

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

ARCTIC WARRIOR

March 27, 2015

www.jber.af.mil

Volume 6, No. 12



Capt. David Frost, a native of Franklin, Mass., assigned to the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, relays information while conducting a parachute assault on Malemute drop zone at Joint Base Elmendorf-Richardson, March 20 during Operation Spartan Valkyrie. Soldiers from 1st Battalion (Airborne), 501st Infantry Regiment seized the drop zone, and assaulted follow-on objectives while elements from 2nd Battalion, 377th Parachute Field Artillery Regiment set up and fired 105-mm howitzers. (U.S. Air Force photo/Alejandro Peña)

Mass-tactical exercise prepares Spartans for future training

By Staff Sgt. Daniel Love
4/25th IBCT Public Affairs

“Was that the last pass?” one 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division paratrooper asked another. “Any more and we’ll be landing on each other.”

“Nope, three more passes to go,” another said. “Pick up and move off the drop zone.”

More than 800 Spartan Brigade paratroopers along with heavy-equipment drops enveloped the skies over Malemute Drop Zone on Joint Base Elmendorf-Richardson during dual mass-tactical airborne operations March 18 and 20 as part of Command Post Exercise Spartan Valkyrie, one of three exercises leading up to the brigade’s Joint

Readiness Training Center rotation scheduled for early 2016.

“Really, this training is all about force projection,” said Lt. Col. Ben Luper, commander of 2nd Battalion, 377th Parachute Field Artillery Regiment. “We can take this capability any place in the arctic and the Pacific at no notice and provide a lethal capability.”

Airfield seizure was the objective of both days’ missions. The training was primarily conducted by elements of the brigade’s headquarters by way of establishment of an assault command post upon arrival on the drop zone. Spartan maneuver battalions 3rd Battalion (Airborne), 509th Infantry Regiment and 1st Battalion (Airborne), 501st Infantry Regiment led the lines along with the 2nd Battalion, 377th Parachute Field Artillery Regiment providing indirect fire with 105-mm howitzers dropped onto the drop zone. Though conditions were less harsh than usual, the ice and mountains presented a more constant challenge.

“This is perfect chaos,” Luper said. “A paratrooper is the only Soldier who arrives on the battlefield by himself. You must get on the

ground, get out of your ‘chute, find a buddy, and get to the platform. This builds the mental and physical toughness required to carry that ‘chute and ruck to the assembly area, get to that howitzer, and put it into operation.”

This exercise, from the long flight in, to the follow-on missions, was designed to mirror real-world scenarios as well as the Spartan Brigade’s upcoming rotation at the Joint Readiness Training Center in Fort Polk, Louisiana. The exercise was supported by Air Force C-17 Globemaster III aircraft and crews from JBER, Joint Base Lewis-McChord, Washington, and Altus Air Force Base, Oklahoma.

“We dropped two howitzers with live ammunition providing indirect fires on the drop zone immediately upon arrival,” Luper said. “We provide that in support of the maneuver elements and the brigade commander’s objectives. Today, our first person was at the howitzer in eight minutes. We had it off the platform in 18 and it was in position and ready to fire in 25 [minutes]. In Alaska, we train hard because the conditions are always harder. To do our job anywhere, you’ve got to train in the hardest conditions.”



Spartan paratroopers practice a forced-entry parachute assault on Malemute drop zone on JBER March 18 as part of a larger tactical field exercise. (U.S. Air Force photo/Justin Connahey)

Alaska Army National Guard welcomes new commander



The Alaska Army National Guard welcomed a new commander during a change of command ceremony at the Alaska National Guard armory on Joint Base Elmendorf-Richardson March 22. Brig. Gen. Laurie Hummel, adjutant general of the Alaska National Guard and commissioner of the Department of Military and Veterans Affairs, presided at the ceremony as Col. Joseph Streff took command of the Alaska Army National Guard. Brig. Gen. Leon M. “Mike” Bridges, outgoing commander, had commanded the Alaska Army National Guard since January 2012. (Alaska Army National Guard photo/Sgt. Marisa Lindsay)

By Sgt. Marisa Lindsay
AKNG Public Affairs

Army National Guard Brig. Gen. Laurie Hummel, adjutant general of the Alaska National Guard and commissioner of the Department of Military & Veterans Affairs, presided over a Sunday ceremony where Army National Guard Col. Joseph Streff took command of the Alaska Army National Guard.

“I’m really looking forward to working with Colonel Streff toward making sure that the Army component is ready and relevant,” Hummel said. “To me, Joe Streff personifies teamwork, and teamwork is one of the core values that I hold most dear.”

Streff, a career National Guardsman, has served more than 27 years in the Alaska National Guard. He has served in a number of command and staff assignments, recently serving as the State Army Aviation officer, aviation battalion commander and Deputy United States Property and Fiscal officer. Streff also deployed in support of Operation Iraqi Freedom where he

served in the Multi-National Corps as the lead planner for the corps air operations section during the troop surge in 2006.

The change-of-command ceremony is a formal event steeped in tradition and heritage. The key to the change of command is the passing of the colors from the outgoing commander to the incoming commander, which represents the organization’s history and the loyalty of its Soldiers. The colors are the commander’s symbol of authority and also represent commitment and responsibility to the unit.

“Ceremonies like these are bittersweet and exciting all at the same time,” Hummel said. “It’s difficult to say goodbye to someone who has committed the preponderance of his adult life to wearing our nation’s cloth, but [Brig. Gen. Leon “Mike”] Bridges is leaving the Army component of the Guard better than he found it and has done right by the Soldiers in the Guard.”

Bridges, who had commanded the Alaska Army National Guard since January 2012, will retire May 1.

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‘Fitted for this work’

Army National Guard chaplain remembered for inventing basketball, ministering to troops, Page B-6



A rock and a hard place

By Tech. Sgt. John Gordinier
Alaskan Command Public Affairs

Alaskan Command and U.S. Army Alaska, along with other federal and state entities, participated in Exercise “Rock and a Hard Place” in Homer, March 19 through 22.

The exercise was a scenario in which state and federal resources assisted the community of Homer and the Kenai Borough following a significant mudslide that damaged the South Peninsula Hospital and severed road and communications lines, said Army Lt. Col. William Kays, Alaskan Command Medical Operations and Plans officer.

The mass casualty-causing event required the rapid medical response of the Alaska Department of Health and Social Services’ emergency-response capabilities and the movement of patients from the damaged hospital to the Central Peninsula Hospital in Soldotna.

The DHSS, through partnership with Alaskan Command, provided an opportunity for Title 10 (active-duty Department of Defense) resources to participate in the drill, Kays said.

When Title 10 forces provide assistance in natural disaster crisis such as this, it is called defense support of civil authorities, or DSCA.

“DSCA remains an important ALCOM mission, where Title 10 forces could be requested by the state to prevent the loss of life, mitigate suffering, and mitigate the loss of property,” Kays explained. “This drill allowed us to work with local and state responders, improve our interoperability and exercise an element of the federal Alaska disaster response playbook; specifically, the patient movement courses of action on the Kenai Peninsula.”

U.S. Army Alaska provided patient-movement assistance with two medical evacuation UH-60 Black Hawk helicopters operated by crews from C Company, 1st Battalion, 52nd Aviation Regiment, part of the USARAK Aviation Task Force based at Fort Wainwright.

“The MEDEVAC aircraft ... became tactical control to the Alaska Army Guard Aviation Task Force during the exercise,” Kays said. “Following years of back-to-back deployments, the involvement of Title 10 MEDEVAC aircraft in support of response efforts in Alaska will renew collaborative relationships.”

Alaskan Command also provided an emergency-response vehicle for DSCA during the exercise, said Tim Woodall, ALCOM’s J6 division chief, DoD area frequency coordinator/joint frequency management office Alaska, and expeditionary communications. The vehicle provides initial 72-hour emergency communications including land mobile radio, phone and Internet. For this exercise, those services were provided to the emergency operations center, triage and state aeromedical staging facility. The ERV was flown in a C-17 Globemaster III from Joint Base Elmendorf-Richardson’s 517th Airlift Squadron to Homer, along with the vehicle operators, Senior Master Sgt. John Jennings Jr. and Army Staff Sgt. Lacey Steward.

“Our involvement in the exercise was a success,” said Steward, ALCOM’s J6 deployable communications noncommissioned officer-in-charge. “Despite never setting up our equipment in Homer, we were able to set up the Rapid Response Kit, which provided connectivity for phones and wireless data. We had 15 phones in the [emergency operations center] and one in the triage [area], as well as wireless Internet to both locations. This gateway provided the ability to track in- and out-bound patients. In a disaster scenario, the ERV ensures information technology services to improve disaster response.”

“The ERV efforts met the requirements



ABOVE: A USARAK UH-60 Black Hawk helicopter from C Company, 1st Battalion, 52nd Aviation Regiment, returns to Homer after dropping off a patient in Soldotna as part of Exercise “Rock and a Hard Place.” The exercise scenario called for state and federal resources to respond to and assist the community of Homer and the Kenai Borough following a significant mudslide that damaged the South Peninsula Hospital and severed road and communications lines. The mass casualty-causing event required the rapid medical response of the Alaska Department of Health and Social Services’ emergency-response capabilities and the movement of patients from the damaged hospital to the Central Peninsula Hospital in Soldotna. (U.S. Army photos/John Pennell)
LEFT: Flight medic Army Staff Sgt. Eric Joseph Emmons monitors a patient in flight from Homer to Soldotna as part of Exercise Rock and a Hard Place.
BELOW: Emmons waits in Homer to lift off for Soldotna.



of the customer,” said Jennings, ALCOM’s J6 plans and future operations superintendent. “We were able to successfully demonstrate the air worthiness of the ERV. We identified a generator limiting factor and identified several improvements that will enhance our efficiency and effectiveness when called upon. It’s very important to exercise



our capabilities with our partners, and seeing that team come together and be successful increases confidence with our partners and the community.”

“The state conducts medical-response exercises a few times annually, but many do not lend [themselves] to a Title 10 response,” Kays added. “This exact scenario would not

likely require a Title 10 immediate response, but the exercise provided an opportunity for us to cross-train with our partners, improve interoperability, and validate elements of the federal and state disaster response playbook. ALCOM is committed to continued collaboration with the state and will continue to look for opportunities to train with our partners.”

Airman stays in military game as Individual Mobilization Augmentee

Air Force Reserve Command
News feature

When Tech. Sgt. Mark Parker first enlisted as a security forces Airman in 2001, he already knew his long-term goal was to become a civilian law enforcement officer.

After four years on active duty, which included a deployment in support of Operation Iraqi Freedom, he was ready to pursue his goal, but didn’t want to let go of the military.

“The Individual Mobilization Augmentee Program gave me the opportunity to have both,” said Parker.

He left active duty in 2005 to become a police officer in Prescott, Arizona.

At the same time, he joined

the Individual Reserve, where he now serves as the IMA non-commissioned officer in charge of training with the 673rd Security Forces Squadron at Joint Base Elmendorf-Richardson.

As a civilian, Parker is assigned to the traffic safety section of the Prescott Police Department as a motorcycle officer and says he “absolutely loves it.”

His focus is on enforcing traffic laws, but has developed a personal penchant for identifying and stopping impaired drivers.

Parker said he has tailored his education toward driving under the influence and drug enforcement.

He is a certified standardized field-sobriety test instructor, drug recognition instructor, and a law enforcement phlebotomist.

In his decade-long career with the Prescott police department, Parker has apprehended more than 400 impaired drivers and assisted in the investigation of hundreds more.

He is also a certified traffic crash reconstructionist, responsible for investigating traffic accidents that resulted in serious injury or death.

His team of investigators analyzes evidence from serious crashes, looking at everything from skid marks to car crush zones, and then reconstructs the scene to determine how the crash occurred and if a crime was committed.

He brings these skills to the security forces Airmen at JBER.

During his annual training time, he hosts different schools for

the 673d SFS Airmen, such as how to use speed-measuring devices and identify impaired drivers.

He also teaches the Standardized Field Sobriety Test course, which certifies JBER patrolmen to administer sobriety tests.

“I really enjoy teaching and interacting with the new Airmen,” he said. “It’s very rewarding, knowing I am able to provide the Air Force with no-cost training, and the patrolmen are always so motivated to go out and apply what they have just learned.

“It reminds me of myself when I was on active duty.”

In addition to training his Airmen, he also counsels those who are thinking about getting out of the service to consider the Individual Reserve.

He said most don’t know about the program and its benefits, like education, training, experience and travel opportunities.

Parker said the flexibility of the Individual Reserve tops his list of reasons for loving his career as an IMA.

The drill schedule traditional reservists adhere to wouldn’t work with his civilian career.

“If it weren’t for the [flexibility of the Individual Reserve] program, I don’t think I would be able to stay in the military,” he said.

Another benefit at the top of Parker’s list is that he can see his contribution to the fight.

“I like knowing that every time I come out, I can make a direct impact to the active duty mission,” he said.

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander**
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**Joint Base Elmendorf-Richardson/
673d Air Base Wing Vice Commander**
Col. William P. Huber (USA)

**Joint Base Elmendorf-Richardson/
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ARCTIC WARRIOR

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To advertise in the *Arctic Warrior*, please call (907) 561-7737. Editorial content is edited, prepared and provided by the *Arctic Warrior* staff.

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.

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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Firebirds visit Malaysia, build worldwide bridges

By 1st Lt. Elias Zani
354th Fighter Wing

LANGKAWI, Malaysia — The largest airshow in the region, the Langkawi International Maritime and Aerospace Exhibition 15 ran from March 17 through 21.

The United States supported the event with approximately 450 Sailors, Airmen and Marines, demonstrating a continued partnership with Malaysia.

“Our participation in events like LIMA 15 demonstrates our continued commitment to the regional stability and security of our partners in the Asia-Pacific region,” said Maj. Gen. Michael Compton, Air National Guard assistant to the Pacific Air Forces commander. “We have a strong military-to-military relationship with Malaysia, and we hope to continue to grow it through forming personal relationships that ultimately contribute to increased interoperability with other countries’ services.”

LIMA started in 1991 on the island of Langkawi. Now in its 13th iteration, this biennial event has become the region’s premier maritime and airshow exhibition.

Malaysia has long been a partner of the U.S., providing support to a number of operations.

Participation in LIMA 15 highlights the United States’ dedication to nurturing the “comprehensive partnership” which President Obama declared just last year, and supports the Defense Department’s rebalance to the Asia-Pacific region.

The U.S. military participates in LIMA and other similar events to provide an opportunity to advance and strengthen alliances and partnerships, which allows it to contend with common challenges.

“LIMA provides an ideal forum to showcase U.S. assets and form personal relationships that ultimately contribute to increased interoperability with other countries’ services,” said Vice Adm. Robert Thomas, 7th Fleet commander. “The dialogue, seminars and information exchanges that occur at LIMA are essential to building mutual understanding and



Loadmasters from the 517th Airlift Squadron, Joint Base Elmendorf-Richardson, unload a UH-1Y Venom belonging to the Marine Light Attack Helicopter Squadron 367 of Marine Corps Base Hawaii from a C-17 Globemaster III on the Langkawi International Airport flightline, Malaysia, March 17. The C-17 delivered the helicopter and Marine unit for a static display during the Langkawi International Maritime and Aerospace Exhibition ‘15. U.S. Forces participating in the LIMA ‘15 airshow strengthens military-to-military relationships and underscore the cooperation agreements between the U.S. and Malaysia. (U.S. Air Force photos/ Tech. Sgt. Terri Paden)



future cooperation.”

In addition to personnel, Pacific Air Forces also supported LIMA 15 with an F-16 Fighting Falcon

demonstration flight and a B-52 Stratofortress flyover, as well as F-15 Eagle and F-16 aircraft static displays.

U.S. Pacific Fleet is supporting with static displays featuring F/A-18F Super Hornet, P-8A Poseidon, and MH-60R Seahawk aircraft

and the Ticonderoga-class cruiser, USS Shiloh. Marine Corps Forces Pacific is supporting LIMA 15 with a UH-1Y Venom static display.

Last Frontier: Team Sitka maintains Alaska coast

By PA2 Grant DeVuyst
Coast Guard Air Station Sitka

The very first step in understanding the Coast Guard’s role in Sitka is a simple lesson in geography.

The little city of 8,881, Alaska’s seventh most-populated community, sits on the 1,607-square-mile Baranof Island, the United States’ 10th-largest island, just one of more than a thousand islands in the Alexander Archipelago, with the town of Sitka facing the notoriously treacherous Gulf of Alaska.

Back toward the mainland, the Tongass National Forest extends in nearly every direction.

Beautiful though it may be, the sprawling, maritime wilderness is gravely inhospitable, even for the most seasoned fisherman or hunter.

It is there, in the least forgiving but most necessary of places, Coast Guard Air Station and Aids to Navigation Team Sitka are located.

Other than a mission to safeguard the people of Alaska, the two units have little in common.

The air station is home to more than 100 active duty members, including pilots, mechanics, medical and support staff.

With a complement of three MH-60 Jayhawk helicopters, the crew conducts search and rescue, medical evacuation and law enforcement missions throughout Southeast Alaska.

Just a stone’s throw from the hangar is a small building, home to ANT Sitka.

Experts on all things navigation, the 13-person crew maintains buoys, day boards, lighthouses and other aids to navigation throughout the same area the air station covers.

“Our primary job is aids to navigation, and our area of responsibility covers from just north of Juneau to just below Ketchikan,” said Senior Chief Petty Officer Kris Demetros, officer-in-charge of ANT Sitka. “We have 108 primary aids and 117 secondary aids.”

It’s an enormous task for such a small crew, and while their work might not be as action-oriented as the air station’s, the goal is similar.

“As much as people rely on GPS these days, having those visual markers is good to have as a backup,” said Lt. Ray Jamros, a pilot at Air Station Sitka. “I’d imagine if these lights were out, or boards were missing, people would overlook them and it would cause more search and rescue cases for us.”

With lives depending on the quality of their work, it’s no surprise the air station



A Coast Guard Air Station Sitka MH-60 Jayhawk helicopter crew lowers a basket to Petty Officers 3rd Class Dylan Smith and Kevin Walters, both machinery technicians with Coast Guard Aids to Navigation Team Sitka, aboard ANT Sitka’s 38-foot aids to navigation boat while underway in Sitka Sound March 3. ANT Sitka crewmembers regularly train to operate the unit’s two boats and conduct helicopter operations with the co-located air station. (U.S. Coast Guard photo/Petty Officer 2nd Class Grant DeVuyst)

and ANT team are motivated to accomplish their missions.

The helicopter crews’ contribution comes in the form of transporting ANT Sitka’s personnel to the 44 navigation aids that would be otherwise nearly impossible to reach.

“We can only go, with the 26-foot boat,

about 10 miles offshore,” said Petty Officer 3rd Class Dylan Smith, a machinery technician at ANT Sitka. “We have our aids we can get to on our boats, and then the ones we can get to aboard aircraft.”

The skilled aircrews not only fly ANT personnel to remote locations, but also hoist them down to the less-accessible aids.

Whether it’s a malfunctioning light, damaged day board, or simple maintenance check, the upkeep of aids to navigation is constant.

Pulling into a rocky Southeast Alaska port or traversing one of the myriad narrow straits of the Alexander Archipelago demands an appreciation for the ANT’s maintenance operations; it couldn’t happen without teamwork.

The advantages of being co-located with an air station are clear, but what could the ANT crew and their two boats offer the aviators? Proficiency.

The inherent danger of flying in Southeast Alaska’s harsh environment is hazardous enough as it stands.

Add the technical complexity of hoisting an injured mariner from a bobbing vessel, or conducting a nighttime search of a wind-swept bay, and the need for an expert crew becomes obvious.

Without a Coast Guard boat station in Sitka to lend a hand in training, that role falls to the ANT crew.

Using their 38-foot boat as a simulated vessel in distress, ANT Sitka personnel head out into Sitka Sound to help out the air station crews.

“We’re simulating picking people up from a boat that’s moving, or we’re simulating picking people up from a boat that’s dead-in-the-water,” said Petty Officer 2nd Class Ryan Bedford, an aviation maintenance technician at Air Station Sitka. “You’re basically steering the aircraft, telling the pilot where to go, and simultaneously operating the hoist. It’s kind of a juggling act.”

Before the juggling act starts, the pilots radio the boat crew.

“We get out to where the boat is and we give them a hoist brief,” Jamros said. “We’re telling them our plan on how we’re going to get the hoist accomplished.”

For hours at a time, as often as twice a week, the little boat can be seen patrolling back and forth, helicopter hovering overhead.

Often cold and wet, the ANT boatcrew maintains their simulation as multiple aircrews cycle through the air station’s helicopters to complete their required training.

Coming from two completely different worlds, in terms of training and daily operations, it’s the ability to help each other accomplish their missions that make the two units a perfect match.

As long as they’re able to safeguard mariners in Southeast Alaska, everyone is happy.

“We have a great relationship,” said Smith. “It’s a good tradeoff.”

JBER recreational access

The Joint Base Elmendorf-Richardson recreational permit fee will cost \$10 beginning April 1 for active duty, military-affiliated and civilian personnel. Senior citizens 60 years of age and older, and those disabled 50 percent or more as documented by the Department of Veterans Affairs, will see a \$5 rate per year. The fee is needed to sustain the recreational program, according to Brent Koenen, chief of the natural and cultural resource program.

Anyone wishing to recreate on JBER must have a permit, as has formerly been the case. After March 31 all current permits become invalid. New permits must be purchased at www.jber.isportsman.net.

Those recreating on JBER are required to have an iSportsman recreational permit and a government issued form of identification on them at all times.

Some activities – such as camping, picnicking, cross country skiing, boat or pavilion rentals, for example – do not need an iSportsman permit. Users must sign in and sign out using the iSportsman system, using computers, kiosks at the visitors centers, or by phone.

For more information, visit the website or call 552-2439 or 384-6224.

Motorcycle briefings

All military members who ride, and civilians who ride a motorcycle for their official duties, must attend a pre-season motorcycle safety briefing.

The JBER-Elmendorf (Talkeetna) Theater hosts a briefing Tuesday at 9 a.m.; the JBER-Richardson (Frontier) Theater hosts a briefing Wednesday at 9 a.m.

For information, contact your unit safety representative or the JBER Safety Office at 552-6850.

CID recruiting

The U.S. Army Criminal Investigation Command hosts a recruiting presentation at the Frontier Theater April 7 from 1 to 3 p.m.

Soldiers interested in becoming a CIC agent are invited to learn more about the requirements.

For information, call 384-3974 or visit www.cid.army.mil.

Special victim counselor

Victims of sexual assault are entitled to legal assistance services. Army Capt. Callin Kerr pro-

vides special victim counseling services at Fort Wainwright and Joint Base Elmendorf-Richardson.

Communication is protected by attorney-client privilege. The SVC ensures the victim’s rights, as outlined in the Crimes Victim Act, are protected.

Those rights include being treated with fairness and respect; being reasonably protected from the accused offender; being notified of court proceedings; being present at all public court proceedings related to the offense; being able to confer with the prosecutor; receiving available restitution; and receiving information about the conviction, sentencing, imprisonment, and release of the offender.

Eligible clients include all active duty military of all branches of service, mobilized Reserve Component members, retirees (and the dependents of these sponsors) who make a restricted or unrestricted report for sexual assault.

For more information, call 353-6507.

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.

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

All tax returns done through the centers are forwarded electronically to the IRS, and taxpayers can receive their refunds in as little as a 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. Walk-in service is available, but those with appointments take precedence.

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 unavailable.

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.

Customers can also contact a unit tax advisor, who may be able to complete tax returns at the workplace and forward it to the tax center.

Rental Partnership Program

The Rental Partnership Program provides active-duty personnel with affordable off-base housing and consists of two options.

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

The other option, RPP Below Market, saves the member four to five percent off the rental fee that other tenants pay however utilities are paid for by the tenant. Both options are available with no deposits or fees with the exclusion of pet fees as may apply. An allotment must be executed through a Housing Management Office under either option of the RPP for the rental payments.

Visit the JBER-Elmendorf HMO, Bldg. 6346, or call 552-4328. Or visit the JBER-Richardson HMO in Bldg. 600, Room 104 or call 384-3088.

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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.

They also offer 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 information, visit 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.

Availability is subject to change and limits; some may have a cost.

There are also American flag kits and fire extinguishers available.

U-Fix-It work includes all home maintenance activities, allowing occupants 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 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 blind-cleaning machine is available at the JBER-E 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 their qualifications and preferences. 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. Spouses can register at the Civilian Personnel Office at JBER-Elmendorf or the personnel office at JBER-Richardson.

For information, call 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.

JBER MyBaseGuide

Stay informed on where to find schools, places of worship, places to live, local services, day-care providers, auto mechanics, veterinarians and more. Browse a wide range of area services, get phone numbers, and download the mobile application for iOS or Android at <http://tinyurl.com/ltsywzr>.

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free and is open Monday through Friday 7:30 a.m. to 4:30 p.m.

Get in the ring

USARAK officer vies for slot on Olympic boxing team

By Staff Sgt. Wes Wright
JBER Public Affairs

Its 4 a.m. Much of the working world is still asleep, but not her. She is getting ready to go to the gym. There's something she wants more than sleep -- she wants to be a boxing champion and is willing to outwork everyone else to become one.

For many people, getting to the gym three times in a week would be considered a successful fitness week, but not for Army 1st Lt. Rory Santos, 486th Movement Control Team executive officer, 17th Combat Sustainment Support Battalion. Try three times each day.

Such is the life of a motivated 27-year-old female boxer with a military career and two kids. She's at the gym when it opens first thing in the morning for her cardio session. She does a strength and conditioning workout on her lunch break and is in a ring sparring as soon as she gets off work in the evening.

The daily grind has propelled her to the forefront of female boxers in Alaska. Her current record is 27-6 and she has never been knocked out.

"This is my life and my passion," Santos said. "I started when I was 15 years old. I found it motivated me and gave me discipline that I needed in my life. It has worked out pretty well so far."

Santos's foray into what is considered to be a male-dominated sport began during her childhood in Hawaii. The Hawaiian-Filipino-Chamorro fighter had a neighbor who participated in the 2000 Olympics.

"I would see him train every day. He saw I was interested and recommended I hit the gym."

After joining a local gym, her skill and determination caught the eye of her coach at the time.

"He saw potential in me and decided to see how far he could push me. That would form the foundation of hard work, dedication and discipline I would need to propel myself up in the ranks within the sport."

Shortly thereafter, Santos enlisted in the Army at 17.

"I joined the Army to put some discipline in my life. I was not the best student in high school. I grew up in Hawaii and wanted to get off the island. I needed to do something with my life."

Santos took a break from the sport after enlisting, mostly due to being stationed at a location where boxing was not an interest in the community. She used this time to channel her discipline and drive into education.

She earned a bachelor's degree through the University of Phoenix and a subsequent commission in the Army. In 2012, she stepped back into the ring, picking right back up where she left off.

Since joining the Army, she's come to know the meaning of the word discipline and her interest in boxing has only cemented it further, Santos said. Everything she does is like clockwork to her, both in her job and in the gym.

"The discipline allows me to focus as a leader,"

Santos said. "My Soldiers see I'm a hard worker and I manage my time well. "They don't complain when I give them orders. They want to work hard because

they see me working hard."

Her current trainer, Jarid Symens, a prior service member and owner of Martial Art Alaska, said Santos's hard work is what sets her apart from her peers.

"She is amazing. She trains harder than anyone else and is always trying to improve. She has an unmatched, tireless drive," Symens said.

Santos has her sights set on one day competing for Team USA in the Olympics.

"She could turn pro right now, and quite frankly would destroy many of the professional female fighters, but she's aiming for something more important to her. She wants to represent her country and come home with gold. There wouldn't be a prouder moment for her."

Santos said fighting in the Olympics is the entire reason she boxes.

"It would mean everything," Santos said. "That is the ultimate achievement for me. As a Soldier I get to fight for and serve my country, and this is just one more way I can do that. My country means everything to me."

At work, Santos is in charge of 18 Soldiers. She manages supplies, resources and training events for her unit. With her unit looking to her for leadership to solve problems, she approaches those challenges the same way she approaches her opponents in the ring.

"I try to keep as calm as possible," Santos said. "I look at it as all the hard work I've put in at the gym and in my job. It's just me sparring like I've done countless times. This is just someone or something in the way of success. I try to take the emotion out of it."

While the cool, calm calculation is her go-to approach, Santos said sometimes she has to dig deep for special problems or opponents.

"You always want to stay calm, but it's OK to look for something special to motivate you. Personally, if I need that extra push, I'll imagine the person in front of me is trying to harm my family."

"I put their face on that emotion and feed off it. Obviously, it's all in good sport in the end, but it's ok to find something like that to fuel you when you need it."

Santos has had to overcome many opponents and challenges to get where she is today, not the least of which was garnering respect of her peers in the male-dominated sport.

She had to prove herself, Santos said. She's usually the only female at the gym who fights.

"Gender equality has come a long way, but I can still tell guys don't want to hit me," Santos said.

"But, I don't hold back. You better hit me. I'm going to hit you. For the most part, people respect that. Now, when I'm in the gym, I'm not 'Rory the female boxer,' I'm 'Rory the boxer.'"

Santos said her gender, role as a leader and known passion for fitness create a healthy competition and camaraderie in her unit.

"The guys know I can hang," Santos said. "I smoke them at PT. I can see an 'Oh, if lieutenant can do it, I can do it,' competitive spirit. It's fun."

The driven Soldier had words of advice for others who may be interested in the sport.

"Just try it out. Go to a gym and put on a pair of gloves. Do your best. It's just like anything else in life. If you enjoy it and want it bad enough, you can have it. You just have to be willing to work for it."

Army 1st Lt. Rory Santos, a native of Waipahu, Hawaii, assigned to the 486th Movement Control Team, 17th Combat Sustainment Support Battalion, is a boxer in Amateur USA Boxing, and is training for a tournament to qualify for the U.S. Olympic Boxing Team. (U.S. Air Force photos/Justin Connaher)

Passover: 4,000 years of Jewish spring-cleaning tradition

Commentary by Chris McCann
JBER Public Affairs

“And this day shall become a memorial for you, and you shall observe it as a festival for the Lord, for your generations, as an eternal decree shall you observe it.

For seven days you shall eat unleavened bread, but on the first day you shall remove the leaven from your homes ... you shall guard the unleavened bread, because on this very day I will take you out of the land of Egypt; you shall observe this day for your generations as an eternal decree.” – Exodus 12:14-17

Passover, or Pesach, is one of the most commonly-observed Jewish holidays, even by those who aren’t very active in their Judaism.

The holiday, which begins on the 15th day of the month of Nisan, celebrates the beginning of the harvest season in Israel. However, it has a much deeper meaning.

When the Jews were slaves in Egypt and preparing to leave, Moses passed along instructions from God that they should roast a whole lamb or kid goat, and eat it with herbs.

There were to be no leftovers. Bread dough would be carried out before it had time to bake, so the people would eat unleavened bread, called matzah.

For the eight days of the Feast

of Matzah, commonly called Passover, Jews are to eat nothing that could be leavened.

Anything made of wheat, rye, barley, oats or spelt that hasn’t been completely cooked within 18 minutes of coming in contact with water is considered leavened.

Ashkenazi Jews (from eastern Europe) also avoid rice, corn, peanuts, beans and legumes, because those items can be used to make bread also. All of these items are referred to as chometz (leavened).

All dishes and utensils used with chometz throughout the year are locked up; pets get chometz-free food since we cannot derive benefit from the chometz at all.

Jewish families spend weeks cleaning and scrubbing all food preparation surfaces, replacing cabinet liners, and covering countertops with foil.

The morning before the holiday, a final check is made, and any remaining chometz is burned.

The firstborn in any family often fast the day before Passover, in memory of the fact that firstborns among the Egyptians were struck down in the final plague before Pharaoh agreed to let the Jews leave the country.

Symbolically, leavening represents pride – being arrogant or puffed up.

We are to carefully examine



In compliance with God’s command ‘For seven days you shall eat unleavened bread, but on the first day you shall remove the leaven from your homes, ... during the eight days of the feast of Matzah, commonly called Passover, Jewish people are to eat nothing that could be leavened. Symbolically, leavening represents pride – being arrogant or puffed up. (Courtesy photo)

ourselves for any “chometz,” and take stock of our lives, then remove the pride and destroy it.

Passover can be a difficult holiday – even if you don’t normally like cake, a cake in the store is suddenly tempting.

But it’s a very real and physical reminder to stay humble and remember who we are as a people.

During the holiday, we eat matzah, which has been prepared carefully to make sure it isn’t leavened.

Matzah meal (finely ground matzah) is used to make delicious pastries that use egg whites to get a bit of loft. Crumbled matzah stands in for noodles, and matzah is soaked in egg and fried like French toast.

On the first and second nights, Jews have a seder, a symbolic meal in which each item is eaten while we recite stories of the Passover and departure from Egypt, and sing songs.

It’s a highly interactive way to pass on the story of the Jewish people becoming free thanks to God’s redemption, and children are encouraged to participate in singing and games.

A seder can easily last two or three hours, and it’s followed with a traditional feast that includes soup, salads, fish, meat, matzah and wine.

As we conduct the seder, we start with the usual cup of wine with which we sanctify a holiday. We eat a vegetable – usually parsley – dipped in salt water which symbolizes the tears of the slaves.

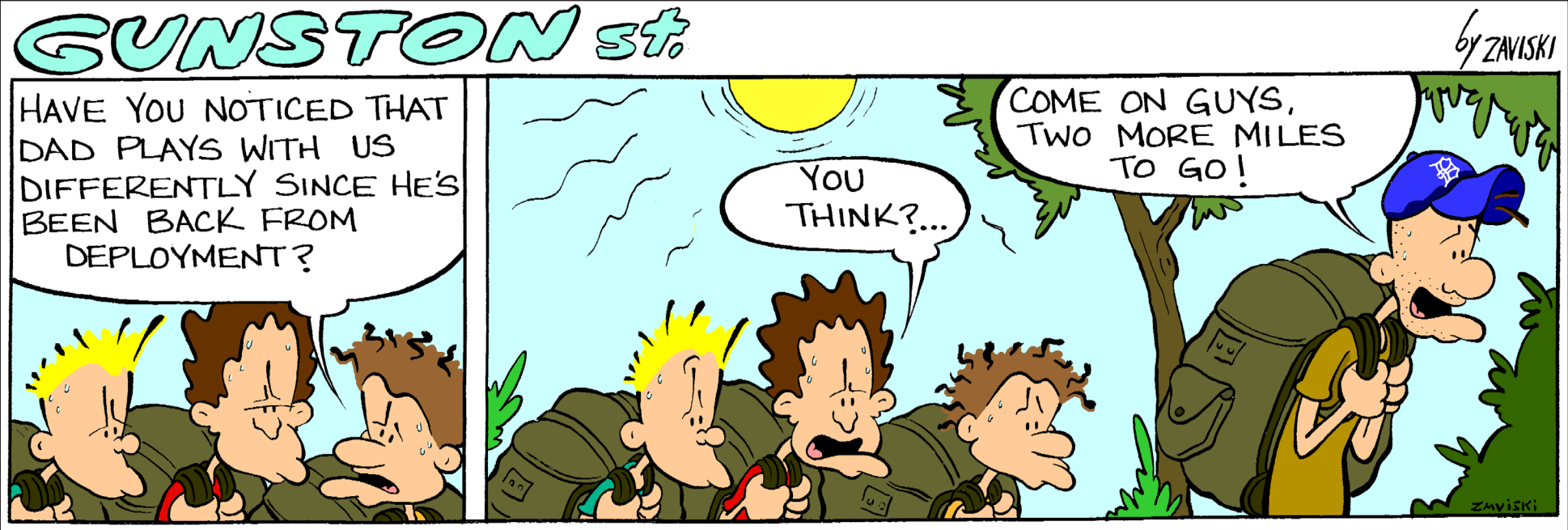
Then we break the matzah and re-tell the story of the Passover.

We wash our hands and eat the first of the matzah, then eat bitter herbs, usually raw horseradish or romaine lettuce.

Since there is no Temple standing in which to actually sacrifice a lamb or kid, Jews don’t consume lamb or goat during the festive meal.

Usually, chicken, turkey or beef are the main course, along with more matzah, and finish with another cup of wine and the singing of psalms of praise. The prophet Elijah is symbolically invited into the home.

At the end, we close with a wish that next year we can celebrate Passover in Jerusalem – that the Messiah will come this year.



Recreation area closures

Due to weather conditions, the following areas and activities are officially closed for the season; Hillberg Ski Area, the Fit-to-Fight Cross Country Ski program and the Buckner Physical Fitness Center ice rink.

But all is not lost; break-up is near and golf season is right around the corner. Keep your eyes open for Moose Run Golf Course's 2015 season opening.

For information, call 428-0056.

FRIDAY
CDC Literacy Fair

The CDCs at JBER will focus on children's literacy all day through activities such as reading books, telling flannel board stories, facilitating writing stations, singing songs and presenting picture cards.

Please see your child's CDC staff for further information.

Free Movie Night

Come see Penguins of Madagascar 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
Baseball and softball clinic

Children ages nine and older and coaches planning to participate in the upcoming Anchorage Military Community Little League baseball and softball season are encouraged to attend.

For information and event times, call 552-2266; 384-1508 or visit <http://tinyurl.com/q7hnlrt>.

Parents' Night Out

Parents, need a date night? Let the professional staff at the Juneau Child Development Center care for your children from 6 to 10 p.m.

For more information, call central registration at 384-7483.

SUNDAY
Adult baseball league

The JBER baseball team is looking to fill its roster for the upcoming Anchorage Adult Baseball League season. A meeting to discuss rules, regulations and the first practice will take place at 2 p.m. in the Elmendorf Fitness Center.

For information or to sign up, call 980-6060.

WEDNESDAY
Parent Advisory Board

For all parents of Child De-

velopment 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, Room B170 from noon to 1 p.m.

For more information, call central registration at 384-7483.

Keystone meeting for teens

Keystone Club is a leadership development experience providing community service opportunities for young people ages 14 to 18. Meetings take place every Wednesday at 5 p.m. at the Two Rivers Youth Center.

For information, call 384-1508.

THURSDAY
Parenting course

Army Community Services presents a course on Adverse Childhood Experiences in Bldg. 600, Room A18 from 5 to 7 p.m. ACEs are stressful or traumatic experiences that children may face while growing up. This course, open to all Department of Defense personnel and families, is designed to promote awareness of factors that contribute to ACEs in children and how you can work to mitigate those factors.

For more information or to sign up, call 384-1517 or 552-4943.

THURSDAY THROUGH APRIL 5
Alaska Sportsman Show

The Sullivan Arena and Ben Boeke Arena host this annual event, which offers demonstrations, clinics, activities for kids, ranges and much more. If you're looking for outdoor gear, this is the place to be.

Free shuttle service is provided from the Midtown Wal-Mart and Northway malls.

For information, visit greatalaskasportsmanshow.com.

THURSDAYS THROUGH APRIL 30
Indoor rock climbing 101

Ever wanted to learn to rock climb? The Outdoor Adventure Program in Bldg. 7301 will provide instruction on their 40-foot indoor climbing wall from 5 to 7 p.m. every Thursday throughout the month of April.

For information, call 552-2023 or 552-3812.

APRIL 3
Youth open house

In celebration of Month of the Military Child, youth center members can bring a guest to the Kennecott Youth Center from 2 to 6

p.m. for cake and fun. There will be a kids-versus-staff challenge; kids get to choose the game.

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 from 1 to 5 p.m.

For information, call 552-5113.

Flashlight money-egg hunt

Bring your flashlight and friends to the Arctic Oasis Community Center for an Easter Egg hunt with a twist. The hunt, presented by JBER Youth Programs gets under way at 9:30 p.m. and is open to kids ages 9 to 18.

For information, call 552-2266 or 384-1508.

APRIL 4
Easter Egg Scramble

The Arctic Oasis Community Center hosts free Easter Egg hunts to offer another way to get out and enjoy the holiday and have fun. The hunt, sorted by age, and presented by JBER Youth Programs gets under way at 10:30 a.m. The event will take place outdoors; please dress accordingly.

For age-specific times and information, visit elmendorf-richardson.com.

Easter Bunny lunch

Come out to the Arctic Oasis Community Center and enjoy lunch with the Easter Bunny. There will be a resource fair, petting zoo, crafts and more. Purchase tickets at the Arctic Oasis soon before they're sold out.

For information, call 552-8529.

Bunny bowling

Celebrate Easter with bowling specials from noon to 3 p.m. at the Polar Bowl. Join the hunt for special prizes, all kids receive a goody bag with purchase of bowling.

For information, call 753-7467.

THROUGH EASTER
Catholic Lenten services

Stations of the Cross are celebrated every Friday at 6 p.m. in the Arctic Warrior Chapel followed by a short meditation and meatless soup, bread and salad meal.

Palm Sunday Masses are Sunday at 8:30 a.m. in the Arctic Warrior Chapel and 11:30 a.m. in the Midnight Sun Chapel.

Holy Thursday Mass is at 7 p.m. in the Arctic Warrior Chapel;

adoration to follow.

Good Friday service will be hosted April 3 at 7 p.m. in the Midnight Sun Chapel.

Holy Saturday's Easter Vigil is April 4 at 7 p.m. in the Arctic Warrior Chapel.

Easter Sunday Masses are April 5 at 8:30 a.m. in the Arctic Warrior Chapel and 11:30 a.m. in the Midnight Sun Chapel.

ONGOING
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.

For information, call 753-7467.

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.

Neon bowling

All military E-4 and below receive a 10 percent discount every Friday night 11 p.m. to 1 a.m. at the Polar Bowl. Gather your friends, bowl in the neon lights while enjoying today's top music hits.

For information, call 753-7467.

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. Submission deadline is May 1.

For information, call 384-7478.

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 or call 384-1461.

Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesday and 1 p.m. Saturday in the basement of Matanuska Hall,

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

Chapel Next

5 p.m. – Chaplain Family Life Center

Jewish Services

The Jewish service scheduled for April 3 has been cancelled as it is the first night of Passover. For more information on Passover events and seders in the local area on April 3 and 4, please 384-0456.

Religious Education

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

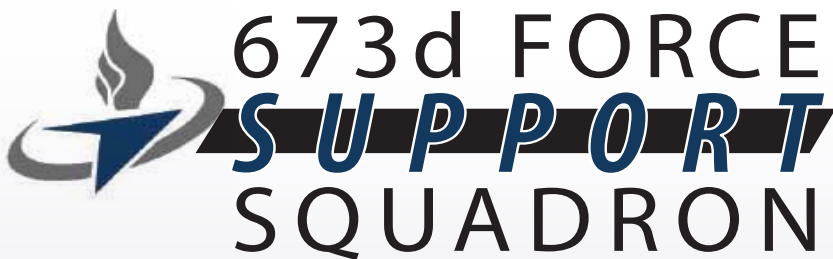
Room 35. Anyone interested in model railroading is invited.

For information, call 552-4353, or visit trainweb.org/msmrre.

Pre-school Story Time

Pre-school-aged children can join library staff for exciting stories, every Wednesday from 10 to 11 a.m. at the JBER library.

For information, call 384-1640.



MWR events & activities

MARKETING TIDBITS
FSS = MWR

JBER Library hosts "High Tea" for "Downton Abbey" Fans.

"You'll find there's never a dull moment in this house," said Violet Crawley, Dowager Countess of Grantham. You'll also find this to be true at the JBER Library. The Library staff work diligently to bring creative and fun events to the JBER community.

Once such event, the brilliantly British viral phenomenon of "Downton Abbey" came to JBER Library earlier this month. Saturday, March 21st, adults were invited to a "Downton Abbey" discussion, tea and crafts program from 1 – 2:30 p.m.

Marcia Lee, Library Director, and Jody Evans, Reference Librarian, planned this fun and informative program. Over 20 "Downton Abbey" fans enjoyed a brief historical discussion of Highclere Castle, the primary filming location of "Downton Abbey. Participants learned the castle and gardens are open to the public during July and August and at other prime times during the rest of the year for tourists and "Downton Abbey" fans to experience a bit of Edwardian history and culture.

By all appearances, several fans, dressed in period costume, would have been welcomed "upstairs" at "Downton Abbey". A delightful "High Tea" with scones was served by "downstairs" help in period cap and apron. Joining in the fun and serving the tea were Library technician Kathryn Ruhl and MFLAC volunteer Joan Cullinane. Edwardian era crafts, including earrings, necklaces and headbands, were created and proudly taken home. Trivia quizzes, testing even the most diehard fans knowledge, and door prizes were also offered at this free FSS/MWR event. Winners of the "Downton Abbey" tea cup and shortbread were: Amy Winston, Michaela Brown and Jenna Gelston.

One happy participant, Amanda Sarosi, who coincidentally is British, was quoted as saying, "I had fun at the 'Downton Abbey' event, especially explaining about Bubble and Squeak. They all got a good laugh that this dish makes your stomach bubble, causing you to squeak!" Amy Winston, another participant liked learning about Bubble and Squeak as well. She noted, "After holidays my mother would make fried leftovers. Now I know what the real name is".

Grab your cloche hat and pearls, the Library staff plans to offer another program soon. A "Downton Abbey" themed dinner was even proposed by one happy fan. If you'd like to be "invited" to the next "Downton Abbey" event, stop by the Library let them know this is a program worth offering again...and again!

For information on all FSS events and activities, check out our website at www.elmendorf-richardson.com.



March 27

THE MOVIE EVENT
YART WILL BLOW YOUR COVER

PENGUINS
MEET THEIR ENTIRE GANG

6:30 p.m.

FREE MOVIE NIGHT
at the Talkeetna Theater
Doors open at 6 p.m.
CASH ONLY CONCESSIONS!
\$1 Candy • \$1 Drinks
\$1 Small Popcorn • \$2 Large Popcorn
\$2 Nachos • \$4 Combos

Arctic Oasis COMMUNITY CENTER
Bldg. 9497 | 552.8529

Birthday Party with Pizza at The Polar Bowl!

\$159.98 for up to 10 Bowlers!

Package Includes:

- 2 Hours of Unlimited Cosmic Bowling
- Shoes rental
- 2 Large 1 topping pizzas (cheese or pepperoni)
- 2 Pitchers of soda
- Decorations (forks, plates, napkins, cups, table cover)
- Polar Bowl staff will set up & clean up for you!
- Balloon Bouquet attached to a Souvenir Bowling Pin for the guest of honor
- Party favor fun box (choice of Fairy Tale or Oceano) for each party goer including:

- 10 Tokens
- Keychain
- Stickers
- Small Pucker Powder Tube
- Pencil
- Crayons
- Activity Book & more!

Call 907-753-PINS for more information!

Add additional lanes to your party for just \$59.99 (up to 5 bowlers per lane, includes party favor package, 1 pizza, 1 pitcher of soda, along with lane & shoe rental).

\$40 Deposit required at time of reservation

***Outside food & beverage with the exception of cakes & like treats are not allowed in the facility at anytime.**

Available Times:

- 1 p.m.
- 2 p.m.
- 3 p.m.
- 4 p.m.

***Party times available after 5 p.m. for additional fee**

Polar Bowl
7176 Fighter Dr.

EASTER EGGS TRAVAGANZA

Teen Flashlight Money Egg Hunt
April 3 • 9:30 p.m.
For 13 - 18 YRS. OLD

FREE EVENT
School ID or independence cards will be checked.
Don't forget your flashlight!

Spring Fling
April 4
11 a.m. - 2 p.m.
\$7 per person
1 yr. old & under free
Limited Quantity Available
Purchase your tickets at the Arctic Oasis before they are sold out!

Easter Egg Scramble
April 4
FREE EVENT
10:30 a.m. - AGES: 0 - 4 YRS. OLD
11 a.m. - AGES: 5 - 8 YRS. OLD
11:30 a.m. - AGES: 9 - 12 YRS. OLD
Outdoor event, please dress accordingly.
Weather is not to be an excuse for your designated times.

Arctic Oasis COMMUNITY CENTER
Bldg. 9497 | 552.8529

the Polar Bowl
7176 Fighter Dr.
753-7467 (PINS)
Closed April 6th for Easter

BUNNY BOWLING
April 4 | Noon - 3 p.m.
\$6.99 per person 1 hr (shoes included)

SIGNUPS BEGINNING FOR UFC SUMMER BOWLING LEAGUE!
League will run from May through August 2015! Join the league - bowl a minimum of 15 weeks and receive a UFC Bowling Ball and a chance to win a trip to Las Vegas to see a UFC Title Fight!
Sign up at the front counter beginning April 2!



ELMENDORF-RICHARDSON
FORCE
SUPPORT SQUADRON
<http://www.elmendorf-richardson.com>



Stop by and see us!
www.facebook.com/JBER673FSS

FSS = MWR



Can you go the distance?

Spin classes offered at fitness centers build muscle tone, relieve stress, burn calories and increase cardio endurance

By Airman 1st Class Tammie Ramsouer
JBER Public Affairs

Red faces, burning legs, sweat-soaked towels and loud energetic music fill the atmosphere during one of the most challenging fitness classes offered at Joint Base Elmendorf-Richardson’s fitness centers.

Service members and family members looking to get in shape without the impact of running can participate in spin class.

The classes offer people the opportunity to build muscle tone, relieve stress, burn calories, and increase their cardio endurance. Cassie Krieg, an instructor for the 673d Force Support Squadron, said she was hesitant about participating in spin class for the first time in Fairbanks, Alaska.

“Since my husband is an active-duty member, we were stationed at Eielson Air Force Base,” Krieg said.

“While there, I wanted to lose some baby

weight after having my kids and decided one day to take the spin class their fitness center offered.

“I fell in love with the class right away, although it really kicked my butt. It was a difficult workout.”

Krieg’s first experience with the spin class inspired her to become an instructor.

“We moved to England after my initial intrigue with the class and found out there, I could take certification courses to become an instructor,” Krieg said.

“I was hoping, once I became an instructor, I could help other people enjoy spin as much as I do.”

Once moving back to Alaska with her family, Krieg looked for a position at the Buckner Physical Fitness Center as a certified spin class instructor.

“I was put on the schedule as a substitute at first,” Krieg said.

The position soon had her instructing the

class five days a week.

Kassandra Brooks, a fiscal officer with the University of Alaska Anchorage and a military spouse, has been attending spin class for the past year and a half.

“I wanted to start going to the gym,” Brooks said.

She wanted to do more cardio workouts, but she hated running and found out about the class through social media.

“I happened to be on the JBER Wives Get Fit Facebook page,” Brooks said.

“Cassie is always on the page saying how wonderful the class is, not just because she is an instructor but because it is fun. So I decided to give it a try.”

She said she was very nervous before her first class. However, Brooks enjoyed the group setting.

“It makes me feel better to be working out with more than just a few people,” Brooks said.



Cassie Krieg, 673d Force Support Squadron spin class instructor, leads a spin class on March 10. Krieg became a full-time spin class instructor at the Buckner Physical Fitness Center in 2013. (U.S. Air Force photos/Airman 1st Class Tammie Ramsouer)

“It gets me to exercise harder and do my best. The music makes it that much better as well.”

Both the Buckner Physical Fitness Center and Elmendorf Fitness Center offer the class at different times throughout the week for the convenience of all their patrons.

“This class can be tailored to anyone of every fitness level,” Brooks said.

During spin sessions, participants of the class can set the tension on their spin cycles, giving them the opportunity to exercise at their own pace.

“I recommend this class to anyone and everyone,” Brooks said.

For more information about the spin class or other fitness classes offered at the fitness centers call 552-5353 for the JBER-Elmendorf office or call 384-1308 for the JBER-Richardson office; or visit their website www.elmendorf-richardson.com.

You can learn healthier ways to parent

By Chris McCann
JBER Public Affairs

Joint Base Elmendorf-Richardson is home to many children, and hundreds more military children live in Anchorage and the surrounding communities.

The military life can create stress many civilian families don’t experience; deployments and frequent moving put pressure on parents and children alike. Those stressors can put children at risk for neglect and even abuse.

But another big risk factor is a parent’s own upbringing.

“Some parents say ‘it happened to me, and I turned out okay,’” said Jennifer Frysz, a family advocacy outreach manager on Joint Base Elmendorf-Richardson. “But there are long-term effects, even on longevity.”

Last year, Minnesota Vikings running back Adrian Peterson was convicted of child abuse after beating his 4-year-old son with a switch cut from a tree. He said it was the same discipline he’d received as a child. But others, including the doctor who saw the boy when he was taken to a hospital for the cuts on his leg, disagreed.

“If you think it’s not right, it’s probably not,” Frysz said.

Experiencing violence has consequences

Exposure to domestic violence has long-lasting effects on children, even if they’re not being abused personally.

“They hear and see, and they’re aware things aren’t right,” she said. “But watching parents is how they learn conflict resolution. Kids take that on.”

As we grow, we learn from our families – how to build relationships and function as adults. Then, we are expected to use those skills and pass them on to our own children.

Our experiences form culture and exposure to certain things, influences from other children and adults throughout our childhood, forms our ability to respond to things later on – often subconsciously.

Some adults feel they can never change and are defensive when someone tries to help – because they fear judgment, Frysz said. There are more than four child abuse-related deaths each day in the U.S. because adults choose to parent in an unsafe manner or are not cognizant of their lifestyle effects on their families – including their partner’s high risk behaviors. Sometimes parents are not educated on child development and what to expect.

Parents who were exposed to abuse as children, and couples who have engaged in unhealthy coping skills in their relation-



Child abuse is a problem – even among military families. (U.S. Air Force photo illustration/Steve White)

ships, are at higher risk to be abusive – but it doesn’t mean they will.

“Sometimes we have good intentions but make poor choices, or choose unhealthy coping mechanisms,” Frysz said. “Sometimes we grow up and react the same ways or cope in the same unhealthy ways our caregivers did, thinking it’s normal or knowing it might not be the best choice.”

For those who were abused as children, reaching the age they were abused can dredge up feelings not yet addressed.

“People can heal,” Frysz said, “and it will enhance your parenting and raise self-esteem.”

Every interaction is an opportunity for growth and attachment to children, she said.

“If you said something you regret, you can’t take it back, but forgiveness and apologies are powerful,” she said. “Kids live what they learn.”

“There’s no shame in telling your story; awareness is crucial. Be the parent you want to be. How you visualize parenting is generally true – if you think it’s challenging, it’s going to be challenging.”

Simply being self-aware, and teaching your children to do the same, has long-term benefits.

Change is possible

Parents should know they aren’t alone; childhood abuse is not their fault. But they can refuse to repeat the cycle, and learn better, healthy ways to reduce stress.

Sometimes, when having trouble, parents turn inward in an effort to keep the problem “in the family” instead of reaching out for help.

“People aren’t bad,” she said. “They just have different responses to stressors, or they think they can handle it by themselves. But

by getting out and getting to know the people who can help them, they can gain knowledge about those challenging situations.

“You’re not alone. There are training opportunities and education all over the installation. Give us a chance to prevent problems,” Frysz said.

Some of these changes can be small, simple things.

“Avoid negative self-talk in front of kids,” she said. “It influences their self-perception. If they hear you say ‘I’m so fat,’ for example, that’s going to influence them. Treat yourself the way you want your children to treat themselves.”

In a similar vein, parents tend to put themselves last too often, Frysz said. “In an airplane, they tell you in case of emergency to put on your own oxygen mask before helping others. You need to be able to function well to help others. Put yourself first sometimes.”

JBER Child Development Centers often offer “Give Parents a Break” – an opportunity for free child care while parents get away for a date, or even to run errands, for exactly this reason.

“Focus on interaction, and making the tough stuff into learning opportunities. Stop and think about a situation that’s escalating, and listen instead of reacting.”

Being involved in a child’s activities and being approachable pays big dividends.

“If a child’s behavior changes, don’t make assumptions,” she said. “Connect with your kids and give them the opportunity to talk about what’s going on.”

JBER offers a wealth of training

There are better ways for families to work together, she said, and those start with building strong attachments.

The Family Advocacy office offers many resources to parents and families.

“People come in often and ask questions,” Frysz said. “People want access to resources, and we have those.”

Some of those resources are the FA program’s classes, like “Scream-free Parenting” – which can help you keep your cool, resulting in a calmer household.

“They’re skill-building classes,” Frysz said. The two-hour class blocks are spread over four sessions, so parents have a chance to learn and then put techniques into practice before moving on.

Because JBER leaders recognize the importance of strong families, she said, leadership is committed to providing time for parenting and self-development.

“We have a Dads 101 class for new fathers, where they can connect with other dads only,” Frysz said. “It’s free skill development. Out in the community, these kinds of resources are expensive, but it’s free here.

The New Parent Support Program can assist families with children up to the age of three. A nurse comes to the home, and can teach parents how to form healthy attachments with their children and increase parental satisfaction. The program can also provide therapists if needed.

The Family Advocacy Strengths Training program can help couples learn positive ways to communicate better and strengthen their bond, fight fair and assist in identifying ways to increase marital satisfaction.

Many of the interactive classes focus on child development, and what parents can expect from children.

“When your 2-year-old is telling you ‘no,’ it’s because they’ve learned that’s what to say when they don’t like something,” she said.

“It’s what 2-year-olds do; it’s part of normal development. If you understand where the child is, it prevents a lot of misunderstandings.”

Whether you’re single and want to find a partner, want to build a stronger marriage, need to learn what to expect of a growing child, or have a teenager who’s starting to date, JBER offers resources to help make life easier.

“You can learn new ways to balance, and healthier ways to cope with areas that need attention. All you have to do is call us,” Frysz said.

“We’re here to help. Let us help you enhance your skill set and make better decisions.”

For more information on the Family Advocacy program or available training, call 580-5858.

Army chaplain remembered for inventing basketball

By Dr. Mark W. Johnson, Historian
U.S. Army Chaplain Corps

WASHINGTON — As “March Madness” makes its annual appearance on the American sports scene, fans who understand the history of basketball know Dr. James Naismith invented the game in 1891.

What many fans probably do not know about Naismith is that he served as a chaplain in the Army National Guard and as a volunteer chaplain in France during World War I.

Naismith hailed from Canada. He attended McGill University in Montreal, where he excelled at athletics. His sports resume at McGill included playing Canadian football, lacrosse, rugby, and soccer; he was also an accomplished gymnast. He received a bachelor’s degree in physical education from McGill in 1887.

Naismith remained at McGill upon graduation, teaching physical education and serving as the university’s director of athletics.

A man of diverse interests, while working at McGill, he enrolled at nearby Presbyterian College. He received a degree in theology in 1890.

After completing his studies at Presbyterian College, he came to the United States to teach physical education at the YMCA International Training School (now Springfield College) in Springfield, Massachusetts.

It was there that he devised the rules for a new game, one that could be played indoors during winter – basketball.

Basketball proved to be immensely popular from the very start, and through the YMCA, it quickly spread throughout the nation.

Today it is one of the world’s most popular sports.

After Naismith earned a medical degree in 1898, from the Gross Medical School (now the University of Colorado School of Medicine), the University of Kansas hired him to be its first basketball coach.

The Jayhawks’ record during his nine-year coaching tenure was nothing spectacular – 55 wins and 60 losses – but he remained at Kansas for more than 40 years, serving in such diverse roles as physical education instructor, director of the university chapel, university physician, and director of athletics.

His diverse interests came to the fore again in 1916, when he applied to be a chaplain in the Kansas Army National Guard.

His desire to be a chaplain was



Dr. James Naismith, the inventor of the game of basketball, is shown in this historical photo. (Courtesy photo/U.S. Army Chaplain Corps)

much the same as his motivation to devise the rules for basketball: to help young people and guide them to their full potential.

Pancho Villa provided additional motivation.

In March 1916, the Mexican revolutionary led his guerrilla army in a cross-border raid on Columbus, New Mexico.

In response, the U.S. Army began patrolling the national border with Mexico, and a punitive expedition under Brig. Gen. John Pershing was sent into Mexico in pursuit of Villa.

The Kansas National Guard was tapped to send troops to the border. After quickly obtaining an endorsement as a Presbyterian minister, Naismith was commissioned as the chaplain of the 1st Kansas Infantry Regiment.

His regiment mobilized at Fort Riley in late June, and a few weeks later, the Kansans were at Eagle Pass, Texas, on the Rio Grande.

Naismith and his regiment spent about three months on border duty. During this time, he performed the traditional roles

of a chaplain of a deployed unit: conducting services, counseling homesick Soldiers, and advising his commander on the moral, and spiritual needs of the unit.

He made a concerted effort at convincing his Soldiers to steer clear of the houses of prostitution that sprang up near their posts. With his expertise in athletics, he organized numerous boxing matches, basketball games, and a baseball league to keep his Soldiers occupied during their off-duty time.

The 1st Kansas returned home in October 1916. Naismith wanted to continue his military career as America entered World War I in April 1917.

He considered applying for an active-duty commission as an Army chaplain, but there were two things working against him: he was 55 years old in 1917, and was not an American citizen.

He found another route to military service because the Army was woefully short of chaplains as it mobilized for war. A number of civilian agencies, such as the American Red Cross and Salvation Army, took up the slack by arranging for volunteer civilian clergymen to provide religious support to Soldiers, primarily at stateside posts and in hospitals.

In June 1917, Naismith went to work as a volunteer chaplain for the YMCA, another organization that

assisted the Army with religious and morale support activities. He was one of a small group of lecturers that the YMCA employed to travel around the United States and conduct programs at training camps to strengthen the moral character of Soldiers.

In September 1917, the YMCA sent Naismith to France, where he worked as one of the organization’s

“overseas secretaries” in the war zone. Based out of Paris, Naismith spent most of his time near the front lines, working to improve the social hygiene of the troops.

“I feel I am fitted for this work,” Naismith once said of his military service. Indeed he was – with his background as a clergyman, medical doctor, athlete, educator, and National Guardsman, his mix of skills had a depth and breadth that few of his peers in France could match.

“It is a pretty big job,” Naismith wrote in a letter to his wife shortly after his arrival in theater: “Go over and make the camps clean places for the boys to fight. And also get the right spirit into the men.”

“That involves two things. Educate the men and eliminate the evils from the camps and vicinity. Pershing is very anxious to have this done. I go without instructions to find out the best thing to do and then get the machinery working.”

“It is no child’s play, especially when it is among the old-fashioned type of Soldier and in France where ideals are so different. The responsibility is great but I am going into it determined.”

“I do wish that you and the family would pray for me, for I have never felt so much in need of help as I do at this present minute.”

Naismith spent 19 months in France, a longer period of time than most American Soldiers who served overseas in World War I. After the armistice, he continued his service in Europe as the U.S. Army redeployed home.

On Thanksgiving 1918, he wrote a long letter home, in which he listed a number of things he was thankful for.

One of them was: “the knowledge that I have tried to help the people of the world to make it a little better, and that I have tried to love my neighbor as myself.”

Naismith returned to the United States in March 1919. He resumed his duties as athletic director of the University of Kansas, a position he held until his retirement in 1937. He died two years later.

He has been honored numerous times over the years for his contributions to American athletics, including being a member of the inaugural hall of fame class at the Naismith Memorial Basketball Hall of Fame in Springfield, Massachusetts.

However, he always considered his time in uniform and his work with the Soldiers of the U.S. Army to be among his most significant accomplishments.

“I feel I am fitted for this work.”