

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

# ARCTIC WARRIOR

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Sgt. Okan Murat Cetinbag

## JBER Soldier dies of injuries

USARAK news release

A U.S. Army Alaska Soldier died Tuesday evening from injuries sustained Feb. 7 at his home on JBER.

Sgt. Okan Murat Cetinbag, 24, an infantryman with B Company, 1st Battalion (Airborne), 501st Infantry Regiment, was removed from life support and pronounced dead at 6:25 p.m. by medical personnel at Providence Alaska Medical Center with his family in attendance.

The circumstances surrounding his death are under investigation by special agents from the U.S. Army Criminal Investigation Command. Details of the injuries Cetinbag sustained at his home and the cause and manner of death are not being released at this time to protect the integrity of the investigative process.

Cetinbag, of Morton Grove, Ill., joined the Army in January 2013, attended basic and airborne training at Fort Benning, Ga., and arrived in Alaska in June 2013. He had previously served with the U.S. Marine Corps, including a combat tour in Afghanistan in 2010.

## Pacific partners Royal Thai Armed Forces members visit with Spartans

By Sgt. 1st Class Jason Epperson  
JBER Public Affairs

Service members from the Royal Thai Armed Forces arrived at Ted Stevens Anchorage International Airport Feb. 4 as part of the beginning stages of Exercise Cobra Gold 2014.

Paratroopers with the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, were there to greet their Pacific Region partners. The Thai service members were taken to Joint Base Elmendorf-Richardson where they would begin a 10-day visit focusing on partnership between the two countries.

“We have close partnerships with several nations,” said Army Maj. Jeremy Riegel, the executive officer of 725th Brigade Support Battalion (Airborne). “This past summer, we did Talisman Saber with the Australians, we’ve done several school exchanges with the Indian Army and the Thais are one partnership we’ve had over several years where we do regular exchanges of their paratroopers and our paratroopers. [We]

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# ON POINT



Pfc. Kevin Jones, assigned to Blackfoot Company, 1st Battalion (Airborne), 501st Infantry Regiment, a native of Chicago, provides security during a winter field training exercise, Feb. 3, on JBER. (U.S. Air Force photo/Justin Connahey)

## Spartans hone Arctic warrior skills during winter training

By Army Staff Sgt. Jeffrey Smith  
JBER Public Affairs

Paratroopers with the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, along with various units and enablers from across Alaska worked together to demonstrate their unique ability to carry out combat, as well as safety and security operations while in an arctic environment during their winter field training exercise Jan. 28 through Feb. 5 at Joint Base Elmendorf-Richardson.

More than 3,000 service members participated in the event. It all started with a forced-entry airborne insertion on Jan. 28.

Situational training exercises, to include mounted and dismounted live fire action and gunneries, along with unmanned aircraft system surveillance of the battlefield, 105-mm howitzer artillery crew certifications and firings, air assaults, and mounted and dismounted security patrols were some of the skills paratroopers executed during the event.

Due to regular deployment rotations in support of the Global War on Terrorism, the winter FTX was a first for the Spartan Brigade since its inception in 2008.

The Spartan paratroopers received training while planning and executing missions, further validating the unit’s abilities to respond to contingencies and humanitarian relief efforts in the Asia-Pacific Theater. In addition, the FTX helped ready the Spartan Brigade for their upcoming rotation to the Joint Readiness Training Center, Fort Polk, La.

Battalion commanders were pleased with their units’ accomplishments and with the support of the outside enabling units that contributed to the training’s success.

“I am real proud of how we, as a squadron, as a troop, all the way down to the platoon, at the section, and squad level have performed up to this point,” said Army Lt. Col. Richard Scott, commander of the 1st Squadron (Airborne), 40th Cavalry Regiment. “The guys on the ground performed the way that I expected recon scouts to perform; dismounted recon scouts. I think



Cannon crewmembers with the 2nd Battalion, 377th Parachute Field Artillery Regiment, certify in crew drills as an OH-58 Kiowa Warrior helicopter flies overhead Jan. 31 at JBER. The Spartan Brigade took full advantage of the pleasant weather conditions to train during a nine-day field training exercise designed to further validate its readiness as the Army’s only active airborne brigade in the Asia-Pacific Theater. (U.S. Army photo/Staff Sgt. Jeffrey Smith)

there is a level of discipline that you need to come into an environment like this, and to this point we have had no issues.”

The commander of the 3rd Battalion (Airborne), 509th Infantry Regiment, Army Lt. Col. Patrick Altenburg, said, “This is the first big arctic FTX the brigade has ever done since it stood up, and dealing with the arctic cold, and how to operate.

“I think it is going really well. I think the key is the planning and rehearsing, and when they plan and rehearse, it all comes together, so, each day they are getting better.”

Working together internally and externally with outside enablers was a key piece of the training.

“This is great training,” said Army Lt. Col. Tobin Magsig, commander of the 1st Battalion (Airborne), 501st Infantry Regiment. “The best part of the training for us though, is the enabler support that we’ve had, both from our brothers up at Fort Wainwright and [6th Squadron, 17th Cavalry Regiment]. We had the [B Company, 1st Battalion, 52nd Aviation Regiment] ‘Sugar Bear’ element ... and then today from the Alaska National Guard providing support with the UH-60 [Black Hawks], and then our own brigade enabler support with the [RQ-7 Unmanned Aircraft System] Shadows, MPs, and human contact teams.”

Flexibility is essential for military units as they conduct operations in today’s world, Magsig said.

“We’re focusing on how the battalion is

able to seamlessly transition and react and operate in a permissive, semi-permissive and non-permissive environment,” he said. “Our ability to rapidly transition between those three operating environments is really what we are getting after during the last week and a half and into the end of this week.”

Army Lt. Col. Christopher Ward, commander of the 2nd Battalion, 377th Parachute Field Artillery Regiment, said his artillerymen benefited from the tough arctic conditions.

“We’ve trained pretty hard in all of the core artillery proficiency tasks that we have, here last summer and the fall, but now we are doing those same skill sets in an arctic environment,” Ward said. “It just increases the level of difficulty. Obviously, colder weather, having more gear on, the mobility is not the same. So just being able to maintain that level of proficiency that we had several months ago in a different environment is always a challenge, and our guys are doing a great job of getting after it.”

Combat support and combat service support elements of the brigade played essential key roles during the FTX.

“I believe this is an outstanding event,” said Army Lt. Col. Peter Crandall, the commander of the 725th Brigade Support Battalion (Airborne). “It’s the first time the brigade as a BCT has come to the field. So, as a support battalion, with co-locating all

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**Standing by to help**

**Personnel of 3rd Maintenance Squadron Transient Alert stand ready to service aircraft visiting JBER, Page A-2**



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# Behind the scenes with Transient Alert

By Air Force Staff Sgt. Robert Barnett  
JBER Public Affairs

Thick fog settled over Eielson Air Force Base, completely covering the flight line and hindering F-16 Fighting Falcons from landing, diverting the fighters to Joint Base Elmendorf-Richardson.

JBER Base Operations learned of the incoming aircraft and notified Novell Howard, 3rd Maintenance Squadron Transient Alert project manager, who went to work.

Novell Howard coordinated with his team and – based on the requests of the incoming transient flights – was prepared for anything from helping the pilots get a room for the night to having members of his team perform maintenance on the fighter jets.

This situation has happened before and will inevitably happen again. The mission of transient alert is to meet needs like these and more.

“Transient alert cares for any aircraft that is visiting JBER, not assigned or deployed here, from any branch of service,” Novell Howard said. “Basically, if it’s coming here to gas-and-go so it can continue to another destination, it belongs to us.”

In cases such as fighter jets getting diverted, Transient Alert will perform the required services themselves, he said, though it’s much more common for his team to coordinate the services of other units based on the needs of the incoming flights.

“We’ll get notification from Base Operations saying that an aircraft is coming in today,” the transient alert project manager from Los Angeles said. “I can also track week-by-week air traffic on the web to get a breakdown of what’s coming in. Once I get that notification, I can schedule my people.”

If it’s just passing through and no maintenance is requested, Novell Howard’s team will guide the aircraft to a parking spot after it lands, and talk to the crew about their needs.

On distinguished visitor aircraft, transient alert coordinates fuel, protocol and other units to ensure those options are available if needed.

“Transient alert supports the forward movement of missions to and from JBER throughout the globe,” said Tech. Sgt. Joshua Hittie, 3rd Maintenance Squadron Transient



**Gary Howard, 3rd Maintenance Squadron Transient Alert aircraft servicer, prepares a Gulfstream C-20 for refueling on JBER Jan. 29. TA supports the forward movement of missions to and from JBER. (U.S. Air Force photo/Staff Sgt. Robert Barnett)**

Alert NCO in charge. “They get roughly 1,600 aircraft a year and complete around 2,500 actions, whether leading aircraft to assigned spots, maintenance, servicing, towing, de-icing, or assisting with departures or anything else that’s needed. They coordinate it.”

Novell Howard’s team is made up of civilian contractors answering to Hittie. Many of them are retired military with experience working with a variety of aircraft. His team includes experts on heavy aircraft such as C-5 Galaxies and C-130 Hercules, as well as experts on various fighter aircraft.

“It’s great,” said Gary Howard, 3rd MXS Transient Alert aircraft servicer and a native of Summersburg, N.H. “I love this job, I’ve been doing it for 17 years now and it’s one of the best jobs I’ve ever had.”

Novell Howard said transient alert takes care of VIP aircraft.

“We also take care of any distinguished visitor that comes through, all the way up to Air Force One,” he said. “The only time we would actually go from start to finish on an aircraft is a fighter aircraft. Every now and then a fighter jet comes through, like an F-16 Fighting Falcon from Eielson Air Force Base, they’ll come for a change of command or an air show, and if the air field gets snowed in or fogged in, which has happened before, they divert to us. We’ll take care of those ourselves. I was in the Air Force for 24 years. I was an expeditor, I was a crew chief, I’ve actually done transient alert before, for two and a half years.

Gary Howard said the job often involves taking care of little details.

“Today we have a DV aircraft that just arrived,” he said. “We’re helping refuel the aircraft and make sure they have all their needs taken care of such as ice water. We’ll

do a quick debrief, see what the needs are for tomorrow morning and what time they’ll depart. I’m the aircraft marshaller; I make sure they follow my signals and I get them to the spot they need to be.”

“Our mission is to take care of all transient aircraft, anything that comes through,” said Clarence Everingham, 3rd Maintenance Squadron Transient Alert assistant project manager and a native of Wasilla, Alaska. “We coordinate and provide assistance with any service needed on transient aircraft. Our main focus is the aircraft. We support the air show when all those airplanes come through. We also take care of DVs.

“I served in the Air Force for 25 years. I was an engine guy. I’m sure I had a lot more responsibility then; here, I just work. I enjoy being here doing things that I know. Hopefully the talents I have help make this mission work.”

## Effective leadership includes taking care of four people

Commentary by Senior Master Sgt. Timothy Wieser  
773d Civil Engineer Squadron

I have read many articles on leadership throughout my 15 years in the Air Force and have adopted many great traits from all of them. One particular detail common to many of the articles is taking care of your people. I believe this is an extremely important principle, but would like to expand on the matter by focusing on four “people” and how to care for each.

**Take care of your subordinates**  
In order to take care of your

people, you must know your people. I believe this starts with getting to know your subordinates. Where they are from, how many siblings they have, what their favorite sports teams and music genres are, etc. Knowing your people shows you care and will help develop synergy in your section.

**Take care of your peers**  
We preach this every day in our Air Force – make sure you have a wingman. However, if you are a master sergeant and one of your fellow master sergeants is having issues with his or her section, do you offer to help or do you

show how great your section is in comparison? We are all human beings and we all want to do well. Teamwork means we are all on the same team and need to take care of each other.

**Take care of your leaders**  
I feel this is often overlooked. Our leaders take orders from higher authorities, just like us, and we need to have empathy to transform their vision. If you don’t like their decisions, it is still your job to carry out their vision and move forward without undermining their authority or causing morale issues. Remember, leaders can have

bad days too so don’t be afraid to ask, “How is your day going? You look stressed. Is there anything I can do?”

**Take care of yourself**  
This is by far the most important. By taking care of yourself physically, mentally, technically and spiritually, you can truly walk the walk. If you can take care of yourself, and practice what you preach, you will become a transformational leader who can continue to meet every challenge in the current fiscal environment and make our Air Force run like a well-oiled machine.

**Finding balance**  
It is very difficult to take care of all four of these people groups 24 hours a day, seven days a week. You must find balance in life. Bottom line: If you have self-awareness, you can become a great leader by learning from the mistakes and successes of your subordinates, peers and leaders. Most importantly, as you have heard before, if you don’t learn from your past, history is bound to repeat itself. To be an effective leader, you need to learn from your own mistakes. The next time you self-reflect, ask yourself how you are doing taking care of your people.

## Alaska Air Guardsmen rescue injured snowmachiner

By Sgt. Balinda O’Neal  
AKNG Public Affairs

Airmen with the Alaska Air National Guard’s 210th, 211th, and 212th Rescue Squadrons medically evacuated a 25-year-old man from Stoney River Lodge, 35 miles northwest of Sparrevohn, who was injured while snow-machining Feb. 3.

The 11th Air Force Rescue Coordination Center was notified at 5 p.m. by the Yukon Kuskok-

wim Health Corporation in Bethel after the man was found alone and unconscious near the Stoney River Lodge.

According to the RCC, the Alaska State Troopers and LifeMed were unable to execute the mission due to the lodge being out of range for a helicopter and having no landing strip for fixed wing aircraft.

The Alaska National Guard responded by launching an HC-130 “King” aircraft from the 211th

RQS and an HH-60 Pave Hawk helicopter from the 210th Rescue Squadron, each with a team of Guardian Angels rescue personnel from the 212th RQS, from Joint Base Elmendorf-Richardson.

“The HC-130 ‘King’ aircraft arrived on scene before the HH-60 Pave Hawk,” said Air National Guard Lt. Col. John Morse, deputy director for the 11th Air Force Rescue Coordination Center. “The helicopter fought through weather through the passes and attempted

several routes before finally getting through.”

Guardian Angels and extra medical kits were airdropped from the HC-130 on scene to provide immediate care.

The man, who suffered from a head injury, was stabilized and loaded onto the helicopter before being transported and arriving at an Anchorage area hospital at 10:30 p.m.

“The lodge owner was prepared for the helicopter by pro-

viding a lighted landing zone and accurate information pertaining to the on-scene weather conditions, while remaining cool and collected,” Morse said. “Remote lodges need to be able to self-rescue and simultaneously be prepared for outside help. They need to be able to contact AST, medical facilities, or the RCC.”

The members of the 210th, 211th, and 212th Rescue Squadrons were awarded with one save for the mission.

## DoD to mandate documentation for lost, stolen CAC cards

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

WASHINGTON, D.C. — Later this year, the Defense Department will begin fully enforcing a previously optional policy regarding the reissuance of lost or stolen common access cards, a defense official said here Tuesday.

Sam Yousef, a program manager for identity and benefits policy at the Defense Human Resources Activity, discussed an update to the current CAC issuance policy during an interview with American Forces Press Service and the Pentagon Channel.

“Beginning in late March (or

early April of this year, we are going to begin fully enforcing current common access card policy, which will require individuals to bring supporting documentation if they have had their ID cards lost or stolen,” he said. “If you have your card lost or stolen, you should work with your local security office or the individual sponsoring you for that ID card.”

People requesting a replacement card will need to produce a document on component or agency letterhead that explains that the card has been lost or stolen, he added. Yousef noted the document should be signed, and individuals must bring it with them to have a new card issued.

“If the card has been stolen they may also bring in the police report that accounts for that,” he added. “This will not only get the department in full compliance with our policy, but it will also create better accountability for individuals who have had their cards lost or stolen.”

Though this has been a part of the current policy, Yousef noted, it was not mandated at CAC card-issuing locations.

“Previously, in the last couple of years, we have actually updated the system to capture this docu-

mentation on an optional basis,” he said. “So what will happen in late March (or) early April is

it will be required as part of that reissuance to bring supporting documentation with you.”

The supporting documentation will be scanned and stored in the Defense Enrollment Eligibility Reporting System, he added.

This will affect all common access card-eligible individuals, both military and civilian, Yousef said.

In addition to being an additional security precaution, Yousef

said this measure will help to prevent people from replacing their cards just as a matter of personal convenience.

“It creates better awareness with our local security offices (and) our individuals that are sponsoring our contractors for common access cards,” he said. “So this way, they have full oversight if someone is losing multiple ID cards.”

Following the update in requirements this spring, Yousef emphasized, it will be important for people to ensure they bring this documentation with them to have a card reissued, noting that most ID card-issuing sites already have been requiring it for quite some time.



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# Exercise Polar Force tests capabilities of JBER Airmen

By Airman 1st Class Omari Bernard  
JBER Public Affairs

Air Force personnel and DoD civilians assigned to 673d Air Base Wing and 3rd participated in Exercise Polar Force 14-2, an operational readiness exercise, Feb. 4 through 12, designed to test Joint Base Elmendorf-Richardson’s short-notice deployment capabilities.

The week-long ORE validated and evaluated the wings’ ability to integrate, mobilize and prepare assigned personnel, aircraft and equipment for their wartime mission and to employ forces and weapons systems to perform missions at a the drop of a hat.

In phase one of the exercise, base personnel were called upon to be prepared for multiple scenarios, ranging from noncombatant evacuation operations to mass deployments within hours of being notified.

One of the scenarios included out-processing and ensuring chawks of deploying Airmen were ready.

“The Personnel Deployment Function’s role is to check the eligibility of everyone deploying,” said Air Force 1st Lt. Meghan Cummings, 673d Force Support Squadron military personnel section chief.

The PDF line is made up of a series of stations people process through. Stations included chaplains or chaplains assistance, legal aid, financial aid and medical services.

“We coordinate with the medical folks on our line to make sure that they are all medically cleared,” Cummings said. “Then we get them briefed. Then we pack them up and send them out.”

The PDF line is a final check to ensure that deployers have met all the training requirements.

During the noncombatant evacuation operations scenario, base personnel organized and assisted with the arrival of simulated displaced personnel, including the participation of volunteers portraying inbound arrivals waiting to be escorted. Airmen in civilian attire were used in these situations to help increase accuracy and realism throughout the exercise.

According to Joint Publication 3-68, “NEOs are conducted to assist the Department of State in evacuating noncombatants, nonessential military personnel, selected host-nation citizens, and third country nationals whose lives are in danger from locations in a host foreign nation to an appropriate safe haven and/or the United States.”

“I briefed the evacuees on operational security using social media,” said Air Force Staff Sgt. Zachary Wolf, 673d ABW photo-journalist. “I showed them how to set their security settings.”

Polar Force proved the wing’s war fighting capability to prepare, deploy and redeploy.



**A chalk of Airmen are briefed on how they will be processed at the Joint Mobility Center Feb. 10. During the deployment, nine chawks of Airmen were processed to various areas of engagement. Chawks are separate groups of Airmen sent to the JMC where they are briefed, fed and have the opportunity to finalize all paperwork before going to their deployed locations. (U.S. Air Force photo/Airman 1st Class Ty-Rico Lea)**



**A paratrooper with A Battery, 2nd Battalion, 377th Parachute Field Artillery Regiment, throws an expended 105-mm howitzer shell during a live-fire exercise at JBER Jan. 31. The Spartan Brigade used the training opportunity to further validate its readiness as the Army’s only airborne brigade in the Asia-Pacific Theater. (U.S. Army photo/Sgt. Eric-James Estrada)**

## From RTAF • A-1

not only cross-train each other, but we become more familiar with the customs and cultures within the Pacific theater, in this case Thailand specifically.”

After briefly settling in, the Royal Thai service members received training on the Spartans’ airborne procedures while inside a C-17 Globemaster III, and a class on basic airborne refresher training that included exiting the door of a mock aircraft, rigging their equipment and leaping from a 34-foot tower.

Once the Thai service members were trained and familiar with the American equipment, RTAF Maj. Surachart Ruanwong and RTAF Maj. Paitoon Polsen, both assigned to the RTAF 1st Special Forces Group, were identified as jump masters and conducted a Royal Thai Armed Forces Partnership Training Jump with approximately 200 Spartan paratroopers Feb. 6.

Ruanwong said he had never seen such beautiful scenery.

“This is the first time I’ve jumped into Alaska, which is like jumping into an ice field,” Ruanwong said. “I was really excited to do this. Today I was the jump-master, [giving] the commands to the [troopers] to jump out of the aircraft.”

Ruanwong said the Spartan Brigade was a gracious host.

“They [took] care of Thai soldiers that have been here really well,” he said. “We are really impressed that they take care of us so well. [They have been so very nice] and warm towards us.”

Ruanwong also said the aircraft and parachute equipment are practically the same no matter where the location, although there were some differences.

“It’s just different [the way the troops] assemble, [the weather] elements and the ground. Everything with the procedure is the same.”

When asked how he felt jumping into a snowy drop-zone, Ruanwong smiled. “My jump was very nice. [It was a] soft landing and good [parachute landing fall].”

After the airborne operation, the Spartan paratroopers who participated were awarded the



Thailand Parachutist Badge at the 4-25 IBCT Brigade headquarters in a special jump wing exchange ceremony.

The visiting Thai soldiers and Spartan paratroopers were invited to a “pot luck” social hour dinner at the Asian Alaskan Cultural Center Feb. 8, where they had the opportunity to meet and socialize with Asian Alaskans who live

in Anchorage.

During their visit, the Thai service members enjoyed several activities around Anchorage, to include an Alaska Aces hockey game, dining at the local Moose’s Tooth Pizza, playing indoor soccer at the Anchorage Sports Dome and taking a helicopter ride to the Nike Summit Site to take pictures.

RTAF Lt. Cdr. Pinyo Run-

ground, an operations officer with the naval special warfare command said the visit was a good experience for him and it was only the second time he’s ever seen snow.

“In my country; no snow,” Rungrong laughed.

“It’s a good experience for me to train with the U.S. Army [with] parachute jumping,” Rungrong said. “The way they jump is simi-

lar, but the way they defend is different. It’s a new experience for me as we learned how to survive in cold weather.”

Exercise Cobra Gold 2014, now in its 33rd iteration, demonstrates the U.S. and the Kingdom of Thailand’s commitment to their long-standing alliance, regional partnership, and prosperity and security in the Asia-Pacific Region.

## From SPARTANS • A-1

of the [forward support companies] here with us, and integrating them into synching logistics for the brigade, we’ve never done this before, so I think going forward, for any exercise, be it Fort Polk, or we deploy to any other country in the [Pacific Command Area of Responsibility] will greatly enhance the [tactics, techniques, and procedures] that we have.”

In all, the FTX was a success and integrated systems not often seen and experienced, such as the incorporation of battlefield surveillance provided by one of the brigade’s newest assets, the RQ7 Shadow UAS.

The paratroopers gained proficiency and knowledge while operating in the Arctic conditions, and they will carry that experience forward as they continue to train and execute orders handed down to them.

“When push comes to shove, what we’re doing, they’re (Spartan paratroopers) really excited to do, and it’s a challenge,” said Army Lt. Col. Kevin Perera, the commander of the 425th Brigade Special Troops Battalion (Airborne). “They have distinct pride in the fact that nobody else in the Army comes and hangs out in the field and does combat training like this, in, you know, seven degrees.”

In addition to the upcoming rotation to JRTC, the Spartan Brigade continues to train and conduct missions across the Pacific region with recent operations in Australia for the Talisman Saber 2013 mission and the mission to the Kingdom of Thailand for Exercise Cobra Gold 2014.



## JBER tax centers open

Active duty members, reservists, retirees, and their family members can receive free tax return assistance and preparation at JBER's tax centers until April 15.

Volunteers are trained to prepare 1040 EZ and 1040 tax returns, and can provide advice on military specific tax issues, such as combat zone tax benefits and the effect of the Earned Income Credit. Volunteers are also trained on how to deal with the Alaska Permanent Fund Dividend.

All tax returns done through the tax centers are forwarded electronically to the IRS, and by selecting direct deposit, taxpayers can receive their refunds in as little as one week.

The JBER-Richardson Tax Center is located on the third floor of Building 600 and will be open Monday, Tuesday, Wednesday, and Friday from 9 a.m. to 4:30 p.m. and Thursday from 1 to 8 p.m.

The JBER-Elmendorf Tax Center is located on the first floor of the People Center, Building 8517 and will be open Monday, Tuesday, Thursday and Friday from 8 a.m. to 3 p.m. and Wednesday 8 a.m. to noon. Walk-in service is available but customers having an appointment take precedence.

Taxpayers will need proof of identity (military ID); social security cards and birth dates for all dependents; last year's federal income tax return; wage and earning statements from W-2s, W-2Gs, and 1099-Rs; interest and dividend statements; bank routing and account numbers for direct deposit; amounts paid to day care providers; and day care providers' tax identification numbers.

Appointments can be made by calling the JBER-R tax center at 384-1040 or JBER-E tax center at 552-5839. Alternatively, customers can make an appointment with one of the unit tax advisors, who may be able to complete tax returns at his or her workplace and forward it to the tax center.

## 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.

## 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.

## JAG law school programs

The Air Force Judge Advocate General's Corps is accepting applications for the Funded Legal Education Program and Excess Leave Program until March 1.

The FLEP is a paid legal studies program for active duty Air

Force commissioned officers and is an assignment action with participants receiving full pay, allowances and tuition.

FLEP applicants must have between two and six active duty service (enlisted or commissioned).

The ELP is an unpaid legal studies program for Air Force officers, and participants do not receive pay and allowances, but remain on active duty for retirement eligibility and benefits purposes.

ELP applicants must have between two and ten years active duty service.

For more information, email Air Force Capt. Megan Mallone at [megan.mallone@pentagon.af.mil](mailto:megan.mallone@pentagon.af.mil).

## AFAS Scholarship

The Air Force Aid Society will accept applications for the Gen. Henry H. Arnold Education Grant until March 7.

Eligible 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](http://www.afas.org/education-grants).

## SMCP Scholarship

The Scholarships for Military Children Program is offering \$2,000 scholarships with an application deadline of Feb. 28.

For more information, call Robert Liwanag at 580-5575, or visit [www.militaryscholar.org](http://www.militaryscholar.org).

## RSC Scholarship

The Richardson Spouses Club is offering scholarships with an application deadline of Feb. 28.

For more information, visit <https://frsc.shutterfly.com/scholarship>.

## EOSO Scholarship

The Elmendorf Officers' Spouses Organization is offering scholarships with an application deadline of Feb. 20.

For more information, visit [www.elmendorfoso.com](http://www.elmendorfoso.com).

## 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.

## 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.

## MiCare registration

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

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

Registered patients also have

access to electronic records, allowing them to view and maintain their health records.

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

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

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

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

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

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

## JBER's Attic

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

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

## Richardson Thrift Shop

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

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

## 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.



# Breaking the cycle of abuse

## Promises to not ‘be like my parents’ aren’t enough; healing takes effort

Commentary by David Bedard  
JBER Public Affairs

It happened again. Peter did to his wife, Jillian, and to his son, Paul, what he swore to himself he would never do. But he did. Again.

You see, Peter was raised by an alcoholic father who physically abused him and a mother who couldn’t, or wouldn’t, protect him.

There was no hiding in Peter’s small childhood home. No place or time was safe.

Peter promised himself he wouldn’t be like his father, whom he learned to hate.

He promised Jillian – before they married – he would be a loving husband and father. He made a promise his new home would be safe. But it wasn’t safe.

In his own strength, Peter tried to break the cycle of abuse, which hung like a dark cloud over the homes of his brothers and sister. He tried, but he failed.

Peter isn’t real, but I could very easily be just like him. I grew up in a broken home where there was alcohol abuse, a home where I didn’t feel safe.

My first marriage broke apart 10 years ago, not due to abuse, but because I hadn’t confronted my demons and I didn’t learn how to have a healthy marriage.

As federal budgets shrink and volunteerism becomes more important to a healthy society, we often hear the phrase “pay it forward.”

The idea is to respond to a good deed by paying it forward to someone other than the original benefactor.

It’s a commendable idea, but some things really should never be paid forward.

One of those things is the abuse of a child or spouse.

The problem is children of abuse often turn around and become abusers themselves.

Even if we start a family with the best of intentions, we can often pay forward the abuse that has been done to us.

I could quote statistics concerning the number of adult children of abuse who in turn become perpetrators, but that would only amount to cold numbers.

Let me, instead, tell you about the friends I grew up with, many of whom suffered abuse. We all consoled each other after especially hurtful episodes involving our parents, times when our supposedly safe havens exploded into powder kegs of harsh words and flying fists.

We vowed we wouldn’t mature to become the kinds of parents who raised us.

One particularly nasty episode involved a young woman and her mother getting into a bare-knuckle fight, an exchange that quickly boiled over from their home into the street.

I could share more gritty stories, but let’s get to the point.

The point is many of my friends who pledged to do better, including me, left childhood homes and had failing families – some with abuse.

We got caught up in the meat-grinding gears of a cycle of abuse – a cycle we couldn’t break because we didn’t even know we were subject to it.

We all thought we could simply lean on



**About 70 percent of children who experience abuse go on to become abusers themselves. Learning to heal, not mask, the wounds of abuse is the only way to ensure you break the cycle. (Courtesy photo)**

the moral conviction that abuse and broken homes are wrong.

The problem with that line of reasoning is moral conviction isn’t simply a matter of will. To see out that moral conviction takes action on our parts – action that is often painful and costly but ultimately rewarding and cathartic.

So how do we break the cycle? How do we turn that moral conviction into a proactive course of action, which will ensure our spouses and children don’t experience the same things we did?

The short answer is we need help, because chances are we can’t do it on our own.

Getting help requires setting aside our pride and looking into the dark parts of who we are.

It’s a process, and I don’t like that word because it smacks of sitting on a couch talking about dreams and cradling a handful of crumpled, tear-stained tissues.

But please understand, process is what I have needed and still need to be the best husband and father I can be.

Perhaps it will be helpful to describe how I have seen the cycle of abuse work in my life and others close to me.

Abuse – whether physical, verbal, sexual or otherwise – fundamentally robs children of the safety they absolutely need in a family and in a home. It has an elemental effect on a developing human being and deeply affects every facet of their lives.

After abused children leave the home – an almost euphoric experience – some can settle into a routine that seems pretty healthy, while others fall prey to self-destructive lifestyles and addictions.

Regardless of which camp we fall into, abused children have all learned to deploy managers to deal with the stress of growing up.

These managers can be good (achievement, friendships, hobbies) and they can be bad (addictions, bad interpersonal habits, promiscuity), but they all have a tendency to stick around and change in adulthood, and they all have a way of masking the enduring effects of childhood abuse.

Those who end up living outwardly healthy lives as singles can find their demons have a way of catching up to them when they get married.

Perhaps, they have been able to maintain a safe bubble in their small apartment as a single, but a married home can quickly bring back latent memories and open wounds.

For those who couldn’t cope as singles, this situation only gets worse.

The problem is the managers, even the good ones, don’t work.

We don’t need to manage the pain stemming from being a child of abuse; we need to heal it.

Where managers are a Band-Aid fix over an infected wound, healing requires surgery.

Surgery is painful and it requires recovery. In much the same manner, healing from childhood hurts often requires talking through and reliving our hurts with trained professionals while confronting our own shortcomings.

It also involves forgiveness.

In Peter’s case, he hated his father for hurting him and his mother.

Peter hated his father for robbing his home of safety when he should have been providing it.

But that root of bitterness stops the healing process cold and will always rob Peter of peace as long as he holds onto it.

Author Louis B. Smedes wrote, “To forgive is to set a prisoner free and discover that the prisoner was you.”

The daughter who got into fisticuffs with her mother has since forgiven her mother. Both have grown a lot and have reconciled.

I have learned to forgive my alcoholic mother, especially now that I understand how much she was abused as a child.

This forgiveness, this process has been central to my healing.

My healing has been central to being capable of keeping the promise I made to myself as a teen.

I can be a good husband to my new wife, and I can be a good father to our children, because I swallowed my pride and reached out for help.

It has taken time, and there is more work to be done. Remember, it’s a process.

We can break the cycle of abuse that has ensnared so many of us, but it will require seeking help and committing ourselves to loving our families and doing everything in our power to ensure their safety and well-being.

## Help for building healthy families available at JBER

By David Bedard  
JBER Public Affairs

The willingness to seek help in making a healthy family is a powerful first step in realizing that goal. The next step is gaining the knowledge of where and how to get that help.

Air Force Chaplain (Maj.) Steven Richardson, JBER deputy chaplain, said a good place to start is with unit chaplains, all of whom are trained in pre-marital and marital counseling.

Additionally, the Chapel Center at JBER-Elmendorf and the Chaplain Family Life Center at JBER-Richardson employ chaplains with specialized training in marriage and family counseling.

Richardson said pre-marital and marital counseling can often be helpful in reconciling two often vastly different backgrounds.

“We have certain unspoken family rules in our families of origin, in other words our family system growing up,” he said. “We tend to either accept these wholeheartedly as normal and part of who we are, or we reject them wholeheartedly and resolve we’re going to do exactly the opposite. The problem is neither of these patterns is very healthy.”

Richardson said pre-marital counseling discovers some of the patterns couple’s parents had – both positive and negative – identifies what did and didn’t work, and figures out what will work for the new family.

The chaplain said the process can’t work without finding forgiveness.

“Forgiveness is so crucial,” Richardson said. “People think they are forgiving someone because they deserve it. I’m not forgiving them because they deserve it. I’m forgiving them because I deserve it.”

The Chapel Center hosts Marriage Care Seminars periodically and for units, having served 20,000 troops in the past three years.

For the Chapel Center, call 552-4422, for the Chaplain Family Life Center, call 384-5433.

## Solid financial planning now will keep you on track later

By Air Force Staff Sgt. Robert Barnett  
JBER Public Affairs

There are common mistakes people make when it comes to their personal finances. Not being financially responsible can have a negative effect on deployment readiness or a service member’s bank account.

“Some common mistakes people make are impulse buying,” said Robert Hill, 673d Force Support Squadron certified financial consultant. “Another thing that a lot of folks don’t do, the big mistake, is not paying themselves first.”

Hill said there are three things that should be done at a minimum: set a goal, have a plan and save automatically.

“Other financial consults will recommend getting into real estate and other things,” he said. “I think you should have three to six months of expenses in the bank, where you can take it out if you need it without a penalty.”

Hill and Doug Armon, 673d Force Support Squadron Army Community Service financial counselor, both recommended building up a savings safety net prior to paying off credit cards and loans.

“Once your emergency plan is built, I recommend focusing on debt, and then build your long-term retirement plans and investments,” Armon said. “If you’re saving money at half a percent, which is the going reate for savings accounts, and you have 22 percent on credit cards, paying that stuff off is absolutely necessary for your financial health.”

The second thing Hill recommends having is investment. “You need to have a Roth Individual Retirement Account and a Roth Thrift Savings Plan,” he said. “People ask me what percent they should be putting away for retirement or

for savings. I recommend 15 percent for retirement, 10 percent for savings, from your total entitlements, not just your base pay.”

“You should get your retirement squared away before working on savings for your children’s education,” he said. “Otherwise, your children will be well off and you’ll be struggling to care for yourself. There’s no requirement to pay for their college, and there are ways for them to pay for it themselves or get financial assistance.”

Hill has noticed other common mistakes service members tend to make that also affect their financial stability.

“I think a lot of people don’t make out a will or update their virtual Record of Emergency Data for their Service members Group Life Insurance prior to deployment,” Hill said. “There’s also the Savings Deposit Program that gives you 10 percent on your investment while deployed a lot of people don’t use.”

A deployment can potentially bring in a lot of extra cash, he said. A big question is where that money will go.

“What are you going to do with your extra money?” the financial consultant said. “Depending on where you’re going, you’re going to get a pretty good chunk of change.



**Saving now can add up to big dividends later. (U.S. Air Force photo/Staff Sgt. Sheila deVera)**

You can also put money in your TSP while you’re deployed. I recommend creating a budget before they leave, to figure out what they’re going to do with that extra money and not just buy toys and stuff with it.

“Another thing to think about is yours taxes because all that money is tax-free,” he said. “You’re probably going to get a lot back on taxes. This is the time of the year for taxes, so I always ask folks if they’ve done their taxes. Probably 80 percent of the military folks get more money back. Do they really want to get that much back when they can pick their exemptions and put their money to use monthly instead of getting more back every year?”

Military Savings Week is coming up and the Log Cabin will offer financial classes Feb. 24 and Feb. 25. People are invited to a class on financial readiness and TSP from 9 to 11 a.m. There will be a class from

noon to 2 p.m. on credit reports and credit scores, and a class from 2:30 to 4:30 p.m.

All classes are available both days. For more information, visit [www.militarysaves.org](http://www.militarysaves.org).

For an appointment with Hill, call 552-0630, or 384-7509 for an appointment with Armon.



## Don't just learn about things; take ownership of them

Commentary by Chaplain  
(Lt. Col.) Rick Koch  
ANG Command Chaplain

When I think back on the times I struggled in school, it was usually a class where the teacher was telling us "about" something that, at least for me, was hard to understand.

Advanced math courses readily come to mind in the category of my academic struggles.

Certain concepts just seemed way out of my grasp as they were being presented on the chalkboard, while others nodded their smarter heads in the moment of "Aha! I've got it!"

I sometimes sat in the lonely place of not belonging.

This was not always the case, however, as I had many teachers from a variety of subjects, including math, who didn't want to just talk to me "about" their subjects, they wanted my ownership of what was happening.

They wanted me to personalize what I was learning – and when that happened, the sky was the limit as to how well I grasped the material.

Much the same can be said about our religious experiences. Naturally, we all come from a huge variety of backgrounds and understandings in terms of our religious upbringing.

Every new religious encounter we receive is an opportunity to learn more. Yet learning about religion from others, though it may have great value, can still only get us so far. Learning about religion still depends on our ownership, our participation and our

attitude in order for it to become a meaningful, life changing experience.

It is much like going on a road trip with a group of friends.

If we buckle up, close our eyes and go to sleep, then about all we got out of our travels is a good rest.

But if we look out the window, take in the sights and interact with our travel mates, the experience becomes richer and certainly more meaningful.

People in different seats in the car may well see and share the trip from their unique perspectives.

Communal worship in a religious setting

can have much the same effect on how our spiritual lives may grow and develop.

So, in many ways, just as the experience of religion can be learning "about" something, where the real meaning comes is how well we capture that personal, spiritual encounter.

Though religion may help act as the vehicle for our sacred journeys through life, the real "Aha!" moments come in our personal, spiritual experiences.

We must remember that all of this is a growing process throughout our lives.

Twentieth-century Christian missionary Amy Carmichael wrote, "Sometimes

when we read the words of those who have been more than conquerors, we feel almost despondent. I feel that I shall never be like that. But they won through step by step by little bits of wills, little denials of self, little inward victories by faithfulness, and in very little things.

"They became what they are. No one sees these little hidden steps. They only see the accomplishment, but even so, those small steps were taken. There is no sudden triumph no spiritual maturity. That is the work of the moment."

Going back to my math illustration, it makes perfect sense to everyone that we don't learn advanced algebra on the first day of school.

There are a lot of itty-bitty small steps that get us to those higher levels. The same goes for our spiritual growth. We don't become prophets and psalm writers overnight.

There are a lot of growing steps – some painful – in our relationship with God.

And here in the growing steps we find a setting where the experience of religion becomes so valuable.

Religion is a place of people sharing many common beliefs.

Likewise, it is a place of fellowship where we can share in our growing spiritual steps (even the painful ones) and help one another continue the warm fire of God's glory keep burning brightly not only through our personal spiritual experiences, but also our corporate religious practices.

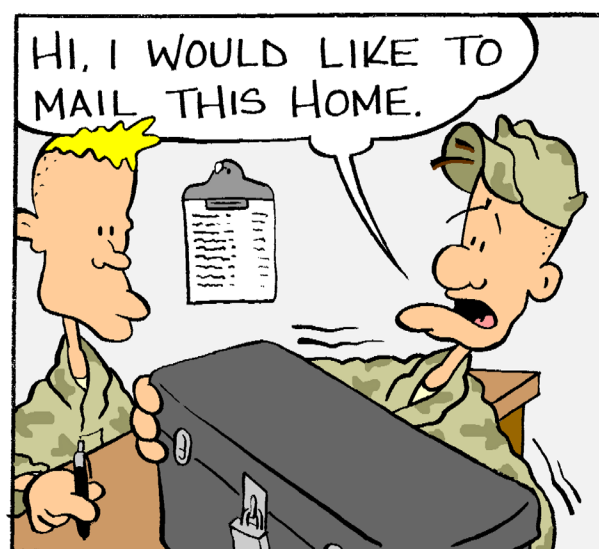
Here's to our personal spiritual growth and development and to those religious experiences that carry us along.

God bless you all.



Jews throng to the Western Wall in Jerusalem during the festival of Shavuot. (Courtesy photo)

## GUNSTON st.



by ZAVISKI

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- Northernlights coupon books
- Mugs and more!





**WEDNESDAY THROUGH FEB. 21  
Story Corps**

The StoryCorps' Military Voices Initiative, an oral history project, will be at the Arctic Warrior Events Center from 9 a.m. to 4 p.m.

Anyone with a military history is invited to have a conversation with a friend or colleague or just to tell their story – 40 minutes of uninterrupted time to talk about anything meaningful.

Conversations will be recorded and archived at the Library of Congress for future generations.

Slots are limited; call 384-2019 to schedule an interview.

**WEDNESDAY THROUGH MARCH 2  
Fur Rendezvous**

Zany events throughout Anchorage and more than 100 activities mark Alaska's largest and oldest winter festival.

Whether you want to Run With the Reindeer, push an out-house on skis, toss people on a walrus skin, or be more sedate and browse the markets, check out the snow sculptures, or ride the Ferris wheel, the annual Rondy has something for everyone.

Highlights include the World Championship Sled Dog Races Feb. 21 through 23, the annual snow sculpture competition in the Ship Creek Parking Lot.

The Grand Parade happens at 10:30 a.m. Feb. 22. Be a part of Alaska tradition.

For information, visit [furrondy.net](http://furrondy.net).

**FEB. 22  
Youth Orchestra Concert**

The award-winning Alaska Youth Orchestra brings together Bartok, Marquez and Tchaikovsky.

The Youth Philharmonic and the Youth Symphony are joined by the Junior High Youth Symphony provide an evening of entertainment at the Alaska Center for the Performing Arts starting at 7 p.m.

For information, call 263-2787.

**FEB. 23  
Iditarod Ultramarathon**

50 athletes from 10 countries line up at Mile 13 on the Knik-Goose Bay Road to start this race – on bike, on foot, or on skis – along the Iditarod Trail to McGrath (350 miles) or the full 1,000 miles to Nome. Cheer them on as they start off.

For information, call 715-5336.

**Mother-daughter tea**

This Victorian-themed tea party from 2 to 4 p.m. at the Anchorage Senior Center features finger sandwiches and petits fours along with teas.

Mothers, grandmothers, and daughters are welcome. Reservations required; wear your best dresses. Hats and gloves appreciated.

For information call 770-2000.

**FEB. 28 THROUGH MARCH 5  
The Addams Family**

The weird and wonderful family of Charles Addams come to life in this hot new musical comedy.

Check up on Uncle Fester, Lurch, and Wednesday at the Atwood Concert Hall in the Alaska Center for the Performing Arts.

Showtimes vary and matinees are available.

For more information, visit [anchorageconcerts.org](http://anchorageconcerts.org).

**MARCH 1  
Iditarod Ceremonial Start**

The Last Great Race kicks off with the world-class mushers and dog teams downtown on 4th Ave. for a ceremonial first run.

The Iditarod actually starts from Willow. This is also your opportunity to secure a spot in a sled basket for next year.

For more information, visit [iditarod.com](http://iditarod.com).

**Iditarod Day**

The Alaska Native Heritage Center hosts this multicultural event celebrating the Iditarod from 11 a.m. to 6 p.m.

For information, visit [alaskanative.net](http://alaskanative.net) or call 330-8000.

**Try Hockey For Free day**

So your kid wants to try hockey. Problem is, he's never skated, and you don't want to shell out money just to discover he hates it.

Ben Boeke Ice Arena hosts this event, beginning at noon, at which certified coaches help kids get out on the ice and experience the game.

Equipment is provided; just bring your potential Bobby Orr.

For information, visit [tryhockeyforfree.com](http://tryhockeyforfree.com).

**MARCH 7 THROUGH 11  
Alaska Aces vs. Condors**

The Aces take on the Bakersfield Condors in ECHL action.

Sullivan Arena hosts the show-down at 7:15 p.m. Friday and Saturday nights and 3:05 p.m. Sunday.

For information, visit [alaskaaces.com](http://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 from Alaska. Lectures are free through April 9, and coffee and tea are always available.

For information, call 341-6463 or email [slhartman@alaskazoo.org](mailto: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](http://aerhq.org).

For information, call 384-7478.

**Hap Arnold Grants**

The Gen. Hap Arnold Education Grant Program is taking applications 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](http://www.afas.org/education-grants).

**Zoo Lights**

Thursday through Sunday of each week, visit the Anchorage Zoo and enjoy the lighted parade of animals. Then check out the real animals under canopies of lights.

Shake off the dark of winter from 6:30 to 8:30 p.m. during February.

For more information, visit [alaskazoo.org](http://alaskazoo.org).

**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](mailto: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](http://thursday-nightfights.com).

If being ringside isn't enough, email [jimpatton@gci.net](mailto:jimpatton@gci.net) to fight in a "grudge match."

**Early Insanity Workout**

These early morning workout sessions begin at 6 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 552-4353, visit [www.trainweb.org/msmrre](http://www.trainweb.org/msmrre) or email [bjorgan@alaska.net](mailto: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.

**Wired Cafe for Airmen**

The Wired Cafe at 7076 Fighter Drive, between Polaris and Yukla dormitories, has wireless Internet access and programs throughout the week for single Airmen living in the dorms.

There are also free homestyle meals Fridays at 6 p.m.

For information, call 552-4422.

**Storytime for Toddlers**

Pre-school-aged children can join zoo staff for stories

## Chapel services

**Catholic Mass**

**Sunday**

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

**Monday through Friday**

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

11:30 a.m. – Chapel 1 (Elmendorf)

**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

**Religious Education**

Catholic Religious Education Sundays at 1 p.m., Elmendorf Chapel Center

**Protestant Sunday Services**

**Liturgical Service**

9 a.m. – Elmendorf Chapel 2

**Traditional Service**

9 a.m. – Elmendorf Chapel 1

**Collective Service**

11 a.m. – Soldiers' Chapel

**Gospel Service**

Noon – Elmendorf Chapel 1

**Contemporary Service**

5 p.m. – Elmendorf Chapel 1

**Religious Education**

Protestant Religious Education Wednesdays at 5:45 p.m., Soldiers' Chapel. Free dinner followed by 6:30 p.m. classes for all age groups.

about an animal species, followed by meeting animals mentioned in the story. New stories and animals are added often.

The event happens at 10:30 a.m. Mondays at the coffee shop greenhouse.

For information, email [camp@alaskazoo.org](mailto:camp@alaskazoo.org).

## events & activities



Check out the January Alaskan Adventurer

### JBER OUTDOOR RECREATION

**SNOWMACHINE GUIDED TOUR**

WILLOW: February 15, 22, 8 a.m. - 5 p.m. \$150

Bring cold weather gear and lunch. Helmet and transportation included. Inappropriate attire will result in non-attendance. Trips depart from ORC, Bldg. 7301 All trips must meet minimum signup requirements and are subject to change due to weather conditions.

**CUSTOMIZED TOURS AND CLASSES**

Call us and let us know when and where you want to go! Requires advance notice and meet minimum participation requirements.

**RELOADING CLASSES**

Pistol Cartridge: February 21, 5:30 p.m. \$5.

**XC SKI WAXING CLINICS**

February 15, 1 p.m. \$5

**CROSS COUNTRY SKI LESSONS**

February 16, and 23, 1 p.m. \$10 per person, 13 years old and above.

**HALF PRICE SEASON XCOUNTRY SKI RENTALS**

Starting February 20 until April 15  
Adult \$60  
Kids \$40

\*Class sizes are limited, sign up early!

Open 7 days/week  
beginning February 15!  
See hours pg. 39

Outdoor Recreation Center | JBER Elmendorf | Bldg. 7301 | 552-2023



### Valentine's Date Night at the POLAR BOWL

February 14, 6 p.m. - 1 a.m. Make your Valentine's special!

\$34.99 per couple includes 2 hours bowling and shoe rentals (max. 2)

CALL 753-PINS FOR INFO

**FREE**  
Bldg. 9387  
Info: 384-7619



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



# Birth Announcements

**B-4** ARCTIC WARRIOR

February 14, 2014

**Jan. 19**

A daughter, Abigail Karen Robinson, was born 20 inches long and weighing 7 pounds, 2 ounces at 3:27 p.m. to Air Force Capt. Christina Robinson of the 673d Surgical Squadron and Jimmie Robinson.

**Jan. 21**

A son, Blake Michael Lefebvre, was born 20.5 inches long and weighing 6 pounds, 10 ounces at 10:41 a.m. to Angela Morales Lefebvre and Spc. Michael Joseph Lefebvre Jr. of the 98th Maintenance Company.

**Jan. 22**

A daughter, Krimsen Diane Denton, was born 20 inches long and weighing 8 pounds, 1 ounce at 8:26 p.m. to Carroll Diane Denton.

A daughter, Vivienne Rose Doll, was born 21.5 inches long and weighing 7 pounds, 15 ounces at 9:32 a.m. to Sepe Doll and Army Master Sgt. Thomas F. Doll of Headquarters and Headquarters Company, 2d Engineer Brigade.

A son, Jack David Slott, was born 22 inches long and weighing 9 pounds, 11 ounces at 4:52 p.m. to Rachel Christine Slott and Air Force Staff Sgt. Jesse Allen Slott of the 673d Communications Squadron.

**Jan. 23**

A daughter, Natalie Elizabeth Miller, was born 20 inches long and weighing 7 pounds, 3.6 ounces at 9:51 p.m. to Brooke Nicole Miller and Army Capt. Matthew T. Miller of the 1st Battalion (Airborne), 501st Infantry Regiment.

**Jan. 26**

A son, Jaiden Kabuto Crawford, was born 22 inches long and weighing 7 pounds, 4 ounces at 2:41 a.m. to Akina Crawford and Tech. Sgt. William Crawford of the 3rd Munitions Squadron.

A son, Dayo Christopher Schenk, was born 20 inches long and weighing 7 pounds, 8 ounces at 10:07 p.m. to Danielle Joy Schenk and Royal Cana-

dian Air Force Capt. Chris Paul Schenk of the Canadian Detachment, 176th Air Defense Squadron.

**Jan. 27**

A son, Cameron Michael Hoag, was born 20 inches long and weighing 7 pounds, 4.5 ounces at 7:02 p.m. to Air Force Staff Sgt. Michelle Brianne Hoag of the 611th Air Communications Squadron and Air Force Staff Sgt. Jacy Lee Hoag of the 673d Communications Squadron.

**Jan. 28**

A daughter, Kylie Fay Carroll, was born 20.5 inches long and weighing 8 pounds, 2 ounces at 7:06 p.m. to Aubrie Fay Carroll and Pfc. Tyler Davis Carroll of the 23rd Engineer Company.

A daughter, Anna Marie Smith, was born 19.5 inches long and weighing 5 pounds, 14 ounces at 8:02 a.m. to Jessica Garcia Smith and Sgt. Malcolm Wayne Smith of the 425th Brigade Special Troops Battalion (Airborne).

**Jan. 29**

A son, Connor Douglas Sullivan, was born 21.75 inches long and weighing 8 pounds, 10 ounces at 7:25 a.m. to Amanda Kay Sullivan and Air Force Staff Sgt. Patrick Michael Sullivan of the 319th Medical Support Squadron, Grand Forks Air Force Base, N.D.

**Jan. 30**

A daughter, Kylie Allyce Draggs, was born 22 inches long and weighing 8 pounds, 14 ounces at 4:40 p.m. to Katharine Allyce Draggs and Pfc. Keith Michael Draggs of the 1st Battalion (Airborne), 501st Infantry Regiment.

**Jan. 31**

A daughter, Athena Marie Croker, was born 19.5 inches long and weighing 6

pounds, 13 ounces at 11:19 p.m. to Anjelique Croker and Spc. Samuel Croker of Headquarters and Headquarters Company, 4th Brigade Combat Team (Airborne), 25th Infantry Division.

A son, Ephraim Prosper Frage, was born 20 inches long and weighing 8 pounds at 7:35 a.m. to Dina D. Frage and Spc. Prosper Frage of the 725th Brigade Support Battalion (Airborne).

**Feb. 3**

A son, Ryan Claye Wood, was born 19 inches long and weighing 6 pounds, 10 ounces at 12:03 p.m. to Raquel Chenice Wood and Air Force Staff Sgt. Javoris Antone Wood of the 381st Intelligence Squadron.

**Feb. 4**

A son, Aidyn Tobias Padilla De Los Santos, was born 21 inches long and weighing 9 pounds, 6 ounces at 6:10 p.m. to Air Force Staff Sgt. Aimee Padilla De Los Santos of the 673d Aerospace Medical Squadron and Air Force Staff Sgt. Toby Gerardo De Los Santos of the 703rd Aircraft Maintenance Squadron.

A son, Jacob Austin Palumbo, was born 22 inches long and weighing 9 pounds, 4 ounces at 8:38 a.m. to Tech. Sgt. Rachael Kristina Palumbo of the 773d Civil Engineer Squadron and Beau Jeffrey Palumbo.

**Feb. 6**

A son, Jayson Thomas Murphy, was born 21 inches long and weighing 8 pounds, 13 ounces at 12:57 a.m. to Jessica Camille Murphy and Army Maj. Jerry Earnest Murphy of the Troop Medical Clinic.

A son, Christian Alexander Thompson, was born 19.25 inches long and weighing 7 pounds, 7 ounces at 12:40 p.m. to Rachael K. Thompson and Air Force Staff

Sgt. Cerrone E. Thompson of the 673d Medical Squadron.

**Feb. 7**

A daughter, Penelope Ann Beckman, was born 20 inches long and weighing 6 pounds, 14 ounces at 9:47 p.m. to Christine Ann Beckman and Air Force Capt. Darrick James Beckman of the 673d Medical Operations Squadron.

A daughter, Bailey Grace Harris, was born 21.5 inches long and weighing 7 pounds, 15 ounces at 11:18 a.m. to Tech. Sgt. Patricia Leann Harris of the 3rd Maintenance Squadron and Jarrett Warner Harris.

A daughter, Juniper Dallas Harris, was born 20.5 inches long and weighing 7 pounds at 4:11 p.m. to Chief Warrant Officer 2 Elizabeth T. Harris of Headquarters and Headquarters Company, 4th Brigade Combat Team (Airborne), 25th Infantry Division, and Air Force Master Sgt. John M. Harris of the 477th Security Forces Squadron.

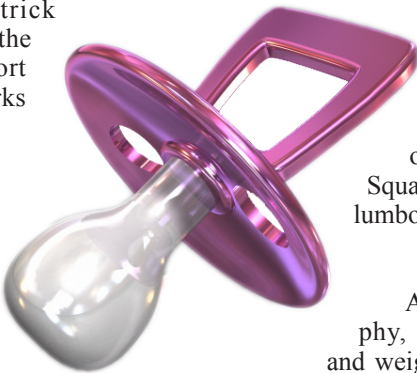
**Feb. 8**

A daughter, Kali Mae Bearce, was born 20 inches long and weighing 6 pounds, 11 ounces at 8:35 a.m. to Nicole Elizabeth Bearce and Airman 1st Class Cory Allen Bearce of the 673d Wing Staff Agency.

A son, Dominic Alexander Henriquez, was born 20.5 inches long and weighing 6 pounds, 9 ounces at 11:28 p.m. to Morgan Alexandra Henriquez and Spc. David Angel Henriquez of B Co., 725th Brigade Support Battalion (Airborne).

A son, Charlie Eugene Tice, was born 20.5 inches long and weighing 6 pounds, 8 ounces at 9:06 a.m. to Kelly J. Tice and Air Force Staff Sgt. Scott A. Tice of the 673d Medical Group.

A son, Asher James Moore, was born 21 inches long and weighing 7 pounds, 2 ounces at 6:33 p.m. to Erin Moore and Air Force Staff Sgt. Randell Wayne Moore of the 673d Security Forces Squadron.



## New policy tightens restrictions on transport of professional books, equipment

By Joel Fortner  
Air Force Public Affairs Agency

WASHINGTON — Air Force officials recently announced changes to the Department of Defense’s policy on transporting member’s professional books, papers and equipment, or PBP&E, shipped in household goods during permanent change of station moves.

Known as “pro-gear,” the new policy will impact orders issued on or after May 1.

At that time, PBP&E will be limited to a maximum of 2,000 pounds, and will include items in a member’s possession needed for the performance of official duties at the next assignment.

Those items include instruments, tools, and equipment unique to technicians, mechanics, medical professionals, musicians and members of the professions; and specialized clothing, such as diving suits, astronauts’ suits, flying suits and helmets, band

uniforms, chaplains’ vestments, and other specialized apparel and abnormal uniforms or clothing, according to Michael Topolosky, the Air Force Personal Property Policy chief.

He said the policy excludes other items of a professional nature that will not be necessary at the next duty station, such as text books from schools and personal books, even if used as part of a previous professional reading program.

The new directive also eliminates some previously allowed categories – like personal computer equipment, memorabilia and table service.

The new policy does include a grandfather clause to allow anyone stationed overseas who transported more than 2,000 pounds of PBP&E before the change to return the same amount to the continental U.S.

For more information, see Joint Federal Travel Regulation change 327 and Joint Travel Regulation change 581, dated March 1, 2014.



The Department of Defense just announced changes to the policy on shipping professional books and equipment. Now, only 2,000 pounds can be shipped during permanent change-of-station moves – and excludes computers, textbooks, and other gear not necessary at the new duty station. (U.S. Air Force photo/Airman 1st Class Christine Griffiths)























