

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

# ARCTIC WARRIOR

January 30, 2015

www.jber.af.mil

Volume 6, No. 4



## Celebrating 50: Air Force's unsung Biomedical Corps maintains health, mission capability

By Air Force Staff Sgt. Wes Wright  
JBER Public Affairs

The virus or disease somehow got out of the lab and now there are flesh-eating zombies walking around presenting a global threat to what's left of mankind.

It's a fairly common plot in popular movies and TV series like the Walking Dead and Resident Evil. Invariably, somebody in a white lab coat appears holding a vial of blood or tissue sample explaining to the viewer how awful the disease or virus is, and how, if left unchecked, it will bring down all humanity.

Who is the guy or girl in the lab coat?

The folks at the 673d Medical Support Squadron Anatomic Pathology section will tell you it's a pathologist or histopathology technician.

Histopathology is just one part of the Air Force's Biomedical Sciences Corps, a discipline composed of 17 primary specialty codes. This year, the BSC turns 50 years old.

"Helping to diagnose cancer is very rewarding," said Air Force Staff Sgt. Christiane Shoenhair, 673d MDSS histopathology technician. "Sometimes it's hard to see what you do here when all you're doing is handling pieces of tissue. When you look at the big picture, knowing that you maybe helped save a life because you did this step in the diagnostic process, is awesome."

"Histopathology is basically the study of diseased tissue," Shoenhair said. "Anything that gets cut out of the body or is from the body, we receive and process for a pathologist to look at and see if someone has cancer or perhaps some other disease or condition."

Typically, the processing and diagnostic procedure takes between 24 and 48 hours.

While Shoenhair considers all facets of her job to be potentially lifesaving, one is especially key: cryosection, more commonly referred to as "frozens." It is laboratory term used to describe the rapid microscopic analysis of a specimen.

"We drop everything we're doing when a frozen comes in," Shoenhair said. "Many times, a doctor will have somebody still open on an operating table and we have to get them a preliminary diagnosis within 20 minutes. The work we do alongside our pathologists is critical to the assessment and treatment of somebody lying on an operating table."

For patients who have passed away, pathologists and histopathology technicians like Shoenhair perform autopsies.

"Helping family members find closure is a big part of that process for me," Shoenhair said. "You're able to provide that information to the family. 'How did they die? Were they in pain?' It's hard but the big picture is such a great outcome. Knowing I helped a doctor be able to console a family member – that means so much to me."

The BSC's mission is to enhance Air Force combat capability and effectiveness by providing world-class customer service and scientific expertise, resulting in peak force performance, productivity, and quality healthcare to the beneficiary population.

With 2,400 officers, supported by 5,800 enlisted members in parallel career fields, BSC members can be found at 81 locations around the world in multiple settings.

The BSC encompasses physical therapy, optometry, podiatry, physician assistants,

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## SEMPER FI SPARTANS



Paratroopers assigned to Able Company, 3rd Battalion (Airborne), 509th Infantry Regiment, execute high-altitude mountain mobility operations at the Marine Corps Mountain Warfare Training Center in Bridgeport, Calif. Sunday. The joint training opportunity is part of U.S. Army Alaska's initiative to enhance partnered high-altitude cold regions training. (U.S. Army photo/Sgt. Sean Callahan)

## Paratroopers train with Marines in California

Courtesy story  
U.S. Army Alaska Public Affairs

BRIDGEPORT, Calif. — Paratroopers assigned to Able Company, 3rd Battalion (Airborne), 509th Infantry Regiment are training in the high reaches of the Sierra Nevada range with Marines at the Marine Corps Mountain Warfare Training Center.

The month-long training rotation is affording approximately 100 Alaska-based paratroopers the chance to go through high-altitude training opportunities, including pre-environmental and mobility training, the Mountain Communication Course and the Scout Skier Course.

The joint training opportunity is part of U.S. Army Alaska's initiative to enhance partnered high-altitude, cold-regions training.

Upon completion of basic mobility training, the members of Able Company will transition from students to the opposing force for the 26th Marine Expeditionary Unit.

The Camp Lejeune-based MEU is completing a deployment validation field exercise.

This is the first time an Army unit has served as the OPFOR for a Marine unit at the training center.

Normally, a battalion-sized MEU has to give up a company to serve as the opposing force during an FEX.

Having USARAK forces on hand will allow the entire MEU to train as one unit, while giving Able Company valuable experience in fighting a uniformed force in conditions that are familiar to Alaska-based Soldiers.

The FEX is largely unscripted, the



scenario updated daily based on real-world news and intelligence events, said Brandon Schroder, an exercise planner at MWTC.

For Able Company, this means the freedom to maneuver at will against the 26th MEU within the deployment validation.

The outcome of the fight will be based on which unit can out-maneuver and out-fight the other, providing valuable experience to both commands.

Like USARAK's Northern Warfare Training Center in Black Rapids, MWTC provides "turn-key" ease of training, according to Schroder. A unit arrives and gets to train immediately.

The instructor-led, pre-environmental and basic mobility training makes graduates Department of Defense level-one mountaineers, another similarity to USARAK's NWTTC.

To the paratroopers who are NWTTC graduates, the opportunity to conduct similar training at the Marine center adds to

their proficiency.

"I think coming from Alaska gave us a leg up for this kind of training; guys knew what to expect," said Army 1st Lt. Matthew Ray, Able Company's executive officer. "They're used to the cold temperatures, so there wasn't a shock factor."

The developing partnership between the Marine Corps Mountain Warfare Training Center in California and the Northern Warfare Training Center in Alaska is extremely important, in that both centers provide a range of climate types and expansive terrain for units to train in extreme-cold-weather, high-altitude regions within the Department of Defense footprint.

This partnership effort will continue in February, when senior leaders from the MWTC join other military leaders from around the world at USARAK's Cold Regions Military Mountaineering Collaborative Training Event at the Northern Warfare Training Center.

## JBER engineers assist Arctic Wolves with NTC rotation

1-25 SBCT Public Affairs

FORT IRWIN, Calif. — Soldiers from the 1st Stryker Brigade Combat Team "Arctic Wolves" out of Fort Wainwright arrived at the National Training Center, Fort Irwin, California, Jan. 18.

One of the first operations tested the brigade's ability to conduct convoy operations and establish a forward command post to support each battalion's combat mission.

"This movement provides the Soldiers with in-depth training during the 18-day rotation," said Chief Warrant Officer 2 Omar Deleon, all-source technician with 1st SBCT. "This is the first time we have done this rotation; usually it is 14 days."

During the rotation the Soldiers will perform various tasks to hone their skills.

"This provides us with a stepping stone for upcoming deployments," said Pvt. Sergio Gallardo,

a food service specialist with 70th Brigade Engineer Battalion. "Having never deployed myself, it provides a feel for what a deployment would be like."

This NTC rotation will provide each unit with the opportunity to learn about their specific jobs.

"This is my seventh time here at NTC," said Sgt. 1st Class Jose Muniz, food service noncommissioned officer-in-charge with 2nd Battalion, 8th Field Artillery Regiment. "One specific challenge of this mission is the containerized kitchen we use is meant to be placed in one forward operating base and left there until the deployment is over. This mission will test us with the multiple movements across the training area," he said.

This exercise provides each Soldier with the "train as we fight" mentality – so everyone from the command team down to the line Soldier will be confident in their ability and their leadership.



Army Staff Sgt. Manuel Perez, with the 6th Brigade Engineer Battalion, Joint Base Elmendorf-Richardson, signals a bulldozer creating a protective barrier at the National Training Center on Fort Irwin, Calif., Jan. 23. The BEB is working with the 1st Stryker Brigade Combat Team during the brigade's deployment validation exercise. (U.S. Army photo/Spc. Corey Confer)

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# Don't be a carrot or an egg – failure can be a time to shine

Commenary by Maj. Eric Tucker  
509th Communications Squadron

WHITEMAN AIR FORCE BASE, Mo. — You will fail. The question is, how will you respond?

This reminds me of a parable – the story of the carrot, the egg and the coffee.

A senior airman was distraught when he learned he did not make staff sergeant after his first time testing.

His staff sergeant supervisor saw a teaching opportunity and the next day he filled three pots with water and placed each on a stove. After they came to a boil, he placed carrots in the first pot, eggs in the second and ground coffee in the last.

After 20 minutes, he fished the carrots out and placed them in a bowl. He pulled the eggs out and placed them in a bowl.

Then he ladled the coffee out into a cup. Turning to the senior airman, the staff sergeant asked, “Tell me, what do you see?”

“Carrots, eggs and coffee,” the

senior airman replied.

He asked the senior airman to feel the carrots, which he did and noted they were soft and mushy.

The staff sergeant then asked the senior airman to take an egg and break it. After pulling off the shell, the airman observed the hard-boiled egg.

Finally, the supervisor asked the senior airman to sip the coffee.

He smiled as he tasted the coffee with its rich aroma.

“Nice,” the senior airman said, “But what does all of this mean?”

The staff sergeant laughed and explained that each of these objects had faced the same adversity – boiling water – but each reacted differently.

“Which are you?” the staff sergeant asked, “are you a carrot that seems strong, but with pain and adversity, becomes soft and loses strength?

“Are you the egg that appears not to change but whose heart is hardened?

“Or, are you the coffee bean that changes the hot water, the very

circumstances that bring the pain?”

The staff sergeant continued.

“When the water gets hot, the coffee releases its fragrance and flavor. If you are like the coffee bean, when things are at their worst, your very attitude will change your environment for the better, making it sweet and palatable.”

It's a useful parable.

When you face failure, will you be the carrot, egg or coffee?

I offer three suggestions when dealing with failure.

First, own up to your failures. Don't explain failures away; instead deal with them head-on. Don't look around for other people to blame. That happens way too often today.

Admit your failures and take accountability for them. Being accountable for your failures shows responsibility. Accepting your failure will give you the courage to apologize, if that's appropriate to the situation.

Taking ownership of your failures enables the second step of the

process – learning.

“Fail” can be an acronym – a first attempt in learning. This is how you need to view failures – a lesson on what didn't work.

While learning from your mistakes, don't expect a miracle recovery overnight. Take the time you need to learn the appropriate lessons. Don't short-circuit the process.

Bouncing back is good, but you want to bounce back in a healthy way and not force it. Forcing it will only hinder your opportunity for growth.

The beautiful thing about failure is it teaches you the resiliency needed to cope with future failures.

Also, don't go in alone. Ask for help if you need it.

I like this quote from the noted psychologist B.F. Skinner: “A failure is not always a mistake; it may simply be the best one can do under the circumstances. The real mistake is to stop trying.”

Third, with the wisdom gained from growing through your failure – thrive.

Life isn't about luck. Life is about hard work – hard work born from failure.

Learning from failure and thriving from the growth you made will help reach your full potential in life.

We never try to fail on purpose. But if you stay so far away from failure, if you don't ever push yourself to where failure is a possibility, you're probably not pushing yourself enough.

Failure presents opportunities for personal growth. It also teaches us about willpower, persistence, self-discipline and hard work.

I encourage people to be empowered, take initiative and move out. Step out of your comfort zone and take a chance.

There are very few “one strike and you're out” failures in the Air Force. Be adventurous and try something new.

If you fail, own up to it, learn from it, change your circumstances, and thrive.

And remember, don't be a carrot or an egg.



## READY FOR THE RESCUE

Air Force Capt. Stephen Ludwig, a pilot with the 211th Rescue Squadron, Alaska Air National Guard, holds his newborn son, Caius, at the Joint Mobility Complex on Joint Base Elmendorf-Richardson while awaiting departure for his deployment Monday. This deployment is sending approximately 70 Airmen to the Africa Command area of operations in support of Operation Enduring Freedom. (U.S. Army National Guard photo/Sgt. Marisa Lindsay)

## Spartan paratroopers graduate from Finnish cold-weather course

By Sgt. Brian Ragin  
4-25 IBCT Public Affairs

Three U.S. Army Alaska Soldiers and five Marines completed the Finnish Army's Cold Weather Operations Basic Course near the Arctic Circle in Lapland, Finland Jan. 16.

“It is a course that mirrors our Cold Weather Leaders Course,” said Sgt. 1st Class Shalim Guzman, a platoon sergeant with Delaware Company, 1st Battalion (Airborne), 501st Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division. “We were there to compare their knowledge and [ours] within the cold-weather operation and environments.”

Guzman, a Puerto Rico native, has now attended both courses.

“Once we got there we recognized immediately the difference in the courses,” Guzman said. “Everything their course does is on skis and mainly the stuff that we do here is done on snow shoes.”

The key elements of the Finnish course include squad movement and fighting techniques, safe and effective weapons handling in sub-zero conditions and military ski techniques.

It also teaches about using

snow vehicles, making and using snow shelters, orienteering, survival, and sustaining health and performance.

“Overall it was a tremendous experience,” said Sgt. 1st Class Cory James Birdsong, a Salina, Kansas, native and 4-25 schools non-commissioned officer. “It was a unique opportunity to see how the Finnish army operates and get a different take on how another unit also operates in an arctic environment.”

The 10-day course is divided into three parts. The first part – five days of basic training and exercises – ends with a test before students can continue.

“The training was physical,” said Guzman. “It was the second hardest school I have done since Ranger school. We skied about 120 kilometers ... you have your skis on the entire time.”

“We as U.S. Soldiers in Alaska are not used to skiing as much as we did in Finland; we do ski for physical training every now and then, but to ski as much as we did for that period of time was really hard to adapt to,” Guzman said.

The second part of the course included four days of live-fire training; students were divided into small groups and given sce-



A paratrooper with the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, pulls an Akhio sled during the Finland Cold Weather Basic Operation Course. (Courtesy photo)

narios to complete.

“The training was all delivered in English, the instructors and students there all spoke Eng-

lish very well,” Birdsong said. “The first few days they showed us how everything worked, how they did everything, and the rest of the

time we were doing operations, raids and missions using the skills we learned.”

Finnish soldiers helped by making most of the task easy to understand, Guzman added.

“I think this partnership will work out great,” Guzman said. “The Finnish soldiers I got to meet were extremely happy for us to be there and to actually do some of the things they do. They were also happy to let us use their equipment and give them an honest opinion on how well it worked.”

“Overall the partnership was amazing and they took really good care of us from the beginning.”

“We were treated very well,” Birdsong said. “Finnish Army Capt. Juha Massinen, the overall course leader, treated us just like we were his soldiers.”

In the final part of the course, the students jumped into freezing water, removed their skis, came out of the water and built a fire.

“Here in Alaska, we don't do that,” Guzman said. “For me to go to another country, and jump into below-freezing water at the very end of all the training was mentally challenging, but overall it was a good course.”

“I can't wait for them to come try out CWLC.”

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Editorial office and mailing address: JBER Public Affairs, 10480 Sijan Ave., Suite 123, Joint Base Elmendorf-Richardson, AK 99506; telephone (907) 552-8918.

Send emails about news stories and story submissions to [david.bedard.1@us.af.mil](mailto:david.bedard.1@us.af.mil).

Deadline for article and photos is 4:30 p.m., Monday, for the week of publication. Articles and photos will be published on a space-available basis and are subject to editing by the *Arctic Warrior* staff. Submission does not guarantee publication.

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# Cope South brings U.S., Bangladeshi troops closer

374th Airlift Wing  
Courtesy story

BAF BASE BANGABANDHU, Bangladesh — U.S. and Bangladesh air force personnel took to the sky Jan. 24 for the launch of exercise Cope South 15, a Pacific Air Forces-sponsored, bilateral tactical airlift exercise at BAF Base Bangabandhu.

Eighty U.S. Airmen along with three U.S. Air Force C-130H Hercules aircraft from the 36th Airlift Squadron, 374th Airlift Wing, Yokota Air Base, Japan, integrated with approximately 200 Bangladesh Air Force Airmen and one Bangladeshi C-130B during the exercise.

“Cope South provides valuable training for U.S. and Bangladeshi Airmen in air-land and airdrop delivery,” said U.S. Air Force Lt. Col. Andrew Campbell, 36th Airlift Squadron commander. “Our work here is vital in contingency and disaster-response operations.

“We build the personal relationships that, at a tactical level, enable us to help when disaster strikes and people are in need, not just in Bangladesh, but across the Indo-Asia-Pacific region,” Campbell said.

Campbell explained that Cope South, and his squadron’s activity with Pacific partners throughout the year, builds bonds that enable the region’s forces to rapidly respond and operate shoulder-to-shoulder during any crisis.

The first day’s operations built on previous exercises.

“My crews arrived in Bangladesh only 18 hours ago, and today, we airdropped supplies and personnel using our host’s procedures,” Campbell noted. “That’s an uncommon capability made possible by our regular and enduring engagement that builds trust between my crews and our joint Bangladeshi partners. It’s a capability unique to [Pacific Command]’s assigned forces.”

BAF Group Captain Awal Hos-



**Bangladeshi commandos prepare to jump from a U.S. Air Force C-130H aircraft during exercise Cope South near Sylhet, Bangladesh, Jan. 24. The annual exercise helps build partnerships between countries. (U.S. Air Force photos/1st Lt. Jake Bailey)**

sain said exercises such as Cope South are particularly important to BAF response capabilities.

“Bangladesh is a flood-prone country, and we have been enhancing our capability, so we can drop men and materials in a disaster zone quickly and easily to support locals,” Hossain said.

In addition to cooperative flight operations, during the exercise U.S. and BAF Airmen will conduct subject matter expert exchanges on

aircraft generation and recovery, day and night low-level navigation, airdrop and air-land tactics, aircraft maintenance, and rigging techniques.

“Already, it’s clear this year’s exercise is further advancing our mutual understanding of each other’s capabilities and enhancing our ability to operate together,” said U.S. Air Force Maj. Adam Staubach, Cope South 15 mission commander.



**LEFT: U.S. Air Force Capt. Evan Dineen, Exercise Cope South deputy mission commander, shakes hands with Bangladesh Air Force squadron leader Tanvir before a jump. ABOVE: Bangladeshi commandos jump from a U.S. Air Force C-130H aircraft during exercise Cope South near Sylhet, Bangladesh.**





Senior Airman Taylor Davis, 673d Medical Support Squadron histology technician, cuts tissue on a microtome prior to applying it to a slide in a laboratory Jan. 19. Histopathology is just one part of the Air Force’s Biomedical Sciences Corps, which turns 50 this year. (U.S. Air Force photo/Staff Sgt. Wes Wright)

## SECAF: Sequestration risks Air Force becoming too small to succeed

### Service leaders warn Congress against further budget cuts

By Natalie Stanley  
SECAF Public Affairs

WASHINGTON — During testimony on Capitol Hill Wednesday, Air Force Chief of Staff Gen. Mark A. Welsh III stressed the negative impact sequestration will have on future Air Force capabilities, emphasizing further budget cuts will lead to low morale and declined readiness in the Air Force.

“Pilots sitting in a squadron looking out at their airplanes parked on a ramp certainly feels like a hollow force, whether we define it that way or not,” Welsh said. “People are not joining this business to sit around.”

Welsh testified with fellow service leaders: Chief of Staff of the Army Gen. Raymond Odierno, Chief of Naval Operations Adm. Jonathan W. Greenert and Commandant of the Marine Corps Gen. Joseph F. Dunford Jr.

The common tone of the testimony by all the service chiefs was maintaining the faith and trust each military member has in their respective service by ensuring they have the training, tools and equipment needed to win any fight, now or in the future.

“We can’t continue to cut force

structure to pay the cost of readiness and modernization or we risk being too small to succeed,” Welsh said.

Welsh stated 24 years of combat operations has taken a toll on the Air Force, and the need for modernization is no longer a debatable issue.

“We currently have 12 fleets of aircraft that qualify for antique license plates in the state of Virginia,” he said. “Air Forces that fall behind technology fail, and joint forces without the full breadth of the air,

space and cyber capabilities that comprise modern airpower will lose.”

“We currently have 12 fleets of aircraft that qualify for antique license plates.”

reverse this trend.

“Squadrons would be grounded, readiness rates would plummet, Red and Green Flag exercises would have to be cancelled,

eye and dissecting it to take samples for processing.

“After that, the sample is put into a processor for about eight hours and is run through several different chemicals, to include a formaldehyde solution that kills mostly everything infectious in the tissue and freezes the cells in their current state so that they don’t deteriorate and can be examined microscopically,” Shoenhair said.

“One of the technicians takes sections out of it and embeds the sample in a wax mold where it is even further broken down on a microtome where the samples are cut into sections thinner than a strand of hair,” she explained.

At this point, tissue samples are “stained” as one of the final steps in the process. Sections are stained with one or more pigments to reveal cellular components.

“All of BSC is important, but histopathology is especially important because their findings in tissue samples can be life-and-death,” said Air Force Maj. Matthew Glynn, 673d Medical Support Squadron chief of laboratory services. “They can confirm or dispel a doctor’s initial assessment, and sometimes they can catch cancers that the doctors don’t know about.”

Glynn said the skills of technicians like Shoenhair, while seemingly routine in today’s medical world, would shock founding BSC experts.

“We’ve come a long way,” Glynn said of the science. “The advancement of every section within BSC since our inception is simply astounding. We take great pride in what we do.

“We look forward to continuing a tradition of excellence for another 50 years.”



**Elmendorf pool closure**

The swimming pool at the Elmendorf Fitness Center will be closed for the month of February for maintenance.

**JAG law school programs**

The Air Force Judge Advocate General 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 years of 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 and application materials, visit [www.airforce.com/jag](http://www.airforce.com/jag), contact Capt. David Schiavone at the Joint Base Elmendorf-Richardson 673d ABW Legal Office at 552-3048, or contact Capt. Megan Mallone at (800) JAG-USAF.

**Exchange rewards grades**

Students in first through 12th grades can bring report cards to the Exchange to receive a coupon booklet of free offers and discounts. Students can also enter the You Made the Grade sweepstakes to win \$500 to \$2000 gift cards.

For information, call 552-4222.

**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 beginning Thursday.

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.

**Immunization clinic move**

The JBER hospital's Allergy and Immunization Clinic is moving to a new location.

Starting Feb. 2, the clinic will be next to the emergency room on the Moose side of the hospital.

The clinci will be open Monday through Friday from 7:30 to 11:30 a.m. and 12:45 until 4:15 p.m.

For more information, call the clinic at 580-2001 or 580-2002.

**Provider Drive closure**

Civil Engineers are repaving Provider Drive between the Exchange and JBER Hospital through Aug. 15. Local housing will have one-lane access to Wilkins Ave.

The detour uses Westover Avenue/Grady Highway/Zeamer Avenue.

**Utilities upgrades**

As part of Doyon Utilities' continuing effort to improve the utility infrastructure, the organization is engaged in a multi-year project to upgrade the JBER-Richardson electrical system to improve efficiency, reduce interruptions, and improve personnel safety.

Doyon Utilities regrets any inconvenience outages may cause, and is working to avoid unnecessary service interruptions. Work on this system is expected to continue through 2016.

To minimize impacts, Doyon is working with installation officials to schedule work that could potentially result in an outage for completion during off-peak periods. If another outage does occur, utilities electrical crews will act quickly to restore service.

When work is completed, the installation will see an improvement in overall system reliability.

**DLA Document Services**

Defense Logistics Agency Document Services duplicates and prints documents.

Document Services documents including black and white, color, large format, photographic prints, engineering drawings, sensitive materials, technical manuals and training materials.

The shop is able to handle the design, printing and distribution of business cards, letterhead, invitations and programs.

Document Services' Equipment Management Solutions Program provides networked multifunctional devices that print, scan, copy and fax.

Production facilities offer scanning and conversion services for all types of documents.

Document Services also offers Document Automation and Content Services, a service for building digital libraries of content with online access.

Hours of operation are 7 a.m. to 3:30 p.m. Monday through Friday.

For more information visit [www.documentservices.dla.mil](http://www.documentservices.dla.mil), visit the office at 984 Warehouse Street, or call 384-2901.

**U-Fix-It Store**

The JBER U-Fix-it Stores are open to all Aurora Military Housing tenants.

Assorted items for maintaining your home may be issued from the U-Fix-It Store.

The items available are subject to change and limits and some may have a cost.

There are also American flag kits and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

Its purpose is to allow the occupant to make minor improvements and repairs to their home and cut down on the number of service orders. There are two stores on base.

The JBER-Elmendorf location is 6350 Arctic Warrior Drive and it is open 8:30 a.m. to 5 p.m., Tuesday through Friday, closed from 1 to 1:30 p.m. for lunch, and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.).

The JBER-Richardson location is at 338 Hoonah Ave., open from 8:30 a.m. to 5 p.m., Monday through Friday, and closed from 1 to 1:30 p.m. for lunch.

A window blind cleaning machine is currently located at the JBER-Elmendorf location. A "reservation required to use" policy is in place with the priority going to military members PCSing. For more information, call 375-5540.

**JBER Bargain Shop**

The JBER-Elmendorf Bargain Shop, located in building 8515 Saville off of 20th Street, is open Tuesday and Wednesday 10 a.m. to 2 p.m. and the first Saturday of the month 10 a.m. to 2 p.m. Consignments are accepted Wednesdays 10 a.m. to 12:30 p.m.

For information, call 753-6134.

**Richardson Thrift Shop**

The JBER-Richardson Thrift Shop, located in building 724, Quartermaster Drive, is open Monday through Thursday from 10 a.m. to 2 p.m., and first and third Saturdays from 11 a.m. to 2 p.m.

Consignments are accepted Tuesdays and Thursdays.

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

**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 be considered for jobs offered internally. Spouses are matched with positions based on 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 was previously limited to spouses on a current federal appointment or those who formerly had a federal position.

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.

**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 delivers 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.





## Twenty-nine years and counting

### Canadian warrant officer recounts service

By Air Force Staff Sgt. Robert Barnett  
JBER Public Affairs

**R**oyal Canadian Air Force Warrant Officer Shari Reiser, an aerospace control operator for the 611th Air Operations Center at Joint Base Elmendorf-Richardson, remembers her first deployment like it happened yesterday.

“It didn’t seem to be as real as it was,” said Reiser, then a combat operations technician for the Canadian Detachment Aviano Operations Center. “We were going for a routine mission. It seemed like it would be more of a relaxed deployment. We were just there with the fighter jets.”

What had started as a routine mission turned into chaos at Aviano Air Base, Italy, in 1999, when airstrikes began in Kosovo.

On March 24 that year, peace talks in Kosovo failed and the NATO airstrikes began. Aircraft and support teams flew in from around the world. Members of the Royal Canadian Air Force, like Reiser, came in to provide mission support for U.S. fighter pilots and jets.

“When they started bombing, you saw how things could change so quickly,” she said. “Fighters from Canada and the U.S. would cross over and bomb Kosovo. It was really intense the first three weeks we were over there.”

Reiser’s job didn’t put her in a position to witness the bombing or any violence. She didn’t really need to – she saw it on the faces of the pilots each time they returned from a mission.

“We got to see a lot of emotions from different people,” she said. “The pilots got to see and experience what was happening. They’d talk about their experiences. It was emotional.”

When her deployment finally ended, Reiser was relieved. When



**Royal Canadian Air Force Warrant Officer Shari Reiser is an aerospace control operator for the 611th Air Operations Center, supporting the Alaska North American Aerospace Defense Command Region and Alaskan Command at Joint Base Elmendorf-Richardson. Reiser is a native of Newfoundland, Canada. (U.S. Air Force photo/Tech. Sgt. Robert Barnett)**

she’d joined the RCAF, she hadn’t imagined she’d find herself in that kind of situation. She hadn’t been quite sure what to expect; life was different where she came from.

Reiser was born in Corner Brook, Newfoundland and raised in Deer Lake, Newfoundland.

“I grew up around mountains and lakes, 30 minutes from the ocean,” she said. “We had hunting, fishing, a bunch of outdoor activities – we spent most of our time outside. It was safe, and it was beautiful.”

We spent our summers swimming in the lake, building forts in the woods and going fishing. It was a great place to grow up.”

Work wasn’t easy to come by, and her parents were encouraging their children to join the military. Her sister joined the RCAF first in 1983, followed by Reiser and then their brother later. Her friends and family didn’t expect her to complete basic training, she said.

“When I first left home and went to boot camp, a lot of people said ‘she’ll be home in two weeks,

she’ll never last’,” she said. “I went from being that little girl to beating my brother’s [who was medically released] and sister’s [who retired] time in service. I’m proud of myself – I’ve been in 29 years. I’m hoping to stay in to 39 years of service.”

Reiser’s job evolved over the years. She started as an air defense technician in the 1980s at North Bay, Ontario.

“That was interesting,” she said. “My first three years, I worked underground in what they called ‘the Hole,’ – Canadian Air Defense Sector [North American Aerospace Defense Command region].”

She later became part of air traffic control in the 1990s, which included her first deployment.

“I think [my family] was worried when I went to Aviano Air Base in 1999 when they bombed Kosovo,” she said. “[But] they were supportive because they knew it was my job.”

Today, she serves with the 611 AOC at JBER, supporting the Alaska North American Aero-

space Defense Command Region, Alaskan Command and the 11th Air Force.

“Shari joined our team late last year and we have really enjoyed having her experience, knowledge, and positive attitude around the office,” said U.S. Air Force Maj. Casey Utterback, Alaskan NORAD Region (ANR) chief of exercises. “She is also teaching us interesting things about Canada that we didn’t know.”

The 611th AOC consists of three divisions that develop plans, procedures, and directives for the employment of Alaskan combat and support forces assigned to PACAF and NORAD.

They maintain air sovereignty and conduct air defense operations for ANR. Additionally, they direct rescue operations and provide tactical support for air and land forces.

“We prepare all the exercises – both simulated and live flying – for NORAD,” she said. “I work with NORAD, which I’ve worked with for most of my career.

I’ve worked with Americans

since I joined. It’s been great; we’ve been working alongside each other for a long time now. We’re neighbors and we’re in this together. I think September 11 really showed us how we can support each other.”

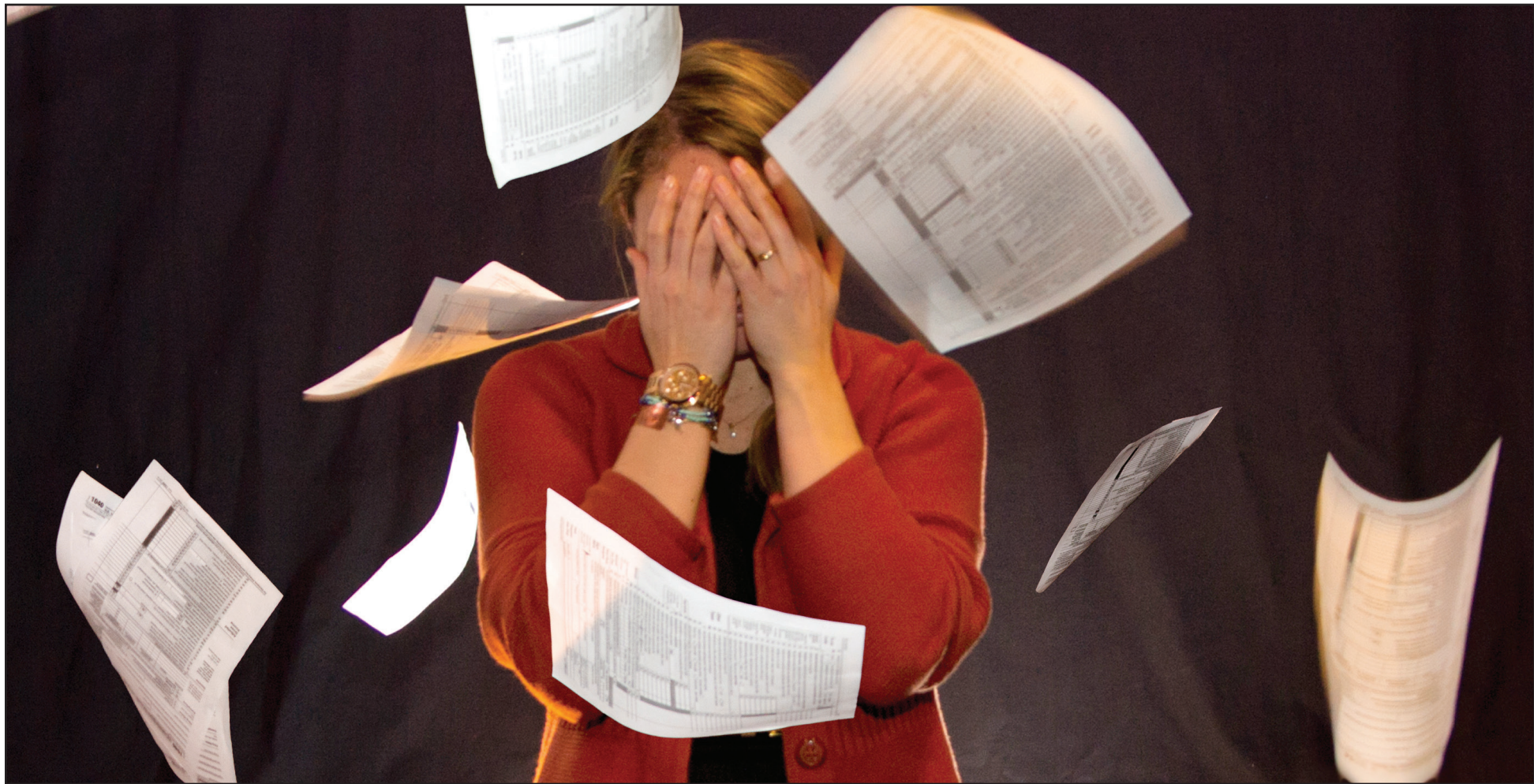
While she enjoys it, working with joint forces isn’t always easy, she said.

“You have to get use to the different training system and the different ways of doing things,” she said. This is same for U.S. personnel being stationed to Canada.

“It’s also learning the layout of the land. If you guys came to Canada, someone could use a reference point of a certain area, you might be lost. Learning the geographic area is probably the hardest part.”

These challenges don’t stop her from enjoying work and life on JBER, she said.

“I love working with the people here, meeting people from different states and all over,” she said. “There are some great characters here.”



**Preparing and filing a tax return can be a daunting task for anyone. However, help is available. The tax center is open to any service member, retiree or dependents. The tax center can assist and help make filing a tax return as simple as possible. (U.S. Air Force illustration/Staff Sgt. Sheila deVera)**

## Volunteer tax preparer shares experience

By Air Force Staff Sgt. Sheila deVera  
JBER Public Affairs

Preparing and filing a tax return can be a daunting task for anyone, especially for new service members going through the process for the first time.

Air Force Staff Sgt. Terry Shoup said he likes helping service members and their families by volunteering as a tax preparer. He enjoys seeing the reaction of people who get more money back than they thought they could.

Shoup, a 673d Civil Engineer Squadron medical laboratory technician and currently an Airman dormitory leader, said he has always been good with numbers and uses his skills to give back by volunteering.

“This is the second year I’ve volun-

teered,” said the Altus, Oklahoma native. “It’s something I’ve always wanted to do. I always looked at tax return season as [the time] when most families plan their vacations, so I want to help them make it happen.”

His brother was the first person who really got him interested in learning different ways he could save on taxes 11 years ago, and Shoup has been filing his own tax return since then.

“Over the years, I’ve been able to save a lot by doing my own taxes,” Shoup said.

Last year, Shoup helped one military couple who thought they would pay \$15,000 in state taxes because of their combined income.

“The couple was both deployed at different times, but both received \$30,000 of selective retention bonus,” Shoup said. “I

was able to get all their state taxes refunded. They saved almost \$20,000.”

Shoup encourages members filing their taxes to make sure they have everything they need including bank statements, W-2s, any retirement contributions or education documents.

“Even though someone else is doing your taxes, the whole responsibility falls to the tax payer,” Shoup said. “I may do your taxes, but if something is wrong with your taxes, the IRS will come ask you about it, not me. So whatever you claim on your taxes, you have to have documentation for it.”

With his unique position as an Airman dormitory leader at Eklutna and Turnagain Hall as well as a tax preparer, Shoup is opening his door at the dorms to help service members in the vicinity.

“Instead of having all the single service

members in the dorms going over to the tax center, I can cover all the Airmen in the dorms,” said the 12-year Air Force veteran. “They are just a couple of minutes away from my office [Eklutna and Turnagain Hall on the first floor].”

“I can’t think of a better way to reach that demographic than to have tax preparation services available in the dorms,” said Air Force Lt. Col. William Annexstad, 673d Air Base Wing Staff judge advocate who is in charge of the tax program on Joint Base Elmendorf-Richardson.

“It will ensure that JBER’s young service members know that this resource exists for them, and will make filing a tax return as simple as possible.”

The tax center is open to any active duty, Reserve, and National Guard service members as well as retirees and family members.



## Faith that makes a difference

Commentary by Air Force Chaplain (Maj.) Ronald Reitz  
673d Air Base Wing Chaplain

I have been privileged to teach courses about religion to college students. One of the class sessions is about religion and conflict. The students usually easily identify conflicts in which religion was a factor.

Students often cite the Inquisition; the Crusades; the conflict in Northern Ireland; Israel and Palestine, and other current examples where extremists claim one faith or another as examples of the impact religion has on society.

Examples where religion has contributed to social calm, to social progress, and to social betterment are often more difficult for the students to identify.

Yet I see evidence of these positive contributions of religion all around.

In 1837, at the age of 17, Florence Nightingale felt God calling her to do some work, some ministry. She wasn't sure what, but she pursued that calling.

She became interested in nursing, which was not seen as a prestigious or important position in the early 1800s.

She went on to serve as a nurse in military field hospitals during the Crimean War.

She revolutionized nursing and caring for the sick and wounded. She advocated clean and sterile environments for patients, when such was still unheard of. She established training hospitals for nurses.

Her efforts led to legislation in England to provide better care and improved standards for nursing, as well as improved healthcare and benefits for soldiers.

In 1893, a London-trained lawyer moved to South Africa to champion the rights of the poor and to fight discrimination.

He advocated *satyagraha*, a form of passive social resistance and disobedience through non-violent means to create social change. He worked for 20 years in South Africa before moving to India.

In India he struggled to help people out of poverty, worked for women's rights, and sought to end oppression based on the caste system.

He became a leader in the civil rights movement and independence movement in India which led to India's independence in 1947.

The teachings and ministry of Mohandas Gandhi are traced to his Hindu faith and his spiritual and religious beliefs.

Gandhi's practice of *satyagraha* influenced a civil rights leader in the United States two decades later.

Dr. Martin Luther King Jr. cited the teachings of Gandhi and the life and teachings of Jesus Christ as influences in his practice of civil disobedience in the Civil Rights movement.

King was born Jan. 15, 1929. He was a Baptist pastor at Ebenezer Baptist Church in Atlanta, Georgia along with his father. Later, he was the pastor at Dexter Avenue Baptist Church in Montgomery, Alabama.

From that church, the March on Selma and the Montgomery Bus Boycott were organized. Dr. King preached his sermon following the Selma marches from the state capitol, across from Dexter Avenue Baptist Church.

Today, Dr. Martin Luther King Day is a federal holiday designated the third Monday of January, the Monday closest to his birthday, celebrating his life and legacy.

Part of his life and legacy was his faith, which motivated him to accomplish great positive social change.



Dr. Martin Luther King Jr., a man whose faith made a difference. (Courtesy photo)

He followed other great examples including Gandhi, Nightingale and many others who lived out their faith to make a positive difference in their world.

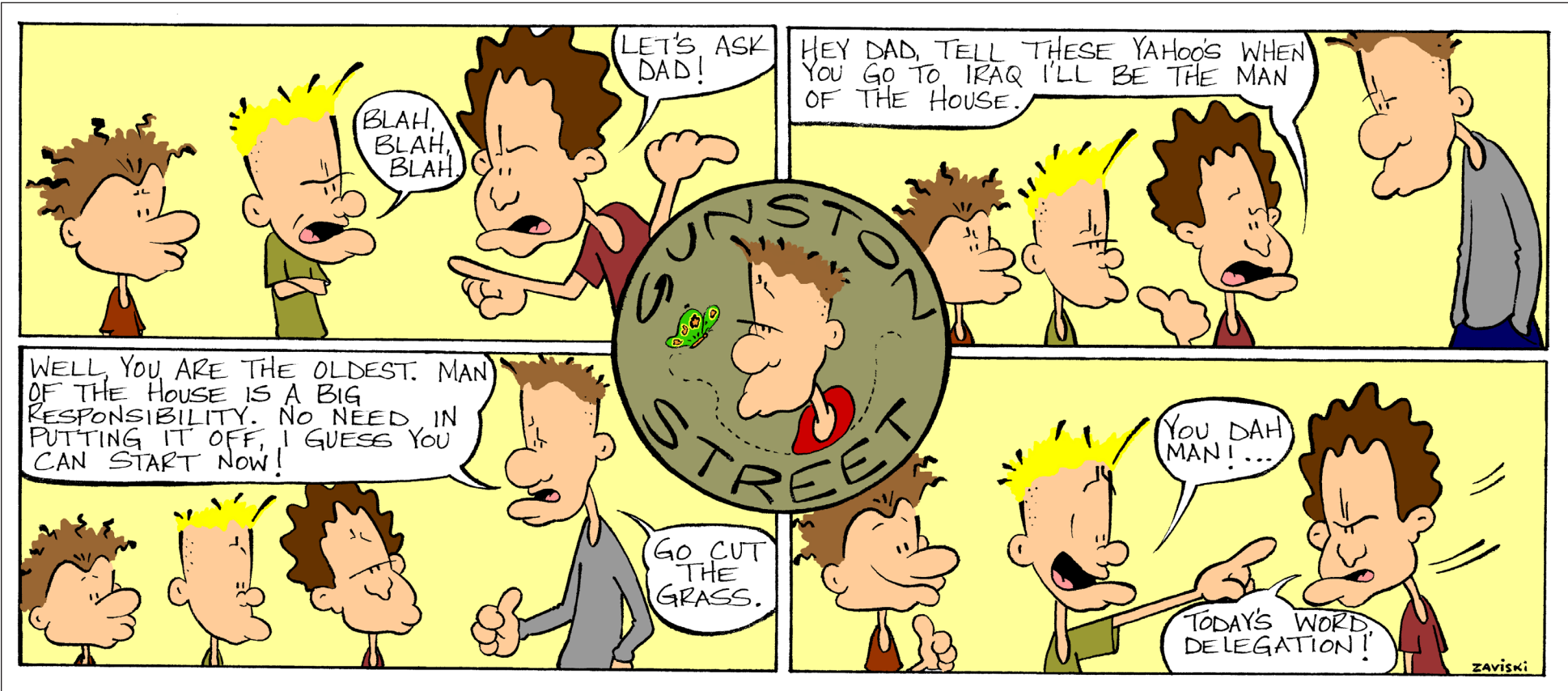
Faith makes a positive difference, not just for the leadership examples mentioned here, but for the world.

Hospitals, hospices, charities, and universities were founded by men and women of faith who lived out their beliefs in society and sought to make a positive difference.

Inspired by their faith men and women have fought to eliminate slavery, to promote civil rights, to help the poor, to improve healthcare, and much more.

What positive difference does your faith make in your own life, and in the world around you?

May the life and legacy of Dr. King be more than a history lesson; may it also be an inspiration to discover what we believe and live out our faith in positive ways to impact the world for the good of others and the betterment of society.





## FRIDAY Open Mic Night

Take the stage and show off your talent at the Fire Pit from 5 to 8 p.m. Stop in to see what's new. For information, call 384-7619.

## Teen Movie Night

Tired of staying at home fighting with parents for the remote? Hang out and watch movies with your friends at the Two Rivers Youth Center 6 p.m. to 8 p.m. For information, call 384-1508.

## Free Movie Night

Come see The Boxtrolls at the Talkeetna Theater. Doors open at 6 p.m. for a 6:30 p.m. movie start. Enjoy cheap, cash-only concessions; popcorn, candy, drinks, nachos and more. For information, call 552-8529.

## SATURDAY

### Darts

Test your aim, compete with friends. The 907 Sports Bar & Grill hosts an afternoon of darts from noon to 4 p.m. For information, call 384-7619.

## Give Parents A Break

Parents, need a date night? Let the professional staff at the Juneau Child Development Center care for your children from 1 to 5 p.m. For more information, call Central registration at 384-7483.

## SUNDAY

### Super Bowl Party

Watch the big game on nine big screen TVs in the Igloo Lounge at the Polar Bowl. Doors open one hour before kick-off. Enter drawings for prizes, enjoy specials on bowling and refreshments. For information, call 753-7467.

## Super Bowl Bash

The 907 Sports Bar & Grill invites you and friends to view the biggest football game of the season from 2:25 p.m. to 6 p.m. Enjoy specials on wings and refreshments, free give-aways and trivia each quarter. Prizes awarded for best fan attire. Free cover for club members. For information, call 384-7619.

## THROUGH FEB 28 Elmendorf Pool Closure

The Elmendorf fitness center pool will be closed for maintenance starting Feb. 1 and will re-open Mar. 1. During this period, the Buck-

ner fitness center pool will remain open. For information, call 384-1302.

## FEB. 3 Intramural Volleyball

Deadline for letters of intent for participating teams is Feb. 3. An organizational meeting will take place Feb. 6 at 1 p.m. in the Buckner fitness center. Season runs from Feb. 9 through May 1. For information call 384-1312 or email [katherine.hunt@us.af.mil](mailto:katherine.hunt@us.af.mil).

## FEB. 4 Parent Advisory Board

For all parents of Child Development Centers and Family Child Care. Join the Parent Advisory Board to stay informed about what's going on and where the programs are headed. Meeting will take place in Bldg. 600, Rm. B170 from 11 a.m. to noon. For more information, call Central registration at 384-7483.

## Free Lift Tickets

Fresh snow is finally here. Dorm/barracks residents get a free lift ticket at Hillberg Ski area from 4 to 8 p.m. For information, call 552-4838.

## FEB. 6 Sew-So-Sew

Create your own plush valentine. Join us at the Two Rivers Youth Center and sew a pillow in the shape of a heart. For information, call 384-1508.

## Snow Shoe Scavenger Hunt

Hunt for clues and treasure while wearing snow shoes from 4 to 6 p.m. at the Kennecott Youth Center. For information, call 552-2266.

## Give Parents A Break

Newly arrived or have a deployed spouse and need child care for a few hours? The Katmai Child Development Center and Ketchikan School Age Program host this program Fri., Feb. 6 from 7 to 11 p.m. For information, call 552-5113.

## FEB. 6 THROUGH MAY 1 First Friday Art Walk

Enjoy artwork around town, grab a copy of the Anchorage Press to identify participating venues and their business hours. Summer sun or winter snow, make the rounds to local art galleries to seek out new talent or view old favorites.

## FEB. 7 Snow machine tour

Head to Willow on a guided snow machine tour from 8 a.m. to 5 p.m. This trip is being offered at a special discounted rate as part of the RECON program. Only open to active duty service members and/or dependents. Sign up at JBER-E Outdoor Recreation Center. Tour departs from JBER-R Outdoor Recreation Center. Trips must meet minimum sign-up requirements and are subject to change due to weather conditions. To sign-up or for more information, call 552-2023 or 552-3812.

## FEB. 9 THROUGH 13 TAP Seminar

The Transition Assistance Program Goals, Plans and Success seminar takes place Mon. through Fri. from 7:30 a.m. to 4:30 p.m. at the Air Force Transition Center. Please call 552-6619 to register.

## FEB. 21 Iron Dog race start

The world's longest snowmachine race starts for the first time in Anchorage and runs through Joint Base Elmendorf-Richardson. Festivities kick off at 9:30 a.m. on Fourth Ave. with a parade, kids' events and much more. For information, visit [iron-dograce.org](http://iron-dograce.org).

## FEB. 27 THROUGH MARCH 8 Fur Rendezvous

Anchorage's largest winter festival is back for its 80th year with all the zany events and activities. Run with the reindeer, race outhouses, shop for furs or watch the sled dog teams race downtown—or bundle up for carnival rides. Events, dates and times vary; visit [furrondy.net](http://furrondy.net) for information.

## ONGOING Scholarship Opportunity

Applications are being accepted for the Richardson Spouses' Club 2014-2015 Scholarship. Applicants must be military dependents, either graduating high school seniors or currently enrolled college students pursuing full time undergraduate studies. Visit [richardsonspouses-club.com/scholarship](http://richardsonspouses-club.com/scholarship) to download full eligibility requirements along with the application. Applications must be post-marked by February 28.

## Eat and Play Weekdays

What goes great with lunch? A free game of bowling. Present

your receipt at the front counter totaling more than \$5 from Ten Pins or Topios (located inside the Polar Bowl) between 11 a.m. and 1 p.m., Mon., Thurs., or Fri. and receive one free game.

(Free game will be honored in the same week meal was purchased, one receipt/free game per day, does not include shoe rental.) For information, call 753-7467.

## Alaska Zoo Lights

Thurs. through Sun. until Jan. 31, Zoo Lights occurs every night from 5 to 8 p.m. Hours change in February. Check out zoo residents under a canopy of lovely lights. For information, visit [alaska-zoo.org](http://alaska-zoo.org).

## AER scholarships

Army Emergency Relief is taking applications for scholarships. Scholarships are available for children, spouses and other dependents of active, retired and deceased Soldiers. Applications and instructions are available at [aerhq.org](http://aerhq.org). For information, call 384-7478.

## Conservator's Corner

Go behind the scenes at the Anchorage Museum and see conservators in action. Ask questions while they repair objects at a mobile conservation station, and learn how they maintain displays, from 11 a.m. to 1 p.m. For information, call 929-9200.

## Protestant Women of the Chapel meetings

Women are invited to meet with the Protestant Women of the Chapel. Bible studies are Tuesdays at 9:30 a.m. at the Arctic Warrior Chapel, JBER-Richardson. For more information, email [jber.ak.pwoc@gmail.com](mailto:jber.ak.pwoc@gmail.com) or call 384-1461.

## Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tues. and 1 p.m. Sat. in the basement of Matanuska Hall, Room 35. Anyone interested in model railroading is invited. For information, call 552-4353, visit [trainweb.org/msmre](http://trainweb.org/msmre) or email [bjorgan@alaska.net](mailto:bjorgan@alaska.net).

## Wired Cafe for Airmen

The Wired Cafe at 7076 Fighter Drive has wireless internet access and programs for Airmen in the dorms.

## Chapel services

### Catholic Mass

**Sunday**  
**8:30 a.m.** — Arctic Warrior Chapel  
**11:30 a.m.** — Midnight Sun Chapel  
**Monday and Wednesday**  
**11:40 a.m.** — Arctic Warrior Chapel  
**Tuesday and Friday**  
**11:30 a.m.** — Midnight Sun Chapel  
**Thursday**  
**12:00 p.m.** — Hospital Chapel

### Confession

Confessions are available anytime by appointment. Call 552-5762.

### Protestant Sunday Services

**Liturgical Service**  
**9 a.m.** — Heritage Chapel  
**Gospel Service**  
**9:30 a.m.** — Midnight Sun Chapel  
**Community Service**  
**10:30 a.m.** — Heritage Chapel  
**Collective Service**  
**11 a.m.** — Arctic Warrior Chapel  
**Contemporary Service**  
**5 p.m.** — Midnight Sun Chapel

### Jewish Services

**Erev Shabbat Service (First Friday of each month)**  
**5 p.m.** — Heritage Chapel  
Call 384-0456 or 552-5762

### Religious Education

For religious education schedules, please call the Religious Operations Center at 552-5762 or 384-1461.

There are free 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, followed by meeting animals featured in the story, starting at 10:30 a.m. Mondays at the coffee shop. For information, email [camp@alaskazoo.org](mailto:camp@alaskazoo.org).

## 673d FORCE SUPPORT SQUADRON

## MWR events & activities

### MARKETING TIDBITS

### Focus on The Polar Bowl

The Polar Bowl is located at 7176 Fighter Drive, across the street from the JBER Elmendorf Lodging. It is the LARGEST bowling center in the Air Force and the only bowling center on Joint Base Elmendorf-Richardson.

The Polar Bowl offers 40 lanes with automatic scorers, lockers, an arcade area, and a bar. Weekly events consist of Dollar days, unlimited bowling, Neon Bowling, and more! They offer a variety of league bowling, mixed doubles, intramurals, and children's leagues and also offer a variety of bowling tournaments throughout the long winter. Not interested in tournaments? Open bowling is offered every day they are open, with lunchtime and monthly specials.

Need a place to host a party or event? End of season event for youth sports teams? Need to book a field trip? Looking for a great place for a Squadron Holiday Party? Fund raiser Want a place to have a great Birthday Party with lots of fun and no clean up? They have packages for all types of parties and events! Just ask to speak with our Event Coordinator when you give them a call!

1-907-753-7467 (PINS)

## 907 SUPER BOWL Bash

Bldg. 655 384.7619

February 1

Festivities Begin at NOON

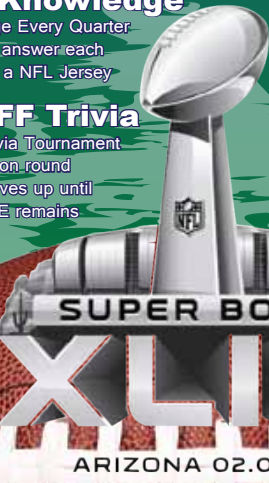
**Know The Score?**  
Best guess at the end of each quarter and final score entered to win prizes!

**Test Your Knowledge**  
Trivia Challenge Every Quarter  
First correct answer each quarter wins a NFL Jersey

**FACE OFF Trivia**  
Half Time Trivia Tournament  
5 question round  
Winner moves up until only ONE remains

**NO DOUBT Who Your Team Is!**  
Prizes for best football fan attire... Even if they didn't make it to the Super Bowl.

Free Give-A-Ways  
Wing Specials  
Specialty Drinks



WWW.FACEBOOK.COM/JBERFITNESS  
Elmendorf Fitness Center Pool will be  
**CLOSED**  
February 1 - 28 for maintenance.  
We will be open again on March 1, 2015. To accommodate your needs please use Buckner Fitness Center Pool, 384.1302.

## FREE FIRE OPEN MIC Night

7 - 10 P.M.

TAKE THE STAGE & SHOW US WHAT YOU'VE GOT!  
POETRY | COMEDY | SINGING | STAND UP | OTHER TALENT

## FREE MOVIE NIGHT at the Talkeetna Theater

January 30

6:30 p.m.

Doors open at 6 p.m.  
Cash only Concessions!  
\$1 Candy | \$1 Drinks | \$1 Small Popcorn  
\$2 Large Popcorn | \$2 Nachos | \$4 Combos

## DORM DWELLER DAY

FEB. 5 4-8 P.M.

Free Chair Lift Tickets for All Dorm & Barracks Residents

**Feb. After School Ski/Snowboard Programs:**  
"Learn to Shred"  
3 Lessons - Thurs. or Fri. 5 - 6:30 p.m.  
Age Groups: 6 - 9 yrs. & 10 - 13 yrs.  
Cost: \$120 for three 90 min. lessons, rental equipment & lift tickets for the day. Space is limited. Small groups, fun instruction & games to develop strong skills. Call to register.  
"Epic Snow Camp"  
3 Days: Feb. 14 - 16 | 12 - 5 p.m.  
Age Groups: 6 - 9 yrs. & 10 - 13 yrs.  
Cost: \$225 includes tickets & equipment. Space is limited. 3 days of fun! Ski/Snowboard Lesson, Intro to Racing, Intro to Terrain Park & Tubing. Call to Register.

**Valentine's Day Lesson Special**  
February 14  
Two for one beginner "Couple" private lesson. \$60 + \$10 rental fee for 1 hour.  
**Valentine's Day Tubing Special**  
February 14  
Two for one "Couple" tubing (adults only) \$10 for 2 hour session for two.  
**Dog Sledding**  
February 21 - 22  
Noon - 5 p.m.  
Don't Wait in line at Alyeska, save money by renting your skis & snowboards from Hillberg for Military Mondays and weekend rentals for Alyeska! Call for more information & reservations.

Open February 16, President's Day: 12 - 8 p.m.  
Bldg. 23400 | 552.4838



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



Stop by and see us!  
[www.facebook.com/JBER673FSS](http://www.facebook.com/JBER673FSS)





# Former POW shares never say die attitude

By Petty Officer 1st Class Shawn Eggert  
17th CGD Public Affairs

Coast Guard men and women know plenty about perseverance. Through stormy sea or howling gale, there’s no ignoring the call to action when the search and rescue alarm blares in the dead of night.

But the missions the Coast Guard performs can take a toll on even the hardest of sailors and, when things are looking rough, it’s good to hear the perspective of fellow service members who have triumphed through hard times and gained wisdom from their experience.

American300, a non-profit organization dedicated to fostering resiliency among United States Armed Forces members, visited the Coast Guard men and women of Ketchikan, and, this year, they brought along someone who knows all about overcoming adversity.

Retired Air Force Maj. Gen. Edward Mechenbier, was only a lieutenant when his F-4 Phantom jet went down in the jungles of North Vietnam. He spent the next six years as a prisoner of war surviving vicious treatment and horrible conditions to finish his military career with honor.

His amazing story of courage and fortitude in the face of despair made him a perfect candidate to speak to the Coast Guard as part of American300’s “Service through Honor – Never Quit” tour series.

“There is little you can say to a young Coastie who has been waiting three-plus years to get into ‘A’ school that they’re really going to listen to,” said former Army Sgt. Robi Powers, founder of American300. “But put a guy who went through six years of hell as a prisoner of war, who then came home to eventually become a two-star general with them and suddenly young service members are getting a world-class encounter that mirrors their leadership’s teaching on perseverance.”

Powers and Mechenbier spent Jan. 19 and 20 touring Base Ketchikan and its adjoining units meeting with Coast Guard members and learning their stories before Mechenbier presented his own at an all hands event Jan. 21.

While at Base Ketchikan, they even assisted with cleaning up the station’s small-boats and participated in man overboard and towing training aboard a 45-foot response boat in the heavy surf near Ketchikan.

“With 35-knot winds and 8-foot seas, we had perfect training conditions for showing Major General Mechenbier and Sergeant Powers what we do and the kind of conditions we typically work in,” said Senior Chief Petty Officer Kevinn Smith, Station Ketchikan’s officer in charge. “American300



**Retired Air Force Maj. Gen. Ed Mechenbier and former prisoner of war, shares leadership perspectives with Chief Warrant Officer David Dixon, commanding officer of the Coast Guard Cutter Anthony Petit during an American300 visit to Ketchikan, Jan. 20. Mechenbier overcame being held captive for two years while fighting in North Vietnam and uses his experience to teach armed forces members about perseverance. (Photos courtesy of American300)**

is a group our members look forward to seeing every time they visit no matter who their guest speaker is, but it isn’t often our young men and women have a chance to hear from a former POW. The crew was very receptive to hearing from him and about his experiences and what he sees for the Coast Guard’s future.”

“One of American300’s goals with this tour series is to share amazing stories of resiliency with armed forces members in the hopes that eventually every service member meets someone who ‘registers’ and really understands the challenges they face in service to their nation,” Powers said. “The other is to give service members an opportunity to spend quality time with the various guest mentors. We work with leaders who allow us to embed our guests, slow things down and develop lasting impressions with their warriors.”

After spending three days learning from, Mechenbier, there’s little doubt the Coast Guard members serving in Ketchikan will remember the lessons he shared about hope, honor and just plain never giving up.



**Ed Mechenbier, and former Sgt. Robi Powers connect with Coast Guard Station Ketchikan members during a visit Jan. 20. The visit was part of the American300 “Service with Honor - Never Quit Series,” which teaches armed forces members about resiliency through the experiences of guest mentors.**



# One of the coldest sports in Alaska

## Staying safe, warm while ice fishing

By Airman 1st Class Tammie Ramsouer  
JBER Public Affairs

Fishing frozen lakes, streams and rivers can be a seasonal pastime around Joint Base Elmendorf-Richardson, but understanding how to be safe is key to having fun.

“The big thing about ice fishing is to make sure the ice is safe,” said Royal Harrop, 673d Force Support Squadron Outdoor Recreation Center director.

“Some people will say if the ice is two inches thick, a person can stand on it. My rule is to have at least four solid inches before putting anyone on it.”

According to the Alaska Department of Fish and Game, ice strong enough for ice fishing normally forms on lakes between November and December in Alaska.

“During the winter, ice freezes from shoreline to the center and thaws the same way in spring,” Harrop said.

The Alaska Department of Fish and Game will do a report of how thick the ice is for most of the bigger lakes in Alaska, said Tyler Glenn, 673d FSS Outdoor Adventure manager.

“Before people go out to those areas they should check the reports so they don’t have to drive an hour or two just to be disappointed,” Glenn said.

A quick way to test if ice is strong enough for ice fishing is see how translucent it is. If the ice is clear and there is no cloudiness present, it should be good for drilling, the Outdoor Adventure manager said.

While driving a vehicle onto the ice, the recommended thickness should be about 12 inches and a minimum of five to six inches for snow machines, Harrop said. He also recommended parking with at least 50 feet between vehicles.

“Normally, it’s safe to drive trucks across lakes this time of year,” Harrop said. “But with this winter being so warm, we have



Quality fishing gear can help ensure a successful ice fishing trip, but quality safety gear can make the difference between life and death in an emergency situation. (U.S. Air Force photo/Airman 1st Class Tammie Ramsouer)

what is called overflow.”

Overflow happens when heavy pressure from multiple layers of snowfall or ice causes water to come up through cracks in the lake or river ice causing the surface to become unstable, he said.

“There could be anywhere from a few inches to several feet of ice,” Harrop said. “A good indicator of overflow in a lake is if there is fog over the spot. We call it winter quicksand, because it can suck anything in really quick.”

When driving on ice, the Alaska Department of Fish and Game recommends a driving speed of 10 miles per hour or less as well as keeping windows open at all times in case the ice beaks for a speedy exit from the vehicle.

Drivers with fully loaded trucks must be careful because the vibrations can cause waves underneath the ice also known as pressure waves, which can cause a break in the ice in front of the vehicle, Harrop said.

While traveling over rivers, it’s important to be cautious of ice thickness because strong currents still run under the ice, he said.

“Last year, at Campbell Creek, a woman went through the ice and was taken away by

the current,” Glenn said. “Unfortunately she didn’t make it.”

If someone does fall through the ice, getting out of the cold water and drying off should be the first priority, he explained.

People need to carry ice picks, Harrop said. “They can be worn on the inside of the sleeves of a jacket, so if a person did fall through the ice all they would need to do is basically claw their way out of the water.”

If someone falls into icy cold water their muscles contract, including their lungs, making it hard for the individual to breathe, he said.

The individual has about 10 minutes to save themselves before they lose feeling in their extremities and begin having symptoms of hypothermia, he said.

According to [www.mayoclinic.org](http://www.mayoclinic.org), some mild symptoms of hypothermia can include shivering, dizziness, hunger, nausea, trouble speaking, confusion, fatigue and a faster heart rate.

As hypothermia worsens, symptoms do as well. With moderate to severe hypothermia people can experience shivering, although as hypothermia worsens, it may stop. More symptoms include shallow breathing and a weak pulse.

“Hypothermia can be dangerous, because if you warm someone wrong, they could die from the cold blood getting to the heart,” Harrop said. “If you can, strip the individual down and get them into a warm sleeping bag with two other people, this will help them heat up their outer extremities [safely].”

If someone is having trouble getting out of the water, Harrop recommends taking these steps: put your arms on top of the ice, let them freeze, pull yourself out of the icy water and roll a safe distance from the broken ice so it doesn’t break further. If a person tries to stand up the ice may give away and they could fall back in.

He also recommends going ice fishing in a group.

“This is just to make sure if anyone does fall through the ice, the other individuals with you can get help and also help that individual remain calm while assisting them to get out of the icy water,” Harrop said.

He recommends having an extra set of clothing to change into if there is any possibility of getting wet while ice fishing.

For more information about ice fishing and other activities contact the Outdoor Recreation Center at 552-3812.





The Consumer Research Team at the Natick Soldier Research, Development and Engineering Center has posted an online questionnaire that will help the center’s Combat Feeding Directorate determine the direction it will take with future operational rations. (U.S. Army photo/Michael Stepien.)

# Research team shapes future of combat rations

By Bob Reinert  
USAG-Natick Public Affairs

NATICK, Mass. — What kinds of rations might the military be using to feed its warfighters 15 years from now?

Seeking to provide a window into the future of combat feeding, the Consumer Research Team, working on behalf of the Combat Feeding Directorate of the Natick Soldier Research, Development and Engineering Center, developed an online questionnaire for current and former military members.

A more detailed version of the questionnaire can be completed by Department of Defense personnel whose work involves military field feeding.

“This is a great opportunity,” said CRT’s Wendy Johnson. “It’s very unusual, in my experience, that we stop and we think 15 years ahead and say, ‘What can we do?’ Taking a look at the long term is very interesting, and I think it’ll be very beneficial in the long run.”

As Johnson pointed out, the Future General Purpose Operational Ration, or FGPOR,

could take any form. “We try not to say [Meals, Ready-to-Eat] because we’re trying to think outside the box,” Johnson said. “It doesn’t have to be an MRE. They can look very, very different.

“Do we have to give them meals? Can we think about it in a different way? And can we give them a bunch of foods that maybe they can graze on?”

The CRT began its process about 18 months ago with a series of focus groups. The participants were told rations could take on virtually any configuration. “They were pretty interesting,” Johnson said. “There were a lot of things that came up. What we were looking for were things that came up maybe multiple times.”

Among the concepts that interested the focus groups were just-in-time delivery of rations, producing food with 3-D printers, and tailoring rations to parts of the world or missions.

Johnson said she was surprised by how much the groups focused on education.

“They’re talking about educating the Soldiers, for one thing, and also educating

their chain of command, so that everybody is aware of the importance of nutrition and how the rations fit into that,” said Johnson, noting that this aspect of combat feeding is “not always fully understood.”

Jeannette Kennedy, a senior food technologist at Combat Feeding, added that field rations are about “performance fueling and performance nutrition.”

With data from focus groups in hand, four members of the CRT went to work fashioning the questionnaire.

“We went over every single idea and talked it over and made sure that it was as clear and as concise as possible,” Johnson said. “That took up a lot of time. I think we’ve got a good set of ideas from that whole process.”

The basic questionnaire consists of 14 random questions and takes five to seven minutes to complete. The extended version, for subject-matter experts, asks them to rate 14 ration ideas, and they also have the opportunity to identify any obstacles they see to making each of those ideas a reality. This version of the questionnaire takes seven to

10 minutes.

Johnson said the questionnaire will be online through March.

“We tried to streamline it and make it go as quickly as they wanted it to go,” Johnson said of participants. “Some people like to linger and think things over, and they’re free to do that. “We hope they’ll be interested, and we hope that they take it seriously and they give us good, accurate answers.”

The questionnaire can be found at: <https://tiny.cc/z8v6sx>

Following data analysis on the completed questionnaires, CRT will deliver actionable requirements and concepts to combat feeding.

These requirements will form the basis of future science and technology programs, which one day will lead to a FGPOR aligning with requirements projected today.

“This is another opportunity for us to gather information from our military customers on their requirements, in particular their future requirements,” Kennedy said, “so that we can focus our efforts on meeting those needs.”