LOADMASTER WORKS ON

ARCTIC WARI

April 17, 2015

297th BFSB conducts training in **Bethel**

By Sgt. Marisa Lindsay ANG Public Affairs

Alaska Army National Guardsmen with the 297th Battlefield Surveillance Brigade conducted their two-week annual training in Bethel and outlying villages last month, concluding April 1.

The region's ice-covered tundra and frozen river provided an ideal environment for arctic air and land training operations.

With a population of over 6,000, Bethel – located at the mouth of the Kuskokwim River 40 miles from the Bering Sea lies in the Yukon Delta National Wildlife Refuge, 400 air miles from Anchorage.

The Guardsmen received guidance on how to safely use arctic specialty equipment under harsh winter conditions, while simultaneously protecting themselves and each other from the elements.

"We saw this exercise as the perfect juncture to get reacquainted with our primary mission, and that's supporting Alaska regardless of the weather conditions we may be up against," said Maj. Aaron Kelsey, tactical command post officer for 297th BFSB. "With Alaska and its vast weather system, you never know the type of circumstances and situations you'll be facing — this is our way of preparing our Soldiers for the what-if scenario, and what better place to engage them than Bethel's delta system."

A vital component of arctic operations and Soldier safety is the proper use of their specialty cold weather gear. The Guardsmen trained on and tested their gear for days at a time, including sleeping in tents while evening temperatures dipped to single

Small unit support vehicles, unique to Alaska, played a crucial role – used to reach smaller villages as the Soldiers acquainted themselves with the 10,000-pound, heavy duty vehicle.

Terrain in Alaska can be extreme, and even more challenging depending on the region and time of year, Kelsey said. Some areas aren't accessible in the summer because travel depends on icecovered rivers and lakes.

SUSVs help Soldiers overcome these challenges, and are an important asset to the Alaska Guard's inventory.

SUSVs were also used to transport ground-support Soldiers to create a drop zone, located on the outskirts of Bethel, and test for safe weather conditions for airborne operations.

Community awareness and involving the rural villages that surround Bethel was a priority for the exercise. Guardsmen interacted with the residents of Nightmute, Napaskiak, Toksook Bay, Kwethluk, Akiachak and Akiak. The villages each average a population of about 500 people.

"Because we conducted our annual training in Bethel, it created a long overdue opportunity for residents in rural communities and our Guardsmen to interact as a common group, to interact as Alaskans," said Sgt. 1st Class Kyle Wait, the operations non-commissioned officer for 297th BFSB. "The community and village outreach were made possible during this one training event, and the positive reception received from the greater Bethel area was overwhelming."

Volume 6, No. 15



Air Force Staff Sgt. Juan Vela, a crew chief assigned to the 90th Aircraft Maintenance Unit, inspects underside of a 90th Fighter Squadron F-22 Raptor before a sortie on Joint Base Elmendorf-Richardson April 8. (U.S. Air Force photos/Justin Connaher)

Launching a Raptor is more work than meets the eye

By David Bedard JBER Public Affairs

et snowflakes the diameter of falling dimes filled the springtime air over the wet tarmac at Joint Base Elmendorf-Richardson's flightline April 8. It was an unexpected sight considering Southcentral Alaska experienced record-high temperatures during this year's relatively snowless

Thick pillowy clouds portending the frozen precipitation almost looked close enough to reach out and touch. It made for a stunning vista, but it also made it difficult for F-22 Raptor pilots of the 90th Fighter Squadron to fly a training mission.

Maj. Gary "Wilco" Wallace, 90th FS F-22 pilot and assistant director of operations, leaned over the operations desk and cast a look of silent resignation at Maj. Matthew "Match" Tromans, 90th FS F-22 pilot and operations supervisor.

Tromans scoured the information the 3rd Operations Support Squadron Weather Flight sent him and compared it with a half a dozen other sources online. With the weather and the reports coming out of JBER Air Traffic Control, it wasn't looking good for wheels up anytime soon. Tromans told the pilots huddled around his desk to take it easy and check back in 30 minutes.

For Wallace, a possible mission scrub represented a wasted opportunity. The former F-15C Eagle pilot had never dropped a Joint Direct Attack Munition guided bomb before. He said he was hoping for a small break in the weather sufficient to support the bomb drop at Eielson Air Force



Vela and Maj. Gary "Wilco" Wallace, assigned to the 90th Fighter Squadron, prepare an F-22 Raptor for a sortie April 8. Vela helped make it possible for Wallace to execute a training mission where he penetrated simulated enemy airspace and dropped a Joint Direct Attack Munition guided bomb on a target area adjacent to Eielson Air Force Base.

Base's bombing range some 300 miles north of JBER.

"If there is that window – with all the resources that have been allocated for this mission to make it happen – if we don't get to fly it - no harm no foul," Wallace said. "But if we can fly it and we miss that window because we stepped away just a little bit too early, then – in and of itself – it's a waste of resources.

'Plus we all want to go out and fly this mission." he continued. "We put a lot of effort into mission planning, briefing, preparing and a lot of study."

Midnight oil & jet fuel

While Wallace was resting snug in his bed the night before the mission, Airmen of the 3rd Maintenance Group were busy preparing his Raptor for a JDAM sortie.

The day before the mission, Staff Sgt. Juan Vela, 90th Aircraft Maintenance Unit F-22 dedicated crew chief, temporarily handed responsibility for Wallace's Raptor to the midnight shift. The nighttime maintainers filled the tires with nitrogen, replenished hydraulic systems, topped off engine oils, and filled the plane with JP-8 fuel.

After reporting to work the

morning of the mission, Vela logged into the Raptor's Portable Maintenance Aid – a ruggedized notebook computer that keeps detailed maintenance records and links to the F-22 for diagnostics. Using the PMA, Vela verified that the midnight shift performed all of the necessary checks and services.

Load crew members loaded an inert JDAM bomb into the Raptor's center internal weapons bay. Though the bomb was not explosive, it included a fully functional JDAM tail section with inertialnavigational system and a GPS guidance-control unit.

Because of the efforts of Vela and his 3rd MXG compatriots, Wallace's F-22 was ready for his assigned mission. The 90th FS Raptor pilot only needed the weather to clear.

Cleared hot

There's a saying in Alaska: "If you don't like the weather, wait five minutes."

Bucketing snow gave way to a miles-wide clear swath in the cloud front, allowing sunshine to break through and turn melted snow on the flightline into steam. More importantly, the change of weather cleared Wallace and his

"four-ship" formation of fighters to carry out their mission.

Again, Wallace found himself huddled around the 90th FS operations desk surrounded by other Raptor drivers eager to get underway. Tromans let the pilots know they would have to rendezvous with a KC-10 Extender aerial refueler before and after their bomb run. After everyone was satisfied they had enough information, they were cleared to "step" to their fighters.

Very few words were spoken between the pilots as they suited up in the aircrew flight equipment locker room. The silence underscored the urgency and gravity of their mission, even if it was only

Wallace checked a temperature index to figure out how much arctic gear he would need for the mission. Though JBER temperatures warmed into the 40s, Interior Alaska temperatures were in the teens. Accordingly, the pilot donned synthetic long underwear and pulled on arctic pac boots.

He then enveloped himself in a practically skintight Advanced Technology Anti-G Suit. During

See CLOUDY · A-4

POSTAL CUSTOMER Publishing Anchorage **OTS-TASA9**

Inside Air Guardsmen rescue hikers, B-1

Ink is in: A	rmy updates tattoo policy	A-2
	ls new cyber strategies	
	Faith: Cowboy ethics	
	Okinawa: Seabee reflects	
	ss, one pound at a time	
	· 1	

Sisters In Arms

Spartan women of 4/25th IBCT conduct jump in honor of Women's History Month, Page A-4



Air Force: Eielson to keep 18th Aggressor Squadron F-16s

Air Force News Service News release

WASHINGTON — Air Force officials announced Tuesday that Eielson Air Force Base will retain the 18th Aggressor Squadron and its assigned 18 F-16 Fighting Falcon aggressor aircraft.

The aggressors are currently based at Eielson, which the Air Force announced last year is the preferred alternative for 48 F-35A Lightning II aircraft.

Once the (Air Force) made the decision to bed down the F-35 at Eielson, we had to re-assess the viability of retaining the aggressor mission at the same location. Keeping them at Eielson proved to be the most operationally sound option, as well as the most cost effective," said Mark A. Pohlmeier, the acting deputy assistant secretary of the Air Force for installations. "Maintaining the 18th AGRS at Eielson makes



An 18th Aggressor Squadron F-16 Fighting Falcon flies over the Joint Pacific Alaska Range Complex in 2009. (U.S. Air Force photo/Staff Sgt. Christopher Boitz)

sense because the proximity of Eielson [Air actually cost more money over the long term. Force Base] to JPARC (Joint Pacific Alaska Range Complex) is optimum to support both Red Flag – Alaska and Distant Frontier exercises."

Pohlmeier went on to explain that moving the 18th AGRS to another location would

"Even if the Air Force moved the 18th AGRS to another location, the adversary air requirement in the region remains, which would require the Air Force to send units to Alaska on temporary duty to support the requirement," Pohlmeier said. "The

TES CYBER

annual recurring cost for temporary duty support would exceed the one-time \$123.1 million military construction cost (which would be required if the F-35s are based at Eielson AFB) in just three years."

The Air Force has already begun the Environmental Impact Analysis Process to evaluate the impact of basing the F-35s at Eielson while retaining the F-16 aggressor

The 18th AGRS stood up August 24,

The 18th AGRS prepares Combat Air Force, joint and allied aircrews to meet the demanding requirements of air-to-air combat through challenging, realistic threat replication, training, test support, academics and feedback.

Alaska elected officials, from Fairbanks mayor Luke Hopkins to senators Lisa Murkowski and Dan Sullivan, said they were pleased by the decision.

Department of Defense to release new cyber strategy, officials say

By Sgt. 1st Class Tyrone C. Marshall Jr. DoD News

WASHINGTON — The Defense Department will release a new cyber strategy next week to guide the way ahead for cyber in the foreseeable future, a senior Pentagon official told Congress Tuesday

Testifying before the Senate Armed Services Committee's emerging threats and capabilities subcommittee, Eric Rosenbach explained how the DoD plans to continue improvement to America's cybersecurity posture.

Rosenbach is the assistant secretary of defense for homeland defense and global security.

'To show we're thinking very clearly about this," he said, "next week we'll release a new strategy for the department that will guide the way forward for the next several years in cyber.'

Defense Secretary Ash Carter has driven this effort, he added.

DoD cyber mission

Rosenbach said defending DoD's networks is the department's most important cyber mission. "I know that may be surprising when you think about the Department of Defense," he said. "We're very network-reliant and network-centric."

The DoD has the largest enterprise network in the world, he added, and all military operations depend on that network.

Secondly, Rosenbach said, the Defense Department needs to defend the nation against significant cyberattacks. "This is a small part of all the cyberattacks against the U.S. – not a denial-of-service attack, unless it would cross the threshold of armed attack for most instances," he said.

"The Department of Defense is not here to defend against all cyberattacks – only that top two percent - the most serious," Rosenbach added.

Finally, he said, the department wants to provide full-spectrum cyber options to the president or the defense secretary in cases that would be advantageous to national interests

DoD Role in U.S. cybersecurity

Rosenbach said in light of the evolving nature of the threat, DoD is committed to a comprehensive, whole-of-government cyber strategy to deter attacks.

'This strategy depends on the totality of U.S. actions, to include declaratory policy, overall defensive posture, effective response procedures, indication and warning capabilities, and the resilience

of U.S. networks and systems," he said.

Within this, Rosenbach said, the department has three specific roles within the U.S. government from a deterrent perspective.

"First, we need to develop capabilities to deny a potential attack from achieving its desired effect," he said. "Second,

the U.S. must increase the cost of executing a cyberattack. In this regard, DoD must be able to provide the president with options to respond to cyberattacks on the U.S., if required, through cyber and other means.'

Rosenbach also emphasized potential responses to cyberattacks are considered not only from a purely cyber perspective, but also in a way that encapsulates foreign policy tools and military

Finally, he said, it's important to ensure resilience so the cyber infrastructure can bounce back

"This, when it comes down to it, is pure cost benefit-type analysis to make sure the cost is much higher than the benefit to the adversaries who want to attack us," Rosenbach said.

To bolster its deterrence

Investing in capabilities

strategy, Rosenbach said, DoD has made a conscious decision to invest in capabilities and the cyber mission force.

" W e have built robust intelligence," he said. "I do think that it's an important part of it, although not the core part, and

we know we need to reduce the anonymity of cyberspace so adversaries who attack us don't think they can get away with it.

"These attribution capabilities have increased significantly in recent years," he continued, "and we continue to work closely with intelligence and law enforcement to improve this."

To carry out these missions, the

Defense Department is building a cyber mission force composed of 133 teams, Rosenbach said.

There's an important role for the National Guard and the Reserve," Rosenbach said. "We want to capitalize on the expertise folks who are in the private sector, but still want to serve their country, have."

Building a cadre of cyber experts is very important to the defense secretary, Rosenbach told the panel. Since taking office, he said, one of Carter's top priorities has been ensuring DoD has new "tunnels" for talent to enter the department's cyber community.

Building partnerships

Building strong partnerships with the private sector – as well as with other government agencies, allies and partners - also is important, Rosenbach told the senators.

"The geography of the Internet itself means we can't do this alone," he said. "We've invested a lot of time – even recently in Asia, the [Persian] Gulf and other places in the Middle East, and of course, [with] our traditional allies ... and in NATO, in

Rosenbach also emphasized the important role Congress plays in passing legislation that improves the standard of cybersecurity.

Army releases new tattoo, uniform and appearance regulation

By Lisa Ferdinando Army News Service

WASHINGTON — The Army published the revised uniform and appearance regulation, AR 670-1 and DA PAM 670-1, April 10.

The new regulation lifts restrictions on the size and number of tattoos authorized for Soldiers, and changes the rules for the wear of the Army Combat Uniform during commercial travel.

The new language allows Soldiers to have as many tattoos on their arms, legs and body as they want. There are no longer any size restrictions on those tattoos.

However, Soldiers are still prohibited from having tattoos above the T-shirt neckline - meaning anywhere on the neck, face and head.

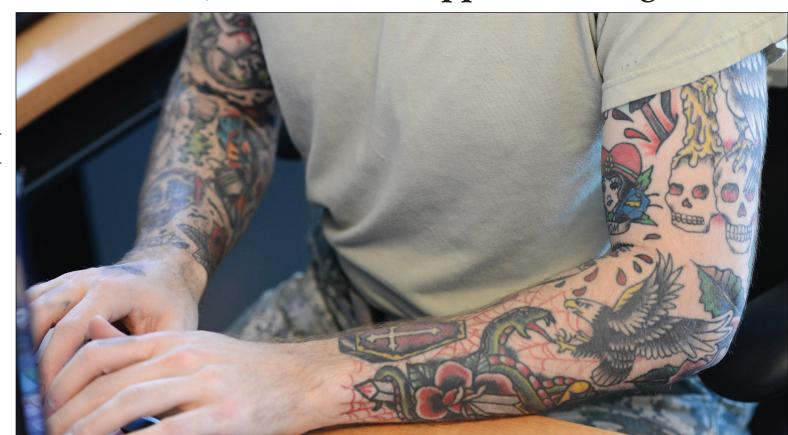
Additionally, Soldiers are limited to no more than one "ring tattoo" on each hand, below the wrist line. What has not changed in the revised policy is the ban on extremist, indecent, sexist or racist

An Army G-1 spokesperson said the change to Army tattoo policy is not tied to what is or is not visible while wearing any particular uniform. Instead, the policy spells out locations on the body where tattoos are prohibited.

The spokesperson said the revision of Army policies "are not taken lightly" and are under "perpetual review."

The recent changes to AR 670-1 came after much feedback from the force and an extensive review of the September 2014 version of the regulation.

Army leadership wanted AR 670-1 to better represent the perspective of Soldiers, the spokesperson said.



The Army has updated the tattoo policy after feedback from the force. There is now no limit on the size or number of tattoos, although they are still forbidden on the face or neck, and – with the exception of ring tattoos – the hands. (U.S. Army photo/Xaime Hernandez)

At the same time, revisions to the policy had to ensure Soldiers maintain an appearance both professional and aligned with how the American taxpayer views the military.

The changes in tattoo policy apply also to civilians contemplating an Army career; they will be held to the same standards as Soldiers already in the Army.

Other uniform updates

Under the new AR 670-1, Soldiers traveling commercially on official business are authorized to wear the ACU.

Previously, Soldiers were directed to wear their dress uniform

during commercial travel. New language in AR 670-1 also clarifies the wear of Army uniforms at off-post establishments that sell alcohol. Soldiers wearing their uniform may enter a liquor store to purchase package liquor, for instance. They may not, however, wear their uniform while drinking in a bar.

The G-1 spokesperson said the new policy does not prevent a uniformed Soldier having dinner with his family or lunch with his co-workers at a restaurant that also serves alcohol.

But the policy does prevent that same uniformed Soldier from having a drink in an establishment whose primary business is selling alcohol.

The intent of the policy is for Soldiers to not wear their uniform in an establishment where consumption of alcohol is the primary activity," the spokesperson said. The revised AR 670-1 also

updates wear-guidance of shoulder-sleeve insignia for wartime service during Operation Enduring Freedom; adds wear guidance of shoulder-sleeve insignia for

former wartime service during Operation Inherent Resolve and Operation Freedom's Sentinel; updates wear guidance of overseas service bars for Operation Enduring Freedom; adds wear guidance of overseas service bars for Operation Inherent Resolve; adds wear guidance of overseas service bars for Operation Freedom's Sentinel; and clarifies approval of distinctive unit insignia.

The updated AR 670-1, DA PAM 670-1, and training package can be found online at armyg1. army.mil/hr/uniform.

Joint Base Elmendorf-Richardson/ 673d Air Base Wing Commander Col. Brian R. Bruckbauer (USAF)

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

Joint Base Elmendorf-Richardson/ 673d Air Base Wing Command Chief Command Chief Master Sgt. Garry E. Berry II

Joint Base Elmendorf-Richardson/ 673d ABW Command Sergeant Major Command Sgt. Maj. Eugene J. Moses

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Spartan sisters in arms conduct all-female jump

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

A single C-130 Hercules approached the drop zone and a line of paratroopers sprouted across the sky from the rear ramp.

This in itself is not a rare oc-

But Monday, every one of the paratroopers on the 4th Brigade (Airborne), 25th Infantry Division jump was female.

Though women were first allowed to enlist in the regular Army in 1948, women have contributed to the war effort in every U.S. war since the American Revolution in 1775 – before we were even a country.

"It's not hard for females to forget we've come a long way," said Spc. Kaitlyn Neely, a paralegal specialist in the 6th Brigade Engineer Battalion. "We used to just be in the home taking care of children, and now we're out doing just about anything a male can do.

"Being a female in the Army today is the same as being a man in the Army. The Army doesn't treat you any differently," Neely said.

The jump, dubbed the Sisters in Arms jump, supported the Department of Defense observance of both Women's History Month and Sexual Assault Awareness and Prevention Month.

"As a female in the Army, it can feel like you have more to prove," said Sgt. 1st Class LaKeshia Harris, a platoon sergeant and jump-master with 4th Quartermaster Company, 725th Brigade Support Battalion. "We can make things happen, and we're here to help finish the mission just as much as the males are. I believe if you try to do better every day, your work speaks for itself, regardless of gender."

The U.S. Marine Corps in Japan provided the C-130 Hercules. However, even the jumpmasters on this Army operation were female.

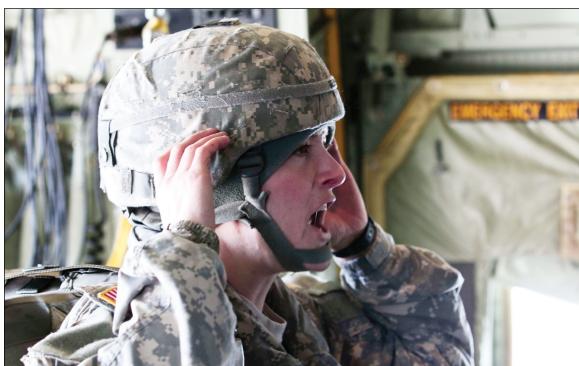
"I see the Army going in that direction," Harris said. "They understand that we are part of this





LEFT: First Lt. Lauren Hogg with 725th Brigade Support Battalion, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, awaits the command to hook up her static line to the anchor line cable on a U.S. Marine Corps C-130 Hercules aircraft Monday over Joint Base Elmendorf-Richardson. (U.S. Army photo/Sgt. Brian Ragin)

ABOVE: Paratroopers move toward the rally point Monday at Malemute Drop Zone on JBER. The "Sisters In Arms" conducted the jump in honor of Women's History Month and Sexual Assault Awareness and Prevention Month, and to build camaraderie and leadership amongst service women. (U.S. Army photo/Staff Sgt. Daniel Love)



fight just as much as the males are. The younger generations of Soldiers are looking up to us to make the progress needed to achieve and sustain equality for everyone."

Sisters In Arms started in 2012 as a forum for female Soldiers to help enhance avenues of mentor-

ship and empowerment in order to help women reach their full potential. It has gone viral and spread through the Army worldwide.

Staff Sgt. Michelle Gelner, a jumpmaster with 725th Brigade Support Battalion, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, gives the command to hook up to static lines minutes before exiting a U.S. Marine Corps C-130 Hercules Monday over Joint Base Elmendorf-Richardson's Malemute Drop Zone. The jump was conducted as part of the Brigade's observance of Women's History Month and to build camaraderie and leadership amongst service women. (U.S. Army photo/Sgt. **Brian Ragin)**



Women serve in almost all Army occupations and make up about 15.6 percent of the active-duty Army.

From **CLOUDY** • A-1

basic fighter maneuvers – placing forces in excess of eight times the pull of gravity on Wallace's body – the ATAGS would pneumatically squeeze the blood pooling in his lower extremities to his head, preventing him from passing out.

After Wallace tested his oxygen mask and ATAGS using a Joint Combined Aircrew Systems Tester, he linked up with the other pilots in the four-ship for the walk to the hangar. With their flight equipment properly fitted and tested, the pilots allowed themselves some light banter during the short walk.

Wheels up

When Wallace stepped into the hangar, he was greeted by Vela and fellow 90th AMU crew chief Airman 1st Class Joshua Croft.

As dedicated crew chief, Vela possesses primary responsibility for the maintenance of his assigned F-22. As "B-man," Croft assists Vela in maintenance, launch and recovery duties.

Wallace looked over maintenance records on the Portable Maintenance Aid before performing a walkaround of the Raptor. He peered into all of the wheel wells and checked the installation of the JDAM and AIM-9 Sidewinder air-to-air missiles. Vela stayed close by, ready to answer any questions. After Wallace was satisfied, his acceptance of the plane was logged into the PMA.

Once the pilot crawled into the cockpit, the launch took on new urgency. A deafening sound not dissimilar to a long thundercrack arose from the Raptor when the auxiliary power unit kicked on. The sound of the APU is so loud, crew chiefs wear earplugs under their head sets.

Vela conversed with Wallace through a communication cable connecting the crew chief to the jet. The two talked through preflight procedures. The jet switched from APU to jet power, turning a loud rumble into a turbine thrum.

Wallace modulated all the flight-control surfaces: ailerons, rudders, vectored-thrust nozzles. As all of its parts moved, the Raptor seemed more giant bird of prey than fighter jet.

Once all of the preflight checks involving both pilot and crew chief were complete, the two were free to talk about family matters or last weekend's ballgame as the F-22 warmed up for flight.

Wallace then gave Vela clearance to remove his communication cable. Without voice communications, the major kept his eyes on Vela's hands for further guidance.

Vela signaled for Croft to remove the chocks, subsequently signaling Wallace to hold the jet's brakes until Croft was clear.

The sergeant completed a 360-degree check of the plane, gave the pilot the signal to throttle up, and marshaled the fighter out of the hangar.

Because Tromans, Vela, Croft and so many others at JBER performed their tasks in support of Wallace, he was able to fully



Maj. Gary "Wilco" Wallace, 90th Fighter Squadron F-22 Raptor pilot, and wingman Air Force Reserve Maj. Clayton "Fokker" Johnson, 302nd Fighter Squadron F-22 pilot, walk to their respective Raptors April 8 at Joint Base Elmendorf-Richardson. The two pilots flew as part of a "four-ship" formation to an Eielson Air Force Base bombing range, where Wallace dropped a Joint Direct Attack Munition guided bomb. (U.S. Air Force photos/David Bedard)



Air Force Staff Sgt. Juan Vela, F-22 Raptor dedicated crew chief and native of Mercedes, Texas, signals Air Force Maj. Gary Wallace to hold his brakes while another crew chief pulls wheel chocks April 8, 2015 at Joint Base Elmendorf-Richardson. Hand signals are used during an F-22 launch after the crew chief has disconnected his communication cable. (U.S. Air Force photo/David Bedard)

focus on his training mission.

At long range, Wallace opened the Raptor's weapons bay and released the JDAM. Wallace's targeting as well as the momentum and the guidance section of the smart bomb ensured it found its mark deep inside the Eielson Air Force Base bombing range.

elson Air Force Base bom Mission accomplished.

Wallace said he is aware of how important the contributions of ground crew are to his success in the cockpit.

"A lot of it is professionalism," the major explained. "They have the job of preparing the jet and making it ready and combat capable. I have the job of being ready to fly it and subsequently flying it."

Wallace said he can always count on his support staff because of their training. His confidence only grows as he becomes more familiar with them.

"Over time, the relationship is going to increase even more as you get to know your

crew chiefs and your specialists – avionics, the weapons crews – you get to meet them and it builds from there," Wallace concluded.

For their parts, Croft and Vela aren't coy about how much they enjoy maintaining and launching F-22s.

"Best job ever," Croft said without hesitation.

"Yeah, absolutely," Vela chimed in. "I have been doing this for 10 years, and I still can't see myself doing anything else."

April 17, 2015 ARCTIC WARRIOR A-5

Road closures

The west end of Sijan Avenue will be closed for a water line upgrade from Wednesday until June 8. Detours will be marked.

For information, call 982-4433.

JBER recreational access

The Joint Base Elmendorf-Richardson recreational permit fee costs \$10 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.

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.

Home buying seminar

Volunteer realtors and mortgage lenders present an hourlong home buying seminar every Wednesday at either the JBER-Elmendorf or JBER-Richardson Housing Management Offices from 1 to 2 p.m. These seminars are intended to support those interested in purchasing a home by explaining the buying and selling process in the Anchorage and Mat-Su areas.

The seminar will cover home loan pre-qualifications, offers and acceptances, inspections, title searches, types of loans available and the closure process as well as many other points of interest to prospective home owners.

For more information or to sign up for the seminars, contact the management office. For the JBER-Elmendorf HMO, call 552-4312, or visit Bldg. 6346 Arctic Warrior Drive.

For the JBER-Richardson office, call 552-3088, or visit Bldg. 600, Room 104.

Special victim counselor

Victims of sexual assault are entitled to legal assistance services.

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; recieving 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.

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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Defense Logistics Agency Document Services duplicates and prints documents.

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gram 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 3

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

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.

Provider Drive closure

Civil engineers are repaving Provider Drive between the Exchange and JBER hospital through Aug. 15.

Housing will have one-lane access to Wilkins Ave. The detour uses Westover Avenue, Grady Highway and Zeamer Avenue.

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.

Giant Voice testing

Giant Voice mass notification system testing occurs every Wednesday at noon.

If the announcement is difficult to hear or understand, please call 552-3000.

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 regrets any inconvenience, and is working to avoid unnecessary interruptions.

Work is expected to continue through 2016.

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

To minimize impacts, Doyon is working to schedule work that could potentially result in an outage for completion during off-peak periods.

If an outage does occur, utilities electrical crews will act quickly to restore service.

April 17, 2015 Volume 6, No. 15



Alaska Air National Guard Staff Sgt. Kimberly Daugherty, a C-17 Globemaster III loadmaster with the 249th Airlift Squadron, is studying to get her private pilot's license with the Elmendorf Aero Club at Joint Base Elmendorf-Richardson. Daugherty endeavors to become a professional pilot flying for the National Guard or for a commercial carrier. (U.S. Air Force photo/David Bedard)

Airman aims high for the future

By Tech. Sgt. Raymond Mills JBER Public Affairs

Since early childhood, Air National Guard Staff Sgt. Kimberly Daugherty has admired service members, especially those who fly. The shiny wings displayed on their uniforms instilled in her a sense of wonder. When asked what she wanted to be when she grew up, she always responded with the same answer: an astronaut or pilot.

Unfortunately, her dreams were dashed when her parents told her she would never fly due to poor eyesight. At an early age, she started wearing glasses to correct her vision.

"My dream was already squashed by the time I was 6 years old; I didn't know what avenues I had," said Daugherty, now a C-17 Globemaster III loadmaster with the Alaska Air National Guard's 249th Airlift Squadron.

Air National Guard's 249th Airlift Squadron. Resigned to disappointment, Daugherty continued a life without direction.

"After graduating high school, I was working in useless jobs that weren't going anywhere," Daugherty said. "It was just working to work."

working to work."

Before long, she found herself working as a blood donor technician at a local mall. Little did she know, her life was about

change for the better.

One day, she found herself assisting a uniformed member, who happened to be a recruiter and flight officer.

Over several visits, he continually spoke to her and seemed to constantly present a professional image, Daugherty said.

"I didn't know what officer was or enlisted was, but I knew I could be air crew, so I said 'Sign me up," Daugherty said. "As soon as I found that out, my entire perspective changed."

A self-described "late bloomer," Daugherty didn't imagine herself in the military. She changed her mind when she found out she could fly even if she didn't have perfect eyesight.

Before long, Daugherty enlisted in the Alaska Air National Guard as a C-17 loadmaster

"I had a friend that had just completed the training who said 'Is it impossible? No. Is it something you can do? Yes. And it's worth it when you finish," Daugherty said.

After Basic Military Training, she attended the Basic Loadmaster Course, which was followed by Water Survival-Parachute Training and Survival, Evasion, Resistance and Escape training.

"SERE training was scary and intimidating," Daugherty said. "It's something I will never forget, and every time I think about a zombie apocalypse, I think SERE training."

After nine months of training, Daugherty emerged as a qualified C-17 loadmaster. Upon completing her initial training, she returned home and served a short active-duty tour for follow-on flight training.

"[It] was stressful, rewarding and definitely worth it," she said. "It's not easy, but it's worth it once you get through it. Earning my enlisted aircrew wings, I'll never forget that day."

Once, while on a flight, some pilots asked Daugherty why she didn't get her real wings.

"I was insulted, but it made me realize that I wanted to get my pilot wings," said Daugherty.

To further her personal and professional goals, Daugherty enrolled at the University of Alaska Anchorage to pursue a commercial flying license, as well as taking lessons at the Elmendorf Aero Club to get her private pilot license.

According to Wally Hansen, chief flight instructor at the Aero Club, the club not only supports recreational pursuits, but also supports the military mission by providing training and certification requirements for service members who are pursuing flight careers

All of her training and education is in pursuit of her goal of flying commercially or militarily.

"They say having your private pilot license is highly recommended because it shows perseverance," Daugherty said.

Determined to succeed, she has remained focused and continued her education and flight training.

"I can watch the Guard pilots all day long, take what I learn from them and apply it to a different aircraft," Daugherty said. "The fundamentals are the same."

According to Daugherty, falling back on education and training makes all the difference

"I used to be scared and nervous to fly

solo and land, but now that I completed my first solo, I'm not scared anymore," Daugherty said.

Overcoming fear and anxiety is an integral part of the flying mission. Daugherty said real-word experience can't be replaced by a classroom or a book.

"Anyone can learn to fly a plane, but it's the ones that work the best under stress that the Air Force wants," Daugherty said.

Although flight training is known to be challenging in Alaska's environment, Daugherty's ambitions fuel her drive.

"Alaska's weather is a blessing and a curse, [when learning to fly,]" Daugherty said. "It's taken me longer than I wanted to, but that's nobody's fault, it's just the nature of the beast."

Staying positive and focused is the only way forward.

"They say if you do what you love, it's not work anymore," Daugherty said. "The aero club is a club, but it's also a family."

"It's cool because you surround yourself with people who have the same passion as you."

Daugherty said she finds inspiration from a quote by World War I flying ace Maj. Eddie Rickenbacker.

"Aviation is proof that if given the will we have the capacity to achieve the impossible," the ace said.

"It's an attitude," Daugherty said. 'What can you do,' not 'What can't you do?'

For more information, call the Elmendorf Aero Club at 552-5435.

Alaska Air Guard members rescue stranded hikers on glacier

By Kalei Rupp and Air Force Staff Sgt. Edward Eagerton Alaska National Guard

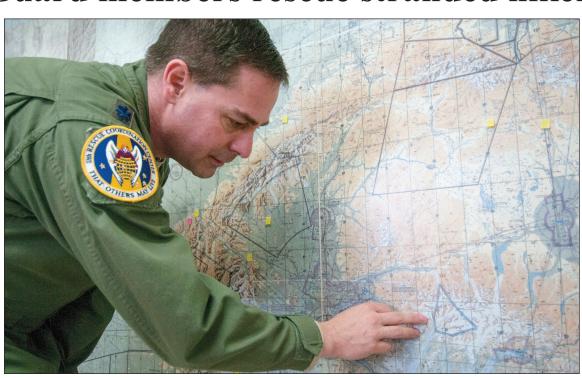
Airmen with the Alaska Air National Guard rescued three stranded hikers on Knik glacier the morning of April 9 and transported them to an Anchorage hospital.

An HH-60 Pave Hawk helicopter from the 210th Rescue Squadron with a Guardian Angel team from the 212th Rescue Squadron launched from Joint Base Elmendorf-Richardson shortly after 7 a.m. Soon after, an HC-130 King from the 211th Rescue Squadron with another team of Guardian Angels also departed JBER en-route to Knik glacier.

Improved weather conditions allowed the helicopter to land on the glacier. Pararescuemen reached the hikers and assessed their condition, which indicated minor frostbite, before loading them onto the helicopter for transport to a hospital.

Four supply bundles, one that included a radio, had been dropped onto the glacier April 8 and 9. The 144th Airlift Squadron dropped the parachute-rigged bundles of food, fuel and shelter in hopes to provide additional sustainment to the stranded group, but the hikers were unable to reach any of the bundles.

"They were stuck at approximately 8,500 feet in elevation," said Lt. Col. John Morse, deputy



Lt. Col. John Morse, deputy director of the Alaska Rescue Coordination Center, points to the approximate location of three distressed climbers on a map at the RCC on Joint Base Elmendorf-Richardson, April 9. The climbers became stranded at 8,500 feet in elevation due to weather and signaled for help, which prompted the launch of a rescue effort by the Alaska Air National Guard. (Air National Guard photo/Staff Sgt. Edward Eagerton)

director of the Alaska Rescue Coordination Center.

Beginning early April 9, multiple attempts were also made to reach the group on the glacier, but poor weather conditions hampered efforts.

It all started April 3, when the group of climbers was dropped off but unable to make a scheduled pick-up two days later on April 5

because of bad weather.

The climbers were

The climbers were forced to take shelter in an ice cave after high winds damaged their tent, Morse said. They were able to text a friend using a DeLorme inReach device that has satellite-based two-way texting capabilities. The friend was able to contact Alaska State Troopers about 11 p.m. April 7, who then contacted the RCC for

support because of the terrain and weather conditions.

"The friend had been working directly with us to help facilitate communications," Morse explained.

The Alaska Air National Guard accepted the mission and launched an HH-60 Pave Hawk helicopter and an HC-130 King aircraft, both with a team of Guardian Angels on

board, out of JBER the morning of April 8.

"However, weather conditions had precluded our ability to reach the climbers," explained Morse.

Multiple attempts April 8 and 9 were unsuccessful due to darkness and diminished visibility because of low cloud ceilings. The HH-60 attempted to insert a team of Guardian Angels, who planned to make their way on foot to the climbers' location, but the helicopter was not able to get close enough to drop them off.

"They couldn't see the ground most times, flying in instrument conditions, surrounded by 13,000-foot peaks, attempting to drop supplies and reach the climbers who are stuck at 8,500 feet; this was a pretty complicated mission," Morse said. The 210th, 211th and 212th Rescue Squadrons and 144th Airlift Squadron were awarded three saves for this mission.

"The crews did an incredible job battling the weather, thinking of creative ways that we could get supplies to the climbers and persevering throughout the last four days," Morse said. "Everyone was leaning forward, doing everything they could to ensure the climbers were safely rescued. The staff here at the Alaska Rescue Coordination Center also did an excellent job keeping in constant contact with the rescue crews to ensure this mission was coordinated efficiently and executed professionally."

April 17, 2015 B-2

Cowboy ethics: the ability to live a life of integrity

Commentary by Army Chaplain (Lt. Col.) Greg Thogmartin Deputy Command Chaplain USARAK

"The integrity of the upright will guide them." Proverbs 11:3

Every year on the third Saturday in September, the little town of Princeton, Missouri (my hometown), celebrates Calamity Jane Day. Martha Jane Canary known as Calamity Jane, was born west of Princeton on a homestead near what is now the Lake Paho Conservation Area.

Calamity Jane is Mercer County, Missouri's most well-known daughter – better known than any of its sons.

For the folks of the area, Calamity Jane Day is an excuse for wearing western garb, participating in a trail ride, attending a melodrama and a parade, and a chance to welcome home some folks who come back just for this event each year. It is an

some good music. It is also an excuse, if you will, for everyone to play eryone to play cowboy.

being a cowboy or following "the cowboy way" is an entirely different matter.

Back in January 2010, the governor of Wyoming, Dave Freudenthal, signed into law the state's official code of behavior. The code is adapted from Jim Owen's book, Cowboy Ethics: What Wall Street Can Learn from the Code of the

Wyoming is the first state to define its values and encode them in such a set of 10 guidelines:

- Live each day with courage
- Take pride in your work Always finish what you start
- Do what has to be done
- Be tough, but fair
- When you make a promise,
- · Ride for the brand • Talk less and say more
- Remember some things aren't

• Know where to draw the line

opportunity to listen to Everyone needs high school how to apply

these guidelines.

help these students build the personal character traits needed to achieve success in life" according to a news article.

Jim Owen published his book in 2004 in response to the ENRON his definition of "success" for those Wyoming students would have more to do with "the ability to live a life of integrity" than the ability to acquire the trinkets that many in our society would

If anything, his application of the Code of the West seeks to enable a life that is not overcome by the continual bombardment of "extenuating circumstances." His simple list would help us avoid being tripped up by those seemingly small decisions that over time erode integrity and destroy our sense of responsibility to and for others.

Owen would maintain that "everyone needs a code ... a creed to live by." I would suggest that he

One key then is to choose your code well. Another key is having decided upon the code, live by your principles. A code that is only meant to

be read or look good hanging in a frame on a wall is of no ultimate But, a code that guides your life

and shapes your effect on others, and empowers you to make wise decisions, now that is a good code. Maybe Jim Owen's code

could be a good starting place for you or a good discussion starter for you and your family or friends to consider how you will define success and a life of integrity.

May God bless you with wisdom to choose well and strength to walk a good path.



A person living a life of integrity will do what has to be done regardless of hardship. (Courtesy photo)



Community Happenings

FRIDAY

Paper crafting Youth and teens, join the staff at the Two Rivers Youth Center starting at 4 p.m. for paper crafting including; scrapbooking, papier maché, card making and origami. For information, call 394-1508.

THROUGH SUNDAY **National Library week**

Head to the JBER Library to find out how libraries can help you and your family discover new and exciting worlds.

The library has computer resources for teens and adults, information about becoming a U.S. citizen, and access to subscription databases

Open the door to change and visit your library today.

For information, call 384-1640.

Give Parents A Break

Newly arrived or have a deployed spouse and need child care for a few hours?

Let the professional staff at the Juneau Child Development Center care for your children from 6 to 10 p.m. Free for Army families.

To pre-register, call central registration at 384-7330.

Youth Movie Night

Tired of staying at home fighting with parents for the remote? Hang out and watch movies with your friends at the Kennecott Youth Center 6 p.m. to 8 p.m. Deadline to sign-up is April 16.

For information, call 552-2266.

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.

To pre-register, call central registration at 384-7330.

SATURDAY **Duct tape crafting**

Parents, bring your schoolage or older children to the JBER library from 1 to 2:30 p.m. for an afternoon of duct tape fashion design. Create a water bottle carrier, crayon holder or sword and shield. For information, call 384-1640.

Black Ops II tournament

Consider yourself a gamer? Grab your battle buddy or wingman and head to the Warrior Zone for a Call of Duty Black Ops II tournament starting

For more information or to sign up, call 384-9006.

Give Parents A Break

Newly arrived or have a deploved spouse and need child care for a few hours?

Let the professional staff at the Juneau Child Development Center care for your children from 6 to 10 p.m. Free for Air Force families.

To pre-register, call central registration at 384-7330.

Bunny Hop 9-pin tourney

Come out to the Polar Bowl for the final bowling tournament of the season.

No-tap rules apply, knock down 9 pins, get a strike. Sign-ups begin at 6 p.m. with bowling starting at 6:30 p.m.

For information, call 753-7467.

MONDAY **Homeschool Mondays**

Looking for an activity that incorporates physical fitness with fun for your homeschool group?

Head to the Polar Bowl to receive special pricing on bowling and shoe rentals every Monday throughout the month of April from 11 a.m. to 4 p.m.

For information, call 753-7467.

TUESDAY

Volunteer recognition

The 2015 JBER volunteer recognition ceremony will take place at 4 p.m. in the Frontier Theater.

Come celebrate the outstanding contributions volunteers made in 2014 to support the JBER community. All volunteers and guests are welcome.

For information, call 552-4943 or 384-1517.

WEDNESDAY

Deployed spouses dinner Families of current, recent

and out-bound deployers are invited to a free dinner, games, prizes and a resource fair from 5 to 7 p.m. at the Arctic Oasis community center.

Please RSVP by April 20 via email to dspouses@gmail.com.

THURSDAY **Town Hall meeting**

The 673d Force Support Squadron hosts a Town Hall meeting at 2 p.m. in the Frontier Theater in an effort to better serve the JBER community and increase participation in the clubs as well as gain an understanding of where patrons would like to see improve-

Additionally, there is an electronic survey available at http:// tiny.cc/eq4twx.

Holocaust Remembrance

The JBER Mission Support Group invites you to the Holocaust Remembrance Day, "Keeping the Memory Alive" observance with featured guest speaker Mrs. Leslie Fried, curator of the Alaska Jewish Museum from 2 to 3 p.m. in the Talkeetna Theater.

All JBER personnel are encouraged to attend.

Paper crafting

Youth and teens, join the staff at the Two Rivers Youth Center starting at 4 p.m. for paper crafting including; scrapbooking, papier maché, card making and origami.

For information, call 394-1508.

Free Movie Night

Come see Night at the Museum: Secret of the Tomb at the Talkeetna Theater. Doors open at 5:30 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.

Kayak roll class

Designed for experienced kayakers, the roll class teaches how to roll right-side-up without exiting the kayak. The class takes place from 7 to 9 p.m. at the Elmendorf Fitness Center pool.

To sign-up, call 552-2023 or

Teen lock-in 2015

Join your friends at the JBER youth centers from 9 p.m. to 7:30 a.m. for the 2015 Operation Megaphone teen lock-in. Compete with youth centers around the world for bragging rights in a megaphone contest. Midnight snack and a full breakfast will be served.

Sign up at Kennecott, 552-2266 or Two Rivers Youth Center, 384-1508.

APRIL 25

Give Parents A Break/Parents night out

Newly arrived or have a deployed spouse and need child care for a few hours? Let the professional staff at the Juneau Child Development Center care for your children from 1 to 5 p.m. Free for all active duty families.

To pre-register, call central registration at 384-7330.

ONGOING

Help for homebuyers JBER Volunteer Realtors and

Mortgage Lenders present an hour-

long home buying seminar every Wednesday alternating between the JBER-Elmendorf or JBER-Richardson Housing Management

Offices from 1300 to 1400.

These seminars are intended to support service members interested in purchasing a home by explaining the buying and selling process in the Anchorage, Eagle River and Wasilla/Palmer areas.

For more information or to sign up, contact either HMO office; JBER-Elmendorf at 552-4312 or JBR-Richardson at 384-3088.

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.

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.

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.

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.

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. Torch meeting for youth

Torch Club is a leadership development experience providing community service opportunities and character development for youths ages 11 to 13. Meetings take

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

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.

place every Monday at 4:15 p.m. at the Two Rivers Youth Center. For information, call 384-1508.

Civil Air Patrol meetings

The JBER squadron of the Alaska Civil Air Patrol meets the first and third Tuesdays of the month at 6 p.m. in the JBER Aero Club Hangar.

For information and access, call 250-9548.

HERE YE, HERE YE We want to hear what you have to say about JBER Clubs & other FSS

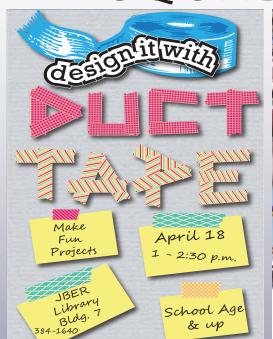
Facilities! Join us for a townhall meeting April 23, 2 - 4 p.m. Share visions,

suggestions & kudos!

comments,



INTERACTIVE CUSTOMER EVALUATION



Please bring 1 roll of duct tape per family.

We are happy to provide the rest!





Please take the time to vote for the new name of our magazine and website via our: Facebook & Instagram pages, our website, or in person at some of our amazing upcoming FSS events!

JBER673FSS

O 673FSS www.elmendorf-richardson.com

FORCE

The first townhall meeting was held April 16, providing those attending an opportunity to speak up if they believe the 673d Force Support Squadron is doing a good job providing activities and facilities for the JBER Community, where we are doing well and what we can be doing better. Specifically FSS is looking at our Clubs, and Eagleglen, but we are open to discussing any activity or function. The JBER Community is invited to attend our second town hall meeting on April 23 to share opinions and help map out a

future direction for the JBER Clubs, Eagleglen Fitness Park and other FSS Activities. The floor will also be open to address what additional Recreation Outdoor activities the community would like to see offered. You can also be entered to win a

\$50 gift card by taking our survey: http://www.surveymonkey.com/r/J Y7CDJW.

Have your voice heard! Other survey's currently being conducted by FSS include the Food Transformation Lunch Preference Survey and the FSS Marketing Help Name the New Magazine Survey.

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





907.753.2378 at Information, Tickets & Travel (located inside the Arctic Oasis Community Center Bldg. 9497)

April 17 **Major Marine 50% off** April 24

Anchorage Trolly Tours Phillips 26 Glacier Tour









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

April 30

FSS = MWR

From Alaska to Okinawa: an original Seabee reflects

By M. Alberto Rivera Seabee Magazine

Like many young men of his generation, 18-year-old Ronald A. Kozak answered the call of duty after Pearl Harbor was attacked. He enlisted in the Navy in 1942.

The Seabees, a brand-new outfit in the Navy, were in dire need of men and, according to Kozak, "We were at war and at that time all enlistees in the Navy were assigned to the Seabees, at least where I enlisted on Church Street in New York. The Seabees were new to the Navy so they needed all the manpower they could get, regardless of age or experience. I do not regret at all the fact that I was put in the Seabees. I'm proud of it."

After completing boot camp at Camp Braddock, Norfolk, Virginia, Kozak and his fellow new recruits went to Gulfport, Mississippi, for advanced training. Then, Kozak went on to serve in the 79th Naval Construction Battalion.

The Aleutian Islands Campaign is an often-overlooked part of World War II history. Alaska – still a territory at the time – was a battleground. And as Gen. Billy Mitchell said before Congress in 1935, "... whoever holds Alaska will hold the world."

On June 3, 1942, a Japanese invasion force 8,000 strong, attacked and took control of Unalaska Island. In the following days they repeated this action on Kiska and Attu islands. The Japanese had designs to launch attacks against the West Coast of the United States from these bases.

The 79th NCB unit was shipped to Port Hueneme, California, where Kozak and 1,100 other 'Bees caught the USS Chaumont (AP-5) and headed north. They would become the maintenance battalion for the Naval Air Station and Naval Base, Kodiak, Alaska.

"In 1943 part of our battalion was sent with the Marines to secure that island. They sure did," Kozak said. "The Aleutian Islands, being part of Alaska, were one of our main defenses to the West Coast of the United States. If the Japa-



A Seabee-built camp at Adak, c.1942. (Photo courtesy of U.S. Navy Seabee Museum, Naval History and Heritage Command)

nese ever gained control of those islands, in no time they would invade the mainland of this country. We had to make sure they didn't.

"No matter where our duties took us, we always had to carry the .30 Calibre carbine rifle," he said. "We built roads on the sides of mountains, and helped maintain the Naval Air Station and its runways so our planes could keep up their constant air watch on that part of the Pacific. We maintained the whole naval base from electricity to everything else. We had to be there or the Japanese would."

May 1943 saw an 18-day battle for Attu Island. U.S. forces engaged the well dug-in Japanese, many already battle-hardened from time spent in Manchuria. The fighting was grim. Of the 3,000 or so Japanese troops on Attu Island, only 28 were taken prisoner.

On Aug. 15, an Allied invasion force landed on Kiska. The units were comprised of American and Canadian troops. They found the island abandoned. Under the cover of fog, the Japanese had left, believing their position to be vulnerable as Attu had been.

Kozak spent 17 months in the Aleutians before returning to the states on 30 days' leave. He then shipped off to Camp Shoemaker in California where intense training began for battle in the Pacific. After spending some time deployed to Saipan, Kozak's next fight was Okinawa.

Okinawa is still remembered as

one of the bloodiest battles ever recorded. It took nearly three months to secure the island. Allied forces were subjected to ongoing fighting from a fierce and determined enemy, as well as heavy rains.

"If I recall," said Kozak, "when we landed on Okinawa the Army was about a mile to our left and the Marines about a mile to our right. We went inland about a mile when suddenly all hell broke loose. Thank God for our Marine training; we were able to bring that battle to a successful close. Then we set up our base in the hills. Even after the island was secured we still had bombings, but we were getting ready for the invasion of Japan."

"Nature wasn't helpful either," Kozak said. "Monsoon rains wreaked havoc, turning the battlefield into soup."

The island was secured June 21, 1945. Everyone's attention turned to training for the invasion of Japan. "Yes, we suffered some casualties on Okinawa, but thank God President Harry Truman decided to drop the A-bombs. That decision saved thousands of American lives and wounded," Kozak said.

"Just let me add that the Seabees during World War II in both the Pacific and Europe, while under fire from the enemy, accomplished a great deal to end that war. And to this day, they deserve all the honor they proudly earned.

Once again they not only proved 'Can Do,' but sure did and continue to do so."

Waging a battle one pound at a time

703 AMXS Airman stays fit through skills gained in Better Body, Better Life class

By Airman 1st Class Tammie Ramsouer JBER Public Affairs

Service members have obligations to uphold when they join the military: serving their country, deploying at random times, and staying fit and healthy to meet those demands.

Service members may reach a point in their military careers when their weight is not what it used to be and fitness success is more difficult to attain. Many programs cater to Department of Defense ID card holders including service members, their families, retirees and civilians.

One program that can help with weight loss is the Better Body, Better Life program hosted at the Health and Wellness Center on Joint Base Elmendorf-Richardson. Implemented in early 2012, the five-week program provides education to lose weight, eat properly and live a healthy lifestyle.

"Each class within the program includes a nutrition, fitness and behavioral component," said Lisa Schuette, 673d Aerospace Medical Squadron health educator and registered dietician. "We will be partnering with behavioral health from the 673d Medical Group, and they will be teaching the behavioral component of the program."

The role of behavioral health is to teach students stress and sleep management as well as goal setting, Schuette added.

Some class participants know how to eat healthily, but attend for the behavioral aspect of the class.

"Their behavior will prevent them from keeping on their weight-loss or healthyliving track," Schuette said. "This is why we have the behavioral component."

Tech. Sgt. Leonard Simmons, an expediter assigned to the 703rd Aircraft Maintenance Squadron, recently attended the program at the HAWC.

"My reason for attending the class was a recommendation from my doctor to lose weight," Simmons said. "I'm a husky guy, so losing weight is difficult for me."

Maintaining physical fitness became a challenge for Simmons after an injury.

"My pain slowly progressed through the years doing group physical fitness training with my unit," he said. "Last summer, I was exercising heavily and my hip popped out of place. After going to the emergency room to have my hip put back into place, the pain was no longer tolerable."

After his injury, Simmons was subjected to fitness restrictions, keeping him from doing normal physical fitness activities. Physicians diagnosed him with degenerative hip failure in November 2014 after multiple tests.

"That's when my doctor told me I would need surgery to fix my hip," he said.

Since Simmons' doctor told him surgery was needed, he was advised to lose some weight before, and keep the weight off, after the procedure.

"The doctor sent me to nutritional medicine on the installation. [They] gave me plenty of options to lose weight," Simmons said. "What interested me most was the BBBL program."

Simmons said he was excited to begin the class and learn what he could do to lose weight for his surgery and live a healthier lifestyle.

"At the very first session, I came in very open minded to give anything a shot," he said. "I was very surprised that everything I was doing to try and lose weight was the wrong way of losing weight. I was eating the same foods every day."

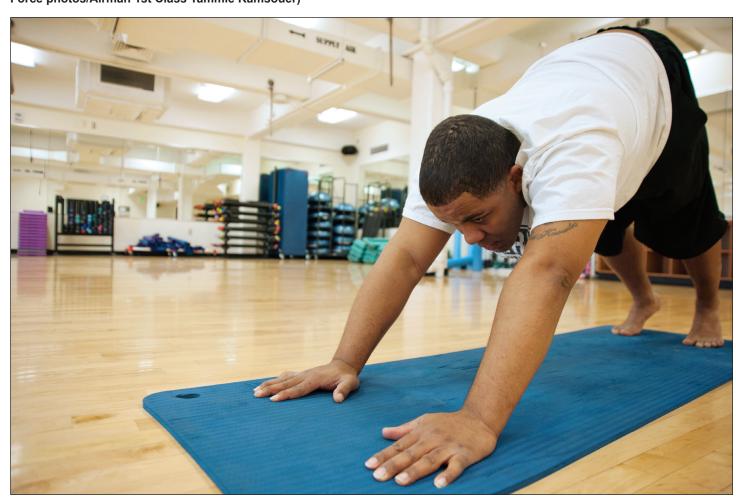
As Simmons learned how to eat a balanced diet and decide what foods are better to eat, the weight started coming off much faster than before.

To help program participants, Sarah Bergeron, HAWC health and fitness consultant, helps with proper stretching and workout routines for those who may have an injury or do not have knowledge of what type of physical activities to do.

"Each of the BBBL classes has different areas of fitness that the individuals and I focus on," Bergeron said. "After the class and I go over specific fitness goals they have,



Tech. Sgt. Leonard Simmons, 703rd Aircraft Maintenance Squadron expediter, holds his old pants – before losing 20 pounds – at the Elmendorf Fitness Center on Joint Base Elmendorf-Richardson April 13. Simmons recently attended the Better Body, Better Life class at the Health and Wellness Center to understand how to lose weight, eat properly and live a healthy lifestyle. (U.S. Air Force photos/Airman 1st Class Tammie Ramsouer)



Simmons stretches before exercising at the Elmendorf Fitness Center on Joint Base Elmendorf-Richardson April 13. Simmons is preparing for hip surgery by losing weight and eating healthy with the help of the Better Body, Better Life class taught at the Health and Wellness Center.

I bring them to the exercise room and put those into practice. I believe this method is most helpful for the individuals to learn the what and why before they learn how to execute an exercise."

With the help of Bergeron and the BBBL program, Simmons has learned what he can do to keep physically active despite his injury.

"Sarah has helped me figure out what I can do within my limits with my injury as well as possibly take it a step further," Simmons said. "She also taught me that if I do the same exercises repeatedly, those same muscle groups will [recognize] the exercise and won't work as hard. She showed me different exercises I can do on different days of the week."

Simmons has also taken the initiative to use a smartphone application to help him keep track of his diet throughout the day.

"[The application helps] me with my food portions and choosing what types of food to eat," Simmons said.

When participants of the class download

the application to their phones, Schuette can see their progress and help remind them of what they may be missing in their daily diet. For individuals like Simmons, it was

simply lack of information, which prevented him from losing weight, Schuette said.

"Providing the information to our

"Providing the information to our participants and to have them understand healthy eating habits is one of our goals," Schuette said.

Simmons weighed 264 pounds when he

began the BBBL program.

"I now weigh 248 pounds since finishing the sessions," he said. "I plan on keeping all the knowledge I have learned from the program in my daily life for me and my family."

His goal is to weigh 220 pounds by

"I would highly recommend the class to anyone looking to lose weight, begin a healthier lifestyle and even for basic nutritional information," Simmons said. "It is definitely a class that you [have to be] willing to do yourself, and you have to be committed to your goals that you have coming into the class."

For more information about the BBBL program or other related programs, call the HAWC at 551-2361.

Arctic rescue: Closing the distance

By Petty Officer 1st Class Kelly Parker 17th District Public Affairs

Three hundred twenty miles north of the Arctic Circle is Barrow, Alaska, the northernmost U.S. city and a strategically positioned forward operating location for the Coast Guard. As vessel traffic and fisheries increase in the ever-changing Arctic, a FOL can ensure a quick response by placing Coast Guard assets closer to mariners in distress.

It was Aug. 19, 2014, when crewmembers at FOL Barrow were notified of a 42 vear-old male who had sustained a severe head injury aboard the South Korean research vessel Araon; the vessel was located in thickly ice-covered waters 310 miles north of Barrow. It was determined two Jayhawk crews would make the lengthy trip north and rescue the mariner.

"It was so far north we only had about 15 minutes on scene before we were going to have to turn around and go back," said Lt. Grant Langston, an Air Station Kodiak, pilot, and co-pilot during the rescue. "We didn't have a long time on scene and when we shot the approach down, we were in heavy fog."

Broken ice-covered waters shrouded by fog, rain, and clouds made seeing the vessel virtually impossible. Crewmembers aboard the Araon had to make continuous over-theradio communications so the aircrew could hone in on them.

With only an updated GPS position given by the vessel, and near-zero visibility, the crew made their approach, cautiously navigating through the dense fog towards the 359-foot vessel. After approximately 15 minutes of navigating harrowing conditions, the crew successfully located the vessel.

Critically close to a "bingo" fuel state, the Jayhawk crew hoisted the injured mariner and an accompanying attendant before enduring the long journey back where the survivor was transferred to awaiting emergency medical services in Barrow.

"Maritime activity in the Arctic has steadily increased during the past several years, and this emergency situation highlights the importance of having a Coast Guard forward operating location in the region," said Capt. Joseph Deer, chief of incident management, Coast Guard 17th District.

"Our ability to respond and effectively carry out rescue missions rely heavily on minimizing distances, honing communications capability and strengthening our maritime domain awareness in our northernmost area of responsibility."

The crew, composed of Lt. Francis Wolfe, aircraft commander, Lt. Grant Langston, co-pilot, Petty Officer 2nd Class William Smith, flight mechanic and Petty Officer 2nd Class Jacob Warner, rescue swimmer, had just conducted the northernmost operational hoist ever completed by



The crew of a Coast Guard Air Station Kodiak MH-60 Jayhawk helicopter approaches the South Korean research icebreaker Araon 250 miles north of Barrow, Aug. 20, 2014. The Jayhawk crew safely medevaced a 43-year-old man after he suffered from a head injury while aboard the icebreaker. (U.S. Coast Guard photo)



(Left to right) Lt. Grant Langston, Petty Officer 2nd Class William Smith, Petty Officer 2nd Class Jacob Warner and Lt. Francis Wolfe pose for a photo in front of a Coast Guard Air Station Kodiak, Alaska, MH-60 Jayhawk helicopter March 19. The crew was awarded the Naval Helicopter Association Aircrew of the Year (Deployed) for the rescue of a crew member aboard the South Korean research vessel Araon in August 2014. (U.S. Coast Guard photo by Petty Officer 2nd Class Diana Honings.)

a Coast Guard MH-60 Jayhawk helicopter to be able to respond to mariners in distress deployed above the Arctic Circle and were recognized for this achievement with the 2014 Naval Helicopter Association Aircrew of the Year (Deployed).

"Receiving this award is a humbling ex-

and to play a part in assisting someone in need sheds a greater light on the reality of our profession."

While the Arctic Ocean may be the smallest of Earth's oceans, it currently perience," Smith said. "We train all the time poses some of the biggest challenges in

the modern age of exploration and vessel traffic. These challenges are a focal point for the Coast Guard and local partner search-and-rescue agencies along Alaska's northern coast, in an effort to continue to save lives in the every growing and evolving environment of the Arctic.

'Learning from the Holocaust: Choosing to act'

8th Fighter Wing Public Affairs staff report

KUNSAN AIR BASE, South Korea — This year, April 12-19 marks the observance of the Holocaust Days of Remembrance, with the official Day of Remembrance

taking place April 16. The Days of Remembrance were established by the U.S. Congress in 1980 to memorialize the 6 million Jews, as well as millions of non-Jewish victims, who were murdered in the Holocaust and suffered Nazi persecution. Each year since, the U.S. Holocaust Memorial Museum has led the nation in commemorating the Days of Remembrance. This year's theme is "Learning from the Holocaust: Choosing to act."

During World War II, millions of ordinary people witnessed the crimes of the Holocaust - in the countryside and city squares, in stores and schools, in homes and workplaces. Across Europe, the Nazis found countless helpers who willingly collaborated or were complicit in their crimes, while far fewer questioned their actions.

The victims had no choice in their fates. Their supporters and rescuers, by contrast, were able to make choices. They chose to risk not only theirs, but their families' lives in an attempt to intervene and help rescue those being persecuted.

By choosing to act, these individuals not only saved the lives of others, but demonstrated what it means to treat one another as human beings. These lessons apply not only to the past, but how to treat each other now.

The Holocaust is not the only genocide to take place in this world. The Native American genocide in the early 19th century, the Rwandan genocide of 1994 and the Indonesian killings from 1965 to 1966 are just a few examples. More recently, Islamic State of Iraq and the Levant is attacking Jewish and Christian people across the world. The horrors of the way

these people died have left scars on the hearts and minds of those who loved and knew them; those they shared a bond with.

Those same bonds extend outside of our own local communities, and across the globe. Genocide and discrimination should not sit well with any person of any nation.

No matter what our job or station in life, we are all unique and at the same time we are all tied

We may look at each other differently because we have different color skin, religions, socioeconomic backgrounds, and so on, but do we have to persecute each other for it? Would it not be better to get

to know someone first before we decide who they are as a person? Do we have a right to judge others and put them in a category which requires discrimination or violence against them?

Our hope is that the Holocaust Days of Remembrance will remind all that even though we are different and come from different places in this world, we all have contributions to make to it, no matter how great or small they may be.

Rather than play the role of bystander, we must actively pursue a world where we coexist and choose to act against those who would foster hatred and repeat the mistakes of the past.

American Sign Language classes now enrolling

By Airman 1st Class Kyle Johnson JBER Public Affairs

Joint Base Elmendorf-Richardson Instructional Youth Programs is now enrolling new students for American Sign Language

Whether they are curious to learn a new skill and broaden their horizons, or they have a family member they wish to better communicate with, these classes offer a path for military family members to accomplish those goals, said Ruth Garcia, the IYP sign language instructor.

The classes span the length of a school year and are available to adults as well as

The one-hour classes, available for seven years old through adult, are hosted at 6 p.m. every Monday, and children 3 to 6 years old have a separate class time at 7 p.m, said Elida Narciso, Operations Clerk at JBER IYP.

'My goal is to pass on a passion," Garcia said. "A passion for language, and a little bit of knowledge of deaf culture."

Hearing families can have deaf children, and it is very wise to know all their options, Garcia said. "A lot of people are intimidated when they have deaf kids," Garcia said.

Classes like this one offer a way for curious individuals looking to expand their skillset, or military individuals who have suffered from hearing loss as a result of the equipment they work with in their day-today duties to learn ASL.

Students in Garcia's class not only learn



American Sign Language is the predominant sign language used by the deaf and interpreters in the United States. JBER offers ASL classes to military families as part of the Instructional Youth Program here. (U.S. Air Force Photo Illustration/Airman 1st Class Kyle Johnson)

how to sign, they also learn how to com-

municate with deaf people.

"ASL is a beautiful language, It's so much more than hand movement," Garcia said. "It's facial expressions, it's body language, it's an entirely different culture."

Garcia, whose husband is an active-duty officer assigned to Osan Air Base, Korea, has nearly 10 years of experience as an instructor and has been teaching as an ASL instructor on JBER since fall 2013.

"Deaf people aren't broken," Garcia said.

"They just hear differently."

For more information on the ASL classes offered through the IYP here, call 384-1508, or visit their website at www.elmendorf-richardson.com/family/ instructional-youth-programs.