Paul Barendregt and Air National Guard Master Sgt. Kyle Minshew, received the award for their actions in response to an insurgent attack on Camp Bastion, Afghanistan, in September 2012. The fourth, Senior Airman Andrew Nichols, was recognized for his rescue of a critically injured U.S. Soldier in Afghanistan’s Konar Valley in July 2011.

On the evening of Sept. 14, 2012, 15 heavily armed insurgents wearing American military uniforms penetrated the perimeter of Camp Bastion, in Afghanistan’s Helmand Province. The heavily armed attackers killed two American Marines and wounded nine others; they also destroyed six of the Marines’ AV-8B Harrier ground-attack jets and caused hundreds of millions of dollars in damage.

A pararescuer’s normal duty is helicopter-borne combat search and rescue, pulling injured service members out of difficult and sometimes hostile situations. Komatsu, Barendregt and Minshew were resting at Camp Bastion on Sept. 14, 2012 when reports started to come in that the base was under attack. The three headed toward the fighting to treat casualties, when they realized the insurgents were inside the wire.

“In my mind, it meant that they could potentially be anywhere, not necessarily an obvious line of conflict,” Barendregt said. “They were also wearing U.S. uniforms, which complicated things and increased the complexity; it was [going to be] necessary to temper our actions so as not to induce fratricide.”

“There is no page in a book that covers this scenario,” Barendregt remembered thinking, “so let’s figure it out.”

Over the next few hours, the Guardsmen would find themselves not only treating patients but helping to clear out the base and re-establish the perimeter. Komatsu recounted his experience in an extended piece written for the New York Times’ “At War” blog.

The Bronze Star Medal award was “a reflection on the squadron and all that everyone in our unit does,” Barendregt said. “There were a lot of moving pieces that preceded that event — training, logistics and personnel. I just happened to be one of the lucky guys there that night.”

Minshew was part of a helicopter mission to rescue a badly injured Soldier on July 19, 2011. The Soldier’s unit was still taking fire and the terrain was rough, so the helicopter was forced to land 100 meters — and six steep terraces — above the Soldier’s location. Airman Nichols and his teammate began taking fire as soon as they exited the

helicopter. After initially taking cover, the two sprinted the 100 meters under fire.

“The medical assessment was quick, maybe five to ten seconds,” Nichols said. “He needed the surgical unit but it was immediately obvious that we could move fast to get out of the situation.”

Nichols then hoisted the large Soldier into a fireman’s carry and brought him back the 100 meters, uphill and under fire, to safety.

“I’ve trained hundreds of times for firefights and, in the moment, it seemed like training,” he said. “Our whole pipeline — upgrade and predeployment training — is tailored to situations just like that. For years before I was in Afghanistan, I was training for this exact mission: treating patients while under enemy fire, performing call for fires and returning fire as the situation dictates.”

“I’m proud to be part of this team,” Nichols said of his fellow squadron members. “Everyone here is exceptional at the job, I’m proud to be a part of that.”



Pararescuemen with the Alaska Air National Guard’s 212th Rescue Squadron, receive Bronze Star Medals at a Saturday ceremony.

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Duffy stresses situational awareness, good judgment

By Air Force Col. Brian P. Duffy
JBER and 673 ABW commander

Arctic Warriors, a recent uptick in our JBER team members being needless casualties in off-duty incidents, in some cases not too far from the installation, has me very concerned.

The Office of Special Investigations recently accomplished a criminal threat assessment using local, state, and federal law enforcement agency sources demonstrating while the overall criminal threat remains moderate, there are areas within Anchorage identified as having higher risk for crime, including violent crimes. I highly encourage you to increase your awareness of our surroundings and understand our environment.

To assist you, the Municipality of Anchorage Police Department publishes a daily “Crime Map;” you can view this important resource at: <http://crimemap.muni.org/>. While this is not a complete accounting of all incidents and, as described therein, as “preliminary data...subject to change,” it can serve as a valuable resource.

Another area that requires our undivided atten-

tion is alcohol-related incidents.

Unfortunately, over consumption of alcohol too often leads to serious consequences such as driving under the influence, domestic abuse, sexual assaults and even firearms mishaps. We’re certainly not proud to report that JBER team members recorded more than 140 DUIs on and off the installation during Fiscal Year 2013.

Two months into the new fiscal year, we are on pace to pass last year’s rate by 20 percent. I ask you to please join me in saying “Enough is enough,” especially when you consider the numerous sources of assistance available should all other plans fail.

Finally, we cannot underestimate the realities of living in Alaska; after all, this is the arctic. Abundant wildlife, severe weather, agitating tides, and harsh terrain present their own challenges that have unfortunately claimed too many lives this year.

I encourage you to maximize your time at JBER and enjoy the community and surrounding areas, but to do so safely and responsibly so we can continue our important efforts in defense of our great nation.



Air Force Staff Sgt. Daniel Phelps, 673d Security Forces Squadron, simulates arresting Airman 1st Class Carly Kavish, 673d Public Affairs, during a mock DUI checkpoint. JBER has implemented periodic sobriety checkpoints for the entire installation in order to deter DUIs on base. (U.S. Air Force photo illustration/Airman 1st Class Omari Bernard)

How do you make a ‘whole person’?

Commentary by Air Force Master Sgt. Larry Bright
673d Communications Squadron

Anyone who has spent any time at all around service members knows military language is filled with acronyms, clichés and catch phrases. One catch phrase that has been around for as long as I can remember is the “whole-person concept.” While the phrase itself has stood the test of time, I’m not sure the meaning has.

The whole person concept refers to the type of Airmen the Air Force wants to develop. An Air Force career is meant to be more than just a 9-to-5 job to pay the rent. It’s meant to be a way of life.

Whether an Airman likes it or not, they represent the Air Force any time they wear the uniform or are around people who know they’re an Air Force member. For this reason, the goal is to develop Airmen of good character, high standards and purposeful actions.

Too often the whole-person

concept is translated as, “Go volunteer for something and take a class so I can write a couple of bullets about what a great person you are.” While encouraging volunteerism and education are good things, the point is missed if it’s only for the purpose of filling a block.

The purpose of getting involved in activities outside of work is to expand horizons and help Airmen realize there is a bigger picture than what goes on in their own lives. Volunteering to support base or community activities presents a way to represent the Air Force in a positive way. The recipients, the American public (a.k.a. taxpayers), are the ones paying military salaries. Improving their view and support of the Air Force is never a bad thing.

True education is always useful on some level, but if it’s directed with a specific goal in mind, it’s much more useful. The point has once again been missed if a course is taken only to fill a block. On the other hand, if an Airman decides to better themselves in a particular

area, such as leadership, job knowledge, etc., and then selects classes to meet their goal, they’re going after the whole person concept.

When you take the phrase “whole-person concept” purely at face value, doing things just to fill a block doesn’t even make sense. That would be more like the “doing just enough to get by” concept. That isn’t modeling the Air Force core values of integrity first and excellence in all we do.

So it’s clear that for an individual to model the whole person concept they need to choose a lifestyle of supporting the community and bettering themselves as well as being a great Airman at work. But what about supervisors? What can they do to develop the whole person concept in their subordinates?

First and foremost, supervisors need to lead from the front. If a leader is trying to get their followers to do something they aren’t willing to do themselves, they’re doomed to fail.

So does that mean a supervisor needs to do everything all their

subordinates are doing? Of course not. That may be impossible, depending on how many subordinates there are. Supervisors need to find the volunteer and education opportunities that work for them and encourage their subordinates to do the same. That takes us to the next point – helping subordinates find the opportunities that work for them.

The only way a supervisor can help Airmen find activities that are meaningful and customized to them is to know the Airmen. The best way to get to know them is through good formal and informal feedback. The lack of, need for and importance of feedback in the Air Force is another article in and of itself. The point is ... it’s needed, required and there’s no excuse for not providing it.

Formal feedback sessions are good opportunities to dig in and really find out what makes an Airman tick. It can be structured to find out what hobbies and interests the Airman has and start using that information to point them towards

activities they can develop an interest in and get passionate about. The feedback session is also a great time to find out future education and/or career goals the Airman has and help them to take advantage of the many opportunities available. Day-to-day informal feedback is a great way to build on and fine-tune the knowledge base.

For the Airmen who are provided leading and mentoring, but still want to only do enough to get by, the supervisor has a responsibility. That is to rate the Airman accordingly. It’s an injustice to the Airmen going out and embracing a lifestyle of integrity, service and excellence when those doing just enough to get by receive the same rating.

For the Airmen who embrace the core values and shine, support them and encourage them to shoot for the stars. Help them to develop a sustainable stride, and teach them how to become a leader ready to bring up the next generation. Now that’s a recipe for a whole person.

USACE partners with local brigade to expand Soldier training

By John Budnik
USACE-Alaska District

With every nugget of engineering expertise his mentors share with him, Sgt. 1st Class Ron Albert’s confidence grows as he performs his temporary duties with the U.S. Army Corps of Engineers-Alaska District.

Through a partnership between the district and 2nd Engineer Brigade, both located on Joint Base Elmendorf-Richardson, the Engineer Corps is preparing a stronger Soldier and Army through the Arctic Trailblazer Internship Program. By way of this and other professional development opportunities, Soldiers are honing their craft in the construction-trade industries.

As a whole, the Army’s Engineer Corps is composed of both active-duty Army engineer units and the U.S. Army Corps of Engineers, which employs about 37,000 civilians worldwide.

Since 2012, ATIP has fostered a cohesive relationship between the two organizations. The on-the-job training is a chance for selected troops to equip themselves with a new element of engineering education. What they learn can be applied to their normal duty assignments and throughout their careers.

“The ultimate goal is for Soldiers to take this information back to their units and instill into others,” said Bill Leider, quality assurance representative in the Alaska

District Construction-Operations Division and Albert’s mentor. “We want to make a stronger Army.”

A 90-day assignment in the district’s military construction, civil works, or interagency and international services programs is available to the brigade’s qualifying junior-ranking officers and mid-level noncommissioned officers. The curriculum aims to update Soldiers on the best engineering practices, increase safety awareness to the standards of the civilian industry and support the training goals of the brigade.

“It provides safety to our Soldiers,” Albert explained, an engineer inspector for the 2d Engineer Brigade and ATIP intern. “I’ve been deployed five times, and most of our injuries to construction personnel are due to safety (deficiencies).”

Accepted applicants are carefully matched to a comparable position within the district, which complements their future goals. While the program is still new, the time away from the Soldier’s normal unit is proving to be valuable along with an added bonus.

“It provides the knowledge to work in a civilian job once we get out of the Army,” Albert said.

Reading technical drawings or blueprints while in active-duty status was never a norm, Albert admits. His first day in the construction-operations division provided a fortune of new engineering insight



Sgt. 1st Class Ron Albert, engineer inspector for the 2d Engineer Brigade, spent 90-days with the U.S. Army Corps of Engineers - Alaska District in the Arctic Trailblazer Internship Program learning the duties of a quality assurance representative in the district's Southern Area Office located on Joint Base Elmendorf-Richardson. The internship program is a chance for qualifying junior-ranking officers and mid-level noncommissioned officers to be updated on best engineering practices, increase safety awareness to the standards of the civilian industry and support the training goals of the brigade. (Courtesy photo)

that included lessons like testing concrete, but as Leider explained, “It’s only the tip of the iceberg.”

“You can really educate yourself in these 90 days of training,” he added.

Working in the Alaska District’s Southern Area Office, located on the JBER-Richardson side, Albert is getting hands-on experience while walking in the footsteps of a quality assurance representative. In this position, a district agent inspects project sites, meets with contractors and ensures

contract requirements are met.

Eventually, Albert will come off the bench, so to speak, and conduct site visits of his own with coaching from a district representative as needed.

Albert said he values the sense of confidence the district has in him and appreciates how it has taken him underneath its wing.

The ATIP is not the only training opportunity the Alaska District is providing to the brigade. On Oct. 19, personnel from the district’s safety office trained the 56th En-

gineer Company on Occupational Health and Safety Administration standards as well as the safety and health requirements outlined in Army Engineering Manual 385-1-1. The session was part of a larger event hosted by the company that highlighted the construction-trade industry with an emphasis on carpentry.

“You can’t put a price tag on it,” said Warrant Officer Daniel Schwab, a construction engineering technician with the unit, describing the value of safety.

Nearly 95 Soldiers learned about best practices involving scaffolding, electrical safety, confined spaces and more. The training was highly applicable to the unit’s wealth of experts that includes plumbers, pipefitters, carpenters, masons and interior electricians.

“It’s ultimately going to increase our productivity,” Schwab said. “We’re going to have less down time for any related safety incidents.”

How to properly use a harness when working at dangerous heights was a memorable part of the training for many of the Soldiers. They tested the fall arrest equipment using a device that allowed them to dangle a safe distance off the ground from a hydraulic steel frame attached to the back of a truck.

“These guys now have the knowledge to execute anything the Army throws at us,” Schwab said.

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Responsible airfield driving vital to mission success, safety

Commentary by Air Force Capt. Charles Jesse
3rd Operations Support Squadron

Controlled Movement Area violations are a growing problem for both the Air Force and the Federal Aviation Administration.

JBER-Elmendorf Airfield’s CMA is defined as the runways and overruns to include an area no less than 100 feet extending out from each side of them. Personnel and vehicles operating in the CMA are required to have a current Air Force Form 483 (certificate of competency to drive on the airfield), have Air Traffic Control tower approval, use a vehicle call sign and maintain two-way radio contact with the tower at all times.

A CMA or runway incursion occurs anytime an aircraft, vehicle or pedestrian enters the CMA without specific approval from ATC. The Air Force directs additional communications training for anyone working in the CMA to use proper wording when talking to the tower.

JBER has been fortunate that no one has been injured or killed and no aircraft have been damaged over the years due to incursion. At some point though, the luck may run out and it’s not a matter of if, but when, something more serious happens.

CMA violators will immediately lose their airfield driving privileges. Drivers that commit two violations or more will lose their airfield driving privileges for a time period dependent on the severity of the violation and the time period between violations. These suspension periods are determined by the airfield manager.

Squadron commanders are responsible for their units’ airfield driving programs. They must ensure the absolute minimum number of drivers are authorized to drive on the airfield to accomplish the mission.

Assumptions have no place within the CMA. Either you know you have permission from the tower to be in the CMA or you don’t. If in doubt, ask. If you still have doubts, ask again.

This may seem excessive, but we ask everyone to be safe when operating within the CMA. We’re using this time to remind everyone to know the procedures, your location and your surroundings. Reducing the number of CMA violations and incursions



Members of the 732d Air Mobility Squadron assist a Colombian Air Force Boeing 767 Aircraft after it emergency landed at Joint Base Elmendorf-Richardson last summer. Proper reporting procedures are critical for safety and smooth airfield operations. (U.S. Air Force photo/Amn Ty-Rico Lea)

is a prime focus, but most importantly, we’d like to see everyone at work tomorrow.

For those who are already certified to drive on the flight line, annual refresher training is still required for all airfield drivers prior to the expiration date listed on their AF Form 483. If Airfield Driving Program managers require more information about airfield driving procedures or training, they should contact JBER-Elmendorf Airfield Management at 552-2107.

Controlled Movement Area tips for safe flightline driving

Things to remember when operating on the airfield, and specifically, in the CMA:

1. Use proper wording over the radio: Do NOT use “Clear”, “Cleared”, “Clearing” or “Go Ahead” over the radio. Remember the

correct phraseology for the airfield is not the same as talking on a citizen’s band radio.

2. Know where you are at all times: CMA incursions often occur because the individual thought they were somewhere else on the airfield.

3. Ensure your credentials are up to date prior to proceeding on the airfield (AF Form 1199, AF Form 483, and Vehicle Passes, etc.).

4. Know to whom the tower is talking: do not assume you have been granted permission. If in doubt – ask the tower.

Winter airfield driving

Historically, the snow season is when we have the highest number of CMA violations. The airfield looks completely different during the winter because most reference

points are covered in snow. It is imperative airfield drivers familiarize themselves with the airfield layout and develop new reference points to ensure they know where they are at all times (e.g. Tower, JMC building, hangars, etc.). Additionally, JBER-Elmendorf Airfield Management can provide a conditions training tool to help with visual cues for winter time driving practicals (night time and white out conditions).

Foreign Object Debris checks are also required depending on where you enter the airfield. When working outside or doing a simple FOD check, the right gear is important not only to keep you warm but to help ensure you can be seen during low visibility weather conditions (winter airfield clothing, reflective belts, skull caps, gloves, cold weather boots and Yak-trax for ice).

▼From MARS, A-1

municipality of Anchorage and the state of Alaska Emergency Operations Center,” Keech said. “We provide a secondary communications route to them if their primary routes were to fail.”

The Elmendorf Radio Club MARS station is located on top of a hill on JBER and backed up by generator power.

“If the worst happens, our facility will still be able to pass messages verbally, digitally via electronic mode or via the winlink radio system – a radio to email process,” Keech said.

MARS operators do not operate on Federal Communication Commission frequencies that normal amateur radio operators do, but under official federal frequencies that are not regulated by the FCC.

“We are able to pass traffic to where it needs to get without unintentional interference from other amateur radio operators using the normal spectrum,” Keech said. “Depending on where the message needs to go, we relay it from station to station and vice versa.”

When communications need to get from point A to point B, MARS operators don’t need to depend on the power grid, land based communications or satellites, Keech said.

“The idea is to get whatever emergency transmissions through as expeditiously and accurately as



Ron Keech, secretary of the Elmendorf Amatuer Radio Society uses a ham radio in the Elmendorf Amateur Radio Society Cvil Air Patrol building Dec. 9, to speak with other operators. Keech is a Navy military auxiliary radio systems operator. (U.S. Air Force Photo/Airman 1st Class Omari Bernard)

possible,” he said.

The closest MARS stations to Alaska are in Washington and Hawaii; the MARS station here is

operating under the Navy MARS program.

“Originally, there were three service MARS programs in the

state of Alaska,” Keech said, a former Army MARS operator. “They were Air Force, Army and Navy. Back in the 90’s the Air Force

shut down the MARS program for JBER and Eielson Air Force Base.”

The Army continued its program for a while, but eventually shut it down as well.

For those interested, there are requirements to become a MARS operator.

“You have to become an amateur operator before you can become a MARS operator,” Keech said. “If you have military radio background it is very easy to transfer into the MARS program. About 70 percent of MARS operators have no military or communications background.”

It takes three weeks to one month for an amateur radio operator to become a MARS operator.

“We have to teach them all over again to get rid of the bad lessons they have learned as amateurs,” Keech said. “Amateurs do things that are very loose format usually.”

Emergency communications requires a strict doctrine.

“It is standardized across the system,” Keech said. “You can not be misunderstood. The idea of the MARS program is to have a cadre of trained operators that practice often so they know their limitations, capabilities and can communicate competently,” Keech said. “The MARS program trains people to stay up to that level. They know what to communicate with, what they can’t communicate with and how to work out problems as they arise.”

▼From PROGRAMS, A-1

programs at once to allow Airmen time to consider their options and ensure their personnel records are up to date.”

Several programs will be announced in the coming weeks. Boards will consider an Airman’s entire record of performance and will be conducted in accordance with Air Force promotion board standards. These programs only apply to active-duty Airmen.

Enlisted only programs

The chief master sergeant retention board will include two phases. During phase one, chiefs in specific specialties may apply for voluntary retirement in lieu of meeting a retention board. Chiefs with 20 years of total active federal military service from identified overage career fields who do not apply for retirement before the phase one window closes Mar. 15, 2014 will be considered by the board, Cox said.

The quality force review board will look at senior master sergeants and below with a negative quality indicator code. Negative codes include reporting identifiers, grade status reasons, reenlistment eligibility, or assignment availability codes. For a complete list of codes,

Airmen should visit the MyPers website once the Personnel Services Delivery Memorandum for this program is released.

Airmen who have declined to obtain retainability for change of station, temporary duty, re-training/training, deployments or promotion will be looked at under the Date of Separation rollback program.

Voluntary separation pay applies to Airmen on the active-duty list with more than six years but no more than 20 years of total active federal military service, and will be offered to enlisted retention board eligible Airmen as a voluntary incentive prior to the retention boards.

The enlisted retention boards will look at senior airmen through senior master sergeants in overage Air Force specialty codes with a date of rank of Jan. 1, 2013 or earlier. Senior noncommissioned officers with a minimum of 20 years of total active federal military service by the mandated retirement date will also be considered by the board.

Officer only programs

Force shaping boards will consider active-duty officers with more than 3 but less than 6 years of commissioned service as of Dec.

31, 2014 for separation and will target career fields and year groups based on sustainment levels.

Overages in the officer corps will require the force to conduct an Enhanced Selective Early Retirement Board. An ESERB allows the service to consider retirement eligible active-duty officers below the rank of colonel, lieutenant colonels once deferred for promotion, and colonels with two to four years time in grade. By law, the Air Force will select no more than 30 percent for each grade in each competitive category.

Voluntary separation pay will be offered to active-duty officers with six or more years total active federal military service as a voluntary incentive prior to the meeting a board. A reduction in force board will consider regular officers below the grade of lieutenant colonel who have served at least one year of active duty in their current grade, are not on a promotion list, and have six or more years total active commissioned service and less than 18 years of total active federal military service.

Officer and enlisted programs

Officers and enlisted in overmanned career fields with more than 15 but less than 20 years of service will be eligible for Tem-

porary Early Retirement Authority Phase II. The Air Force will offer TERA in fiscal year 2014 with the application window starting in January 2014.

These measures are part of the Air Force’s comprehensive Force Management Program designed to shape the future force.

Civilian workforce

The Air Force will reduce the size of its civilian workforce by about 900 positions in addition to maintaining approximately 7,000 vacancies across the force to meet the demands of a constrained fiscal 2014 budget, officials announced.

Specific reductions by location have not been determined.

The Air Force will implement civilian workforce shaping initiatives, along with continued targeted hiring to comply with mandatory funding targets and to rebalance the civilian workforce to meet skill demands for fiscal 2014 and beyond.

“The Defense Department used administrative furloughs to meet civilian pay budget demands in the compressed time frame between sequestration and the end of the [Fiscal Year 2013]. We will meet a similar budgetary challenge in FY 14 through a reduced workforce,”

said Air Force Brig. Gen. Gina Grosso, the director of force management policy for the Air Force. The general added that the Air Force’s strategy to meet civilian pay budget targets does not include a furlough.

To reduce the number of employees assigned against previously and newly abolished positions, the Air Force plans to maximize the use of Voluntary Early Retirement Authority and Voluntary Separation Incentive Pay to entice employees who are eligible to leave federal service to do so voluntarily. These programs offer early retirement for employees who are considering life outside of federal service and up to \$25,000 for employees whose voluntary separation would save another employee from being involuntarily separated.

“Over the last couple of years the Air Force has gone through significant civilian pay budget challenges,”Grosso said. “By implementing voluntary programs now we hope to mitigate future involuntary losses to the civilian workforce.”

For more information and force management, force shaping, reduction in force and other personnel programs, go to the myPers website at <https://mypers.af.mil>.

Commissary hours

The Commissary is open 9 a.m. to 8 p.m. Monday through Saturday, and 9 a.m. to 7 p.m. Sunday.

The commissary will be closed Christmas and New Years.

Lodging rate increases

New lodging rates are:

- Visiting quarters: \$56.00
- Visiting Airman quarters: \$42.25
- Temporary lodging facilities: \$60.50
- Large temporary lodging facilities: \$63.75
- Business suites: \$58.75 to \$61.50

Veterinary hours change

The Veterinary Treatment Facility is operating on winter hours. Though the VTF primarily works on military working dogs, the facility also provides services for active duty Soldiers, retirees, National Guard and Army Reserve Soldiers on active orders (greater than 30 days), and their dependents.

The VTF is capable of providing care for most routine services, including vaccination and sick call.

The VTF is open Monday to Wednesday, 8 a.m. to 4 p.m.; and Friday, 8 a.m. to 3 p.m.

For more information and to make an appointment, call 384-2865.

Scholarship opportunity

The Air Force Aid Society will be accepting applications for the Gen. Henry H. Arnold Education Grant for the academic year 2014 to 2015 until March 7.

Eligible spouses and family members will have an opportunity to receive up to \$2,000 to fund their college education. To apply, please visit www.afas.org/education-grants.

Furnishing Management

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

FMO typically delivers items as far as Peters Creek or Rabbit

Creek. Service members must make special arrangements beyond these areas.

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

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

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

Rental Partnership

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

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

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

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

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

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

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

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

MiCare registration

MiCare, the online personal health record and secure messag-

ing application, has been available to patients and medical group staff at Joint Base Elmendorf-Richardson since 2011.

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

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

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

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

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

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

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

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

Article 139 claims

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

Claims covered by Article 139 are:

- Claims for damage to property inflicted intentionally, knowingly, purposefully, and without a justifiable excuse.
- Claims for property wrongfully taken. A wrongful taking in an unauthorized taking or with-

holding of property not involving a breach of a fiduciary or contractual relationship, with the intent to deprive the owner of the property temporarily or permanently.

Claims not covered by Article 139 are:

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

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

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

Claims should be filed by branch of service. For claims against Army members, contact the Army claims office in Bldg 600, Suite 313, at 384-0330. For claims against Air Force members, contact the JBER claims office in the People Center, Suite 330 at 552-3048.

Claims relating to members of any other branch may be made at the Army claims office and will be forwarded to the proper service.

Priority placement

The Priority Placement Program and Executive Order 13473 provide non-competitive appointment for spouses of active duty service members, including full-time National Guard and Reservists, who are relocating to accompany their service member during a permanent change of station.

The program allows spouses to

register for Department of Defense positions and to be considered for jobs offered internally. Spouses are matched against potential positions, which meet their qualifications and preferences.

Job placement will vary with each individual. The spouse remains eligible for a maximum of two years from the date of the PCS orders and are in the program for one year.

Military spouses who have never filled a federal position can now register for PPP. This program had previously been limited to spouses on a current federal appointment or had a former federal position in the past.

Military spouses can register at the Civilian Personnel Office at JBER-Elmendorf or the personnel office at JBER-Richardson. The JBER point of contact is Brenda Yaw at 552-9203.

Find housing

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

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

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

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

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

Arctic Watch

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



Enjoy Alaska for the price of a coffee a day

Commentary by Jim Hart
JBER Public Affairs

It's 10 below outside; the beautiful green trees and grass have been replaced with a monochrome scene of white snow and grey skies.

Why would anyone go outside? Believe it or not, there are people who spend thousands of dollars to be in this very environment.

In fact, some even long to be here, but can't afford the trip.

Imagine a charity personality sitting on a porch somewhere in Texas saying, "Little Johnny won't have a white Christmas this year without a plane ticket to someplace cold and snowy. For the price of a cup of coffee, you can ship Johnny a snowball per day..."

So what if Johnny got a permanent change of station to Joint Base Elmendorf-Richardson, what could he do for the price of a cup of coffee per day?

Have a ball in the snow

Think about it — most people in the U.S. live on the coast and on relatively flat ground. They also live in temperate climates where snow is short-lived and rare.

A few things converge on snowy mountains — the force of gravity, an inclined plane with a low-friction surface that's soft and fluffy, and people who love hurling their bodies at speeds well beyond designed limits.

Skiing is one of the most popular winter vacation activities, and it's readily available on and around JBER.

Let's start with the off-base ski areas, since they have the longer ski runs, and with the closest ones first.

(Editor's note) This year is a little tough for the ski areas because the snow isn't quite as deep as it needs to be — call before heading out.)

For skiing that closely resembles backcountry, only much safer and without the helicopter ride, the Arctic Valley Ski Area on Arctic Valley Road is just outside JBER's backyard.

In fact, it used to belong to the Army and is now run as a non-



Snowmachining — the Alaska term for what others call snowmobiling — is a quintessentially Alaska experience. If you're not ready to shell out for your own gear just yet, the Seward Military Resort offers multiple-hour tours on rented sleds. With dozens of reasons to get out and enjoy the great outdoors this winter, there's no need to stay inside and try to wait out the weather. For the price of a cup of coffee a day, residents can experience a slice of all Alaska has to offer. (U.S. Air Force photo/Airman Ty-Rico Lea)

profit organization.

All-day lift tickets for military members are roughly the cost of three eggnog lattes, and children under 7 years old are free.

Another non-profit is Hilltop Ski Area in Anchorage.

It's operated by Youth Exploring Adventure, an organization dedicated to providing recreational programs for Anchorage youth.

The normal lift ticket prices are in line with Arctic Valley's, but there is no military discount.

If a resort is more desirable — and who doesn't love a cup of hot cocoa after a long day on the slopes — then Alyeska Resort in Girdwood is a place to check out.

Being a resort, visitors don't have to ski to have a nice time.

Set in some of the most beautiful scenery Alaska has to offer, Alyeska has a spa, pool and other luxuries to help vacationers relax during their winter getaway.

Discounted lift tickets are available, especially for those willing to go during the week, and the resort offers package deals for families.

Check with Information Tickets and Travel for current offers.

ITT is in the Arctic Oasis on JBER-Elmendorf, and can be reached at 552-0297.

If there's just not enough time to drive off base, or if a quick afternoon of fun is all that's needed, JBER has some winter activities as well.

Before hitting the slopes, and perhaps to prevent people from hitting trees and other skiers, Hillberg Ski Area has after-school program ski and snowboard lessons, Thursdays and Fridays from 4:30 to 6 p.m. and 6:15 to 7:45 p.m. throughout December.

Prices include all equipment

and lift tickets. Call Hillberg at 552-4838 for pricing.

For children between the ages of 6 and 12 years old, there's also a Snow Camp at Hillberg. The first camp is Dec. 21 to 23 and the second camp goes from Dec. 27 to 29. Both camps run from 11:30 a.m. to 5:30 p.m.

If skiing isn't your thing, or if simple fun without any special equipment is what you need, Hillberg also offers tubing at prices competitive with a night at the movies, or about three 20-ounce mocha lattes with sprinkles.

For those who think downhill skiing is a sure-fire way to visit an orthopedic surgeon, and tubing is just not civilized or refined enough, cross-country skiing is also available, including lessons and whole-season equipment rentals.

Popular with people who like the silence and elegance of sliding through groomed trails for a lunchtime workout, Eagleleg Golf Course offers its Fit to Fight cross country ski program, seven days per week from 10 a.m. to 2 p.m.

Eagleleg is a ski-only facility to preserve the trail grooming. No snow shoes, snow bikes or pets.

This would also mean no snow golf clubs, snow golf balls or snow golf carts.

Skis aren't required

There is another side of snow recreation that's fast and uses gasoline. No, not lighting a bonfire by ill-advised and dangerous means. This is snowmobiling — snowmachining.

First, in Alaska, it's not snowmobiling.

For reasons not readily apparent, Alaskans will correct you every time you say "snowmobile."

Perhaps the reason rests in bush

lore (country cousins of urban legends), but all the scientific research sites available, such as Wikipedia and Snowmobile Forum, are divided on this.

In the interest of being absolutely (and politically) correct, the term "gasoline-powered, self-propelled, high-speed sled" could be used... except this would be the first time it's ever been in print and the term would be too cumbersome. Snowmachine it is.

One of the more exotic locations at which to snowmachine is Seward Military Resort, run by Army Family Morale Welfare and Recreation.

Most people familiar with Seward know it as a summer destination for fishing, sightseeing and the Seward Sea Life Center (which is open year-round), but it also has some unique snowmachine trails nearby.

The Exit Glacier tour offers breathtaking scenery and a memorable Alaska experience. The four-to-five-hour tour costs about what you would pay for 12 chai lattes with extra cinnamon. Call Seward Military Resort for reservations at 800-770-1858.

For people who want to make their own snowmachine adventure, Outdoor Rec offers snowmachine rentals; riders will need a safety class first.

Not everyone appreciates gas-powered sleds. How about something powered by kibble-fed, air cooled, nonelectric dog-sled pullers?

Dogsled rides are available Dec. 21 on Hillberg Lake from noon to 5 p.m.

Prices for adults are about what you would pay for a box of dog treats and a large coffee... don't literally try to pay with dog treats,

though. While the dogs would love anyone offering treats, the sled driver definitely would not.

I've played in the snow... now what?

While snow and ice can be a blast, there are more civilized ways to enjoy winter outside the home.

ITT offers discounted tickets to the Anchorage Museum of History and Art as well as the Anchorage Concert Association (they'll show West Side Story Jan. 14 through 24).

ITT also has tickets for Alaska Aces hockey and scenic tours on the Alaska Railroad, as well as discounted lift tickets.

There are hobby-related services available, such as the wood hobby shop and the ceramics shop on JBER-R in building 755.

Holiday Party

If you're not sure if tubing or skiing would be fun, or you're not ready to commit to taking the family out by yourself, join the rest of the JBER community at Hillberg for the JBER Installation Holiday Party, Dec. 20 from noon to 4 p.m.

There will be dogsled rides, tubing, snow machine rides, skiing and snowboarding, and for those who would rather watch — yes, there will also be hot cocoa. And cookies.

So while it may be tempting to be a recluse until spring, perhaps even suffer some cabin fever just so you have a story to tell the family back home, there is plenty to do in and around JBER.

Many of those things cost less than a cup of coffee per day... with sprinkles.

This story implies no federal endorsement of activities or businesses, and is intended for informational purposes only.

The weather outside was frightful ...



The festivities for the lighting of the Joint Base Elmendorf-Richardson holiday tree were cancelled Dec. 5 due to freezing rain and treacherous roads. But for those who were at the Joint Military Mall, there was a small unofficial gathering as the lights were switched on, complete with carolers. JBER commander Air Force Col. Brian Duffy welcomed those few people already in the area. (U.S. Air Force photos/Airman 1st Class Tammie Ramsouer)



Give presence, not just gifts, this Christmas

Commentary by Air Force Chaplain (Maj.) Steven Richardson
Deputy 673d ABW Chaplain

I don't have accurate figures, but I suspect at least three quarters of JBER did some shopping over Thanksgiving weekend. The other quarter just didn't want to deal with all the people.

My 14- and 11-year-old sons and I went to Wal-Mart on Thursday night, and it was scary.

It seemed like everyone in the store was fighting each other, and willing to stand in ridiculously long lines, just to buy the perfect gift for their chaplain.

At least, I think that I what they were doing.

Nowadays it seems like a successful Christmas hinges on giving or getting the right gift. It makes me wonder, "What if Jesus was going to be born in 2013?"

What do you think the wise men would have ordered from Amazon?

Maybe a gold-plated crib, myrrh-scented baby powder or a new set of Samsonite luggage for the flight to Egypt.

Of course the wise men just gave gold, frankincense and myrrh; and with those three gifts the tradition of giving gifts for Christmas was born.

If we are willing to admit it, this tradition of giving gifts has gotten to be a problem for many of us.

My wife, Emily, and I even



The Packer family (from left to right) Lori; Reagan, 1; Zane, 3; McKenna, 6; Logan, 5; and Army Capt. Richard Packer, 2d Engineer Brigade public affairs officer, gather at the home of Army Chaplain (Capt.) Matt Miller of the 1st Battalion (Airborne), 501st Infantry Regiment, last week on Joint Base Elmendorf-Richardson. (Photo courtesy of Brooke Miller)

spent part of our change-of-station house-hunting trip to Alaska this summer searching for early Christmas presents.

Then, of course, as Christmas

approaches we will still panic when we realize we forgot her uncle's friend's third wife, or our neighbor's poodle.

For many of us, the com-

mercialism of Christmas can be frustrating.

I'm not a scrooge.

I am not yelling, "Bah humbug!" But it is frustrating when the clatter of the receipt printer is more important than ringing of church bells.

It is frustrating when the sound of footsteps in the mall is more connected to Christmas than the sound of little feet in Sunday School.

It is frustrating when the success of Christmas is judged by the amount of money we spend.

It is frustrating when the sounds of "Joy to the World," are drowned out by the phrase, "Two more shopping days 'till Christmas."

I almost wish the wise men had not brought any gifts and started the tradition of giving things at Christmas.

But to be fair, the wise men were not the first people to present a gift to the infant Jesus.

The first people to present a gift were also the first people who were told about the birth... the shepherds.

The shepherds were some of the poorest people in town. They didn't bring gold, frankincense, or myrrh - they could not afford them.

Instead, they gave the only present they could - themselves. Their presence.

I believe the best gift we can give this year is not a 65-inch

TV, an Xbox One, a PS4 or even a dancing Santa. The best gift we could possibly give to God and to each other this Christmas is us.

We are the Christmas gift that matters.

I know some kids are thinking, "Nope, a PS4 is better."

I know it may feel that way, but game systems break, new video games get boring, and dancing Santas become really, really annoying.

But our relationships with God and each other can fuel our hearts forever.

This Christmas, don't be so busy making dinner that you forget to attend a Christmas Eve service with your family or friends.

This year, JBER chaplains will host several such services on Christmas Eve.

First, a 4 p.m. JBER Protestant service takes place with retired Air Force chaplain Cecil Richardson in Chapel 1.

There will also be a 6:30 p.m. Catholic Mass in Chapel 1 and a 6:30 p.m. Ecumenical Candlelight service in Soldiers' Chapel.

On Christmas Day, celebrate Mass at Soldiers' Chapel at 9 a.m.

Don't be so busy playing video games that you forget to call your family back home.

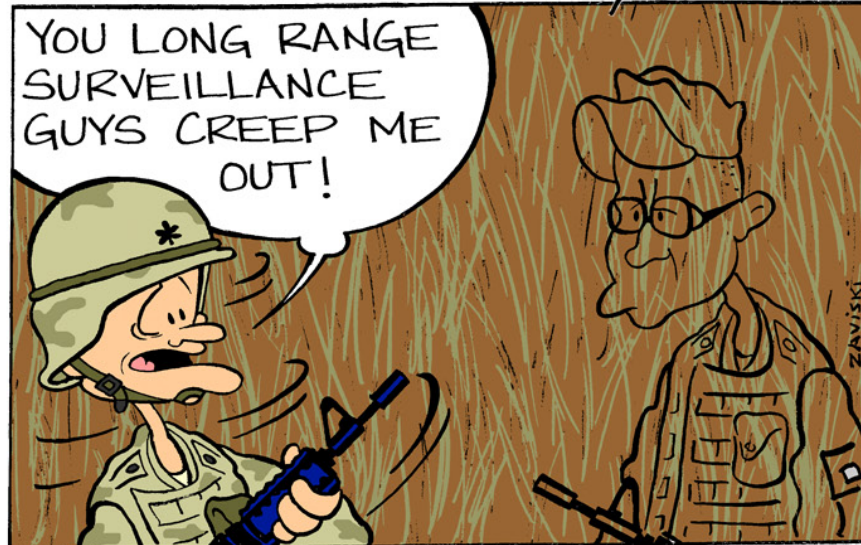
Don't be so busy watching others play on TV that you forget to play with your own children.

This year, don't just give gifts - give presence.

GUNSTON st.

gunstonstreet.com or gunstonstreet@yahoo.com

by ZAVISKI



**FORCE
SUPPORT
SQUADRON**

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



Did you know.....

You can view the JBER673FSS facebook page even if you don't have a facebook account? Stop by and see us! www.facebook.com/JBER673FSS

For more information, call The Arctic Chill at 384-7619

THE ARCTIC CHILL

IT'S FOOTBALL SEASON!

FREE BREAKFAST FOR MEMBERS ON SUNDAY MORNING!

DECEMBER 15
FIRST KICK OFF - 9 A.M.

DECEMBER 22
FIRST KICK OFF - 9 A.M.

DOOR OPEN 30 MINUTES PRIOR TO GAME TIME!

New Arctic Chill Hours

Sunday: 8:45 a.m. - 9 p.m. Friday: 5 p.m. - 3 a.m.
Thursday: 4:30 - 9 p.m. Saturday: 6 p.m. - 3 a.m.

FIREFAST

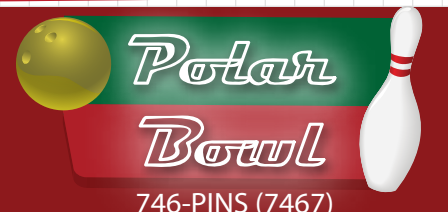
ALL RANKS CLUB

Thursday, 4 - 9 p.m. ○ Friday, 4 p.m. - Midnight
Saturday, 6 p.m. - Midnight

All Ranks Club
Located in the basement of
the Arctic Warrior Event Center, Bldg. 9387
JBER-Elmendorf

Call 394-7619 to reserve the club for your next Squadron/Unit Event or Party !

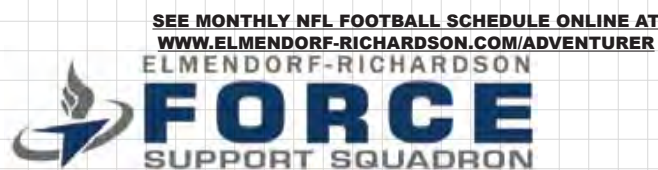
Bowling With Santa



December 21 - 10 a.m. - Noon

\$24.99 per child if booked by December 16. The full payment is due at the time of reservation, fully refundable if canceled by December 16. Cost of \$29.99 per child if reservations made after December 16 and is non-refundable.

- 2 Hours Unlimited Bowling
 - Shoe Rental
 - Christmas Gift Bag from Santa
 - Picture with Santa
 - Lunch (hot dog, chips & drink) Drinks come in special Christmas Cup
 - Chance to win mystery gift from Santa if you bring in a holiday decorated theme bowling pin. (Bowling pin given at time of reservation.)
 - Bowling Center closed to open bowling
- Call 753-PINS for further information or come by to make reservations!**



SEE MONTHLY NFL FOOTBALL SCHEDULE ONLINE AT
WWW.ELMENDORF-RICHARDSON.COM/ADVENTURER

SATURDAY
Alaska holiday train

Celebrate the season on the holiday train. Morning departure at 10 a.m. brings you back to Anchorage by noon; the afternoon train leaves Anchorage at 2 p.m. and returns at 4:30.

Information, Tickets and Travel offers discount tickets; call 753-2378.

For information, visit alaskarailroad.com.

SUNDAY
TubaChristmas

A free community event presented by the Alaska Center for the Performing Arts, this festival of tubas is an hour long and features decorated seasonal tubas.

Enjoy the sounds of the season.

For information, visit alaskarailroad.com.

Ice candles and luminaria

Light up your sidewalk or driveway with ice lights this year – a unique way to use household items to create beauty.

The class is hosted at the Alaska Botanical Garden; dress warmly since a portion of the class is outside.

For information call 770-3692.

THROUGH JAN. 12
Wonderland of Toys

The museum's atrium becomes a dazzling tableau of toys, dating back to the 1800s.

From carousel horses to tin soldiers, the history of toys is on display at the Anchorage Museum.

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

THROUGH SUNDAY
Anchorage Film Festival

The 13th year of the Anchorage International Film Festival launches its biggest year yet.

Get out of the cold with films you won't see in the mainstream theaters.

For more information, visit anchoragefilmfestival.org

SATURDAY AND SUNDAY
ASAA Wrestling

Anchorage Christian High School hosts the state's grapplers as they vie for state team and individual recognition.

For information and times, visit asaa.org or call 337-9575.

DEC. 18, 20 AND 21
Alaska Aces Hockey

Hometown Aces take on the Utah Grizzlies in hockey action at the Sullivan Arena at 7:15 p.m. all three nights. Information, Tickets and Travel offers discount tickets; call 753-2378.

For information, visit alaskaaces.com.

DEC. 20
JBER Holiday Party

Celebrate with JBER at the annual holiday party at Hillberg from noon until 4 p.m.

Festivities include activities for children, dog sled rides, cardboard sled races, skiing and snowboarding and much more.

For information, call 552-1277.

DEC. 31
Torchlight and fireworks

Alyeska Resort hosts this annual end-of-the-year epic sight with skiers and snowboarders traversing the slopes of Mount Alyeska with torches – lighting up the mountain with a red glow.

The event culminates with one of the biggest fireworks displays in Alaska. Events start at 8 p.m.

For information, visit alyeskaresort.com.

Masquerade Ball

Ring in the new year at the Dena'ina Center with Alaska's "largest and classiest" New Year's Eve party.

DJs spin top-40 hits and door prizes are just one of the draws.

For information, visit fivestalaraska.com.

JAN. 3 AND 4
Alaska Aces Hockey

Hometown Aces take on the Idaho Steelheads in hockey action at the Sullivan Arena at 7:15 p.m. both nights. Information, Tickets and Travel offers discount tickets; call 753-2378.

For information, visit alaskaaces.com.

JAN. 11
Chaplin Silent Film fest

Join the Anchorage Symphony Orchestra in celebrating the 100th anniversary of Charlie Chaplin's debut performance as the Little Tramp.

This double-feature of si-

lent films is accompanied by the symphony at the Alaska Center for the Performing Arts beginning at 8 p.m.

For information call 263-2787 or visit anchoragesymphony.org.

JAN. 14 THROUGH 24
West Side Story

50 years ago, one musical changed the theater world forever. Now the classic is back with a revival that brings the greatest love story of all time to life.

Recommended for ages 13 and up, performances take place at the Alaska Center for the Performing Arts. Information, Tickets and Travel offers discount tickets; call 753-2378.

Showtimes vary; for information visit anchorageconcerts.org.

JAN. 15, 17 AND 18
Alaska Aces Hockey

The Aces take on the Las Vegas Wranglers at Sullivan Arena at 7:15 all three nights.

Information, Tickets and Travel offers discount tickets; call 753-2378.

For information, visit alaskaaces.com.

ONGOING
Wildlife Wednesdays

The Alaska Zoo Gateway Lecture Hall hosts lectures beginning at 7 p.m. each Wednesday, focusing on a different wildlife research topic.

These lectures are aimed toward an older audience, such as university students or adults with an interest in science. Partners include fish and game authorities. Lectures are free through April 9, and coffee and tea are always available.

For information, call 341-6463 or email slhartman@alaskazoo.org.

AER scholarships

Army Emergency Relief is taking applications for scholarships.

Scholarships are available for children, spouses and other dependents of active duty, retired and deceased Soldiers.

Applications and instructions are available at aerhq.org.

For information, call 384-7478.

Hap Arnold Grants

The General Hap Arnold Education Grant Program is taking ap-

plications through March 7.

These \$2,000 grants are given to dependents of Air Force members; for more eligibility information, or to fill out an application, visit www.afas.org/education-grants.

Protestant Women of the Chapel meetings

Women are invited to meet with Protestant Women of the Chapel. Bible study happens Tuesdays at 9:30 a.m. at Soldiers' Chapel on JBER-Richardson.

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

Night at the Fights

Boxing matches happen every Thursday night at the William A. Egan Civic Center.

Get your boxing fix; doors open at 6:30 p.m. and fights start at 7:30.

For information, visit thursday-nightfights.com.

If being ringside isn't enough, email jimpatton@gci.net to fight in a "grudge match."

Early Insanity Workout

These early morning workout sessions begin at 6:00 a.m. every Tuesday and Thursday and are focused on the 'Insanity' workout program.

For more information, call 351-3060.

Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.

Anyone interested in model railroading is invited.

For information about meetings, work days, and shows, call 952-4353, visit their site at www.trainweb.org/msmrre or email bjorgan@alaska.net.

Borealis Toastmasters

Conquer your fear of public speaking with Toastmasters.

This safe, friendly club helps build confidence through speeches, presentations, feedback and listening in a supportive environment.

The club meets every Thursday in Room 146 of the BP building from 7 to 8 p.m.

For information, call 575-7470.

Chapel services

Catholic Mass

Sunday

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

Monday through Friday

11:40 a.m. – Soldiers' Chapel
Monday, Tuesday, Wednesday and Friday

11:30 a.m. – Elmendorf Chapel Center

Thursday

11:30 a.m. – Hospital Chapel

Confession

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

Protestant Sunday Services

Joint Liturgical Service

9 a.m. – Elmendorf Chapel 2

Traditional Service

9 a.m. – Elmendorf Chapel 1

Contemporary Protestant Service

11 a.m. – Soldiers' Chapel
Gospel Service

Noon – Elmendorf Chapel 1

Contemporary Protestant Service

5 p.m. – Elmendorf Chapel 1

Wired Cafe for Airmen

The Wired Cafe at 7076 Fighter Drive, between Polaris and Yukla dormitories, has wireless Internet and programs throughout the week for single Airmen living in the dorms. There are also free home-style meals Fridays at 6 p.m.

For information, call 552-4422.

Storytime for Toddlers

Pre-school-aged children can join zoo staff for stories about an animal species, followed by meeting animals, at 10:30 a.m. Mondays at the coffee shop greenhouse.

For information, email camp@alaskazoo.org.

events & activities



Check out the December Alaskan Adventurer

Hillberg Opening SOON!*

Weather & Snow Dependent

*Opening delayed due to lack of snow.

Follow us on Facebook for the latest on Opening Day
www.facebook.com/hillbergskiarea

Ski Hotline 552-4276

OPENINGS Kodiak Part Day Preschool AVAILABLE

Monday - Friday
1 - 4 p.m.
4yrs old by Sept. 1, 2013

Tuesday & Thursday
1 - 4 p.m.
3 yrs old by Sept. 1, 2013

Call 384-1510 for registration information
between 9 a.m. & 3 p.m.

DOG SLED RIDES

SNOW MACHINE RIDES

DOOR PRIZES & MUCH MORE!

FREE SHUTTLE BUS TO HILLBERG, FROM TALKEETNA THEATER JBER-ELM. BEGINS AT NOON LIMITED PARKING AT HILLBERG

ASYMCA

DEC. 20 HILLBERG

NOON - 4 P.M.

JBER INSTALLATION HOLIDAY PARTY

- KIDS ACTIVITIES
- PICTURES WITH SANTA
- HOT CHOCOLATE
- CARDBOARD SLED RACES HOSTED BY CGOC. CALL 552-1277 FOR MORE INFORMATION ON RACE.
- SKIING/SNOWBOARDING LIFT TICKETS*
- BOOT/BOARD & SKI RENTAL
YOU'RE WELCOME TO BRING YOUR OWN.
- 4 TUBING SESSIONS*
(LIMIT 50 TICKETS ISSUED PER SESSION. FIRST COME - FIRST SERVED)

FOOD AVAILABLE FOR PURCHASE FROM ARAMARK CONCESSIONS

*CHAIR LIFT AND TUBING HILL CLOSES 3:50 P.M.
NORMAL HILLBERG OPERATION BEGINS AT 4 P.M.

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

Birth Announcements

December 13, 2013

ARCTIC WARRIOR

B-4

DEC. 1
A son, Jayden Michael Cable, was born 18 inches long and weighing 6 pounds, 1 ounce at 9:35 p.m. to Senior Airman Kaitlyn Sue Lawton of the 90th Aircraft Maintenance Unit and Tech. Sgt. Bryan Michael Cable of the 176th Aircraft Maintenance Squadron.

DEC. 2
A son, Desmond Anthony Moore, was born 20 inches long and weighing 9 pounds at 6:28 p.m. to Theresa Marie Moore and Air Force Staff Sgt. David Michael Moore of the 773d Logistics Readiness Squadron.

DEC. 3
A daughter, Amelia Jean Rigby, was born 20.5 inches long and weighing 6 pounds, 15 ounces at 6:14 p.m. to Air Force Staff Sgt. Elizabeth J. Rigby of the 703rd Aircraft Maintenance Squadron and Shaun Thomas Rigby.

DEC. 4
A son, Robert James Fernandez, was born 21 inches long and weighing 6 pounds, 9 ounces at 5:39 a.m. to Army Capt. Leslie Nicole Fernandez of the 6th Engineer Battalion and Army Capt. Taylor Ryan Fernandez of the 2d Engineer Brigade.

DEC. 5
A son, David Anthony Cole Jr. was born 20.5 inches long and weighing 8 pounds, 5 ounces at 1:38 p.m. to Ashley Nicole Koon and Spc. David Anthony Cole of Headquarters and Headquarters Company, 2d Engineer Brigade.

DEC. 6
A son, Wyatt Dylan Krugh, was born 21.5 inches long and weighing 7 pounds, 5 ounces at 5:57 p.m. to Emily Marie Krugh and Spc. Chase Dylan Krugh of the 1st Squadron (Airborne), 40th Cavalry Regiment.

DEC. 7
A son, Finn Lee Larson, was born 19.5 inches long and weighing 6 pounds, 2 ounces at 6:56 p.m. to Shawna Lee Larson and Air Force Staff Sgt. Erik Glen Larson of the 732nd Aircraft Maintenance Squadron.

DEC. 8
A son, Josiah Reid Weston, was born 20 inches long and weighing 7 pounds, 3 ounces at 7:58 p.m. to Jennifer Marie Weston and Sgt. 1st Class Jerome Weston Jr. of the U.S. Army Alaska Noncommissioned Officer Academy.

Be safe with holiday cooking, candles this year

By Ford Brooks
JBER Fire Prevention Chief

Cooking fires continue to be the most common type of fires experienced by U.S. households.

This is even more apparent during the holidays. There is an increased incidence of cooking fires on Thanksgiving, Christmas Eve Day, and Christmas Day.

Cooking fires are also the leading cause of civilian fire injuries in residences. These fires are preventable by simply being more attentive to the use of cooking materials and equipment.

Don't become a cooking fire casualty.

Safe Cooking Tips

The kitchen can be one of the most hazardous rooms in the home if you don't practice safe cooking behaviors.

Stay in the kitchen when you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

If you are simmering, baking, roasting or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.

To prevent cooking fires, you have to be alert. You won't be if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.

Keep anything that can catch fire – pot-holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels, or curtains – away from your stovetop.

Keep the stovetop, burners, and oven clean.

Wear short, close-fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and catch fire if it comes into contact with a gas flame or

electric burner.

Plug microwave ovens and other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.

If You Have a Cooking Fire

When in doubt, just get out. When you leave, close the door behind you to help contain the fire. Call 911 or the local emergency number after you leave.

If you do try to fight the fire, be sure others are already getting out and you have a clear path to the exit.

Always keep a lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan. Turn off the burner. Do not move the pan. To keep the fire from restarting, leave the lid on until the pan is completely cool. Call 911.

In case of an oven fire, turn off the heat and keep the door closed to prevent flames from burning you or your clothing.

If you have a fire in your microwave oven, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. Unplug the appliance if you can safely reach the outlet.

After a fire, both ovens and microwaves should be checked by a qualified technician and/or serviced before being used again.

Nuisance Smoke Alarms

If a smoke alarm sounds during normal cooking, you may need to move it farther away from the kitchen (according to manufacturer's instructions) or install a smoke alarm with a pause button.

If your alarm already has a pause button, push the pause button, open the door or window, and fan the area around the alarm with a towel to get the air moving.

Do not disable the smoke alarm or take the batteries out.

Treat each smoke alarm activation as a likely fire and react quickly and safely to the alarm.

Frying turkeys

Use turkey fryers outdoors at least 10 feet from buildings and any other combustible materials. A garage is not "outdoors" and neither is a wooden deck. Keep the fryer on a flat surface to avoid accidental tipping.

Never leave the fryer unattended. Most units do not have thermostat controls. If you do not watch the fryer carefully, the oil will continue to heat until it catches fire.

Never let children or pets near the fryer even if it is not in use. The oil inside the cooking pot can remain dangerously hot hours after use.

To avoid oil spillover, plan for the displacement of the turkey; do not overfill the fryer.

Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.

Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix; water causes oil to spill over causing a fire or even an explosion hazard.

The National Turkey Federation recommends thawing the turkey in the refrigerator approximately 24 hours for every five pounds in weight.

Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. If the fire is manageable, use your all-purpose fire extinguisher. If the fire increases, evacuate anyone in the affected area and immediately call the fire department for help.

Burns and Scalds

Most burns associated with cooking equipment, cookware, and tableware are not caused by fire or flame.

In 2009, ranges or ovens were involved in an estimated 17,300 thermal burn injuries seen in U.S. hospital emergency rooms, according to the National Fire Prevention Association.

Microwaves are a leading cause of scald burns. Be extra careful when opening a heated food container and only heat food in containers that are marked "microwave safe."

Since foods heat unevenly in the microwave, make sure you stir and test the food before eating.

Children under five years old face a higher risk of non-fire burns associated with cooking than of being burned in a cooking fire.

Keep children at least three feet away from where food and drink are being prepared or carried.

Keep hot foods and liquids away from the table or counter edges.

Use the stove's back burners if you have young children in the home, and keep pot handles turned inward, not off the stove where curious hands can grab them.

Never hold a child while cooking, drinking, or carrying hot foods or liquids.

Holiday concerns

Holidays are filled with candles, scented oil warmers, and strings of lights. Ensure your tree has adequate water so needles don't dry out and become a fire hazard.

Don't leave burning candles unattended or within the reach of children or pets or in a place where they could be easily knocked over or cause burns.

For more information on fire safety, contact the Fire Prevention Office at 552-2620.