

Warrior
Transition
Units at JBER,
Wainwright to
inactivate



MEDDAC Alaska
News Release

The Department of the Army announced last week the inactivation of ten warrior transition units as the number of wounded, ill and injured Soldiers requiring care in the WTUs continues to decline.

WTUs at both Fort Wainwright and Joint Base Elmendorf-Richardson are included in the closure.

Since February 2014, the number of Soldiers receiving care and support in in WTUs has decreased from more than 7,000 to fewer than 3,700.

Based on a comprehensive assessment of WTU force structure and the declining population of Soldiers in WTUs, the Army will be able to reduce the number of WTUs from 25 to 15 by August of 2016.

WTUs at Fort Wainwright and JBER have seen the same decline in numbers.

Currently there are 27 Soldiers receiving care at WTUs in Alaska, down from 73 in April of last year.

“The Army recognizes warrior care as an enduring mission and sacred obligation,” said Col. Lisa Toven, commander of Medical Department Activity - Alaska. “While locations of services may change, we are committed to ensuring the best possible healthcare and support for our Soldiers, whether they are transitioning back to the force or into the civilian community as a veteran.”

WTUs will remain on installations where there are large concentrations of Soldiers.

They will also continue to be co-located with major Army medical activities and centers providing support to wounded, ill and injured Soldiers who require at least six months of rehabilitative care and complex medical management.

As units are inactivated, Soldiers and their families will continue to receive care and transition assistance, and the Warrior Care and Transition Program will remain a scalable and reversible program fully capable of providing world-class care.

Active-duty personnel who are assigned to units set for inactivation or force structure reductions will be reassigned in accordance with Army assignment policies.

The 27 civilian employees impacted on Fort Wainwright and JBER will be reassigned based on their skill sets, the needs of the Army and available employee opportunities.

At the highest tempo, in June 2008, WTUs served more than 12,500 Soldiers. Officials said they estimate a capacity of only about 3,000 Soldiers is currently necessary. In the event of a conflict, the WTUs could easily ramp up again, they said.

BRINGING THE FORCE



The first load of the ammunition barge arrives at Joint Base Elmendorf-Richardson April 15. Contracted forklift operators use their skills to unload each container – weighing between 20,000 and 40,000 pounds. After the items are offloaded from the trucks, the ammunition inspection team standing by opens the containers and inspects the ammunition before storing it in earth-covered bunkers. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

Troops conduct biannual ‘ammo barge’ mission

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Twice a year, millions of pounds of explosives and ammunition travel north through Pacific waters in a biannual migration designed to resupply military installations across Alaska.

“The ammo barge” is the casual term for it; but there is nothing lackadaisical about the attitudes of the service members in charge of making this operation happen.

“It supplies all the munitions from the pistols the gate guards use at the gates to the precision-guided missiles the F-22’s fly around with,” said Tech. Sgt. Joseph Dunlavey, a munitions stock control manager with the 477th Maintenance Squadron.

They are equipping a state larger than most countries, and more than twice the size of Texas, with enough ammunition to defend its soil and its citizens. What’s more, they only have two shots a year to do it.

This year, the ammunition shipment began arriving April 15. Nine trucks totting 21 containers of ammunition – weighing between 20,000 and 40,000 pounds – will arrive on base, said Tech. Sgt. Jessica Evenson, noncommissioned officer in charge of munitions accountability for the 3rd Munitions Squadron.

The operation also supplies Fort Richardson, Fort Wainwright, Eielson Air Force Base, and Air Station Kodiak with the munitions they need; more than 200 containers total.

The force driving the logistical muscle needed to resupply units with this much ammo is actually quite small – the expenditure report.

“Expenditure reports come from each individual unit that uses them around base,” said Dunlavey. “As soon as they expend munitions, they have two days to get with us to show exactly how much they [used].”

Based on those expenditure reports, allocations are set up for the various units around base, Evenson said.

“We check all of our accounts and see what their allocations are for the next two to three fis-

cal years,” Evenson said. “We compare that with their past expenditure rates. If they’ve only expended 30 percent, then we won’t order as much, since we can support the mission with our assets on hand.”

“We work with units all over base to make sure the assets they have recorded are still correct,” Evenson said.

Dunlavey, Evenson and their colleagues amass these reports over the years, and when it comes time to order a new ammunition shipment, they track how much each unit has actually expended over a five-year period before placing their order.

“The barge is a bit larger this year than it has been in the past, because we are not only receiving new ammunition,” Evenson said. “We are also exporting any unserviceable assets we have taking up room in our stockpile.”

Many of the assets on the C-17 Globemaster IIIs and F-22 Raptors can expire.

When they do, new assets are provided, and the expired ones are sent to facilities in the Lower 48 to be refurbished or disposed of

properly, Evenson said.

“We have three [shipping containers] worth of outbound munitions this time,” Evenson said. “That was several munitions shipments we needed to send through the transportation management office channels so they could accomplish their mission before the munitions leave this base.”

“It’s always tense when you get a lot of units together like this,” Dunlavey said. “It’s always a big deal; the wing commander knows about it, so we always have a lot of visitors.”

“But it’s our time to shine.” When the barge arrives in port at Valdez, the containers are offloaded and shipped to either JBER or Eielson Air Force Base.

Upon arriving at the destination base, the trucks are checked in by security forces, transportation management, and munitions personnel.

“When they pull up to the gate, we have accountability Airmen and transportation management Airmen waiting with security forces,” Dunlavey said. “TMO has to inspect the seals on the containers to make sure there’s been no

tampering with the trucks.”

Then the trucks are escorted to the bomb dump and unloaded by contracted forklift operators as Airmen congregate at a safe distance, waiting to open the containers.

“Then our munitions inspection personnel take over and they rip out the innards of the [container],” Dunlavey said. “Such as high explosive bombs, egress items, small arms, flares, etc.”

The group of Airmen standing by with bolt cutters, power tools, and crowbars is suddenly gone, replaced by the sound of creaking seals, cracking wood, and the clamor of forklifts.

“Then they are inspected, and if they pass,” Dunlavey said. “They are stored [for] all of our accounts on base to use.”

Behind every bomb, every rifle, and every detonator, there is a munitions person; there’s no such thing as a one-click purchase when dealing with high explosives.

“It doesn’t matter how many guns or how much aircraft we have on base,” Evenson said. “If we don’t have any munitions, nobody is going to be able to accomplish their mission.”



The first load of ammunition from the ‘ammo barge’ arrives on JBER April 15. Contracted forklift operators used their skills to unload containers, each weighing between 20,000 and 40,000 pounds. After they are offloaded from the trucks, the ammunition inspection team standing by opens the containers and inspects the ammunition before storing them in earth-covered bunkers. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

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complete qualification with
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Everyone has a critical role in preventing sexual assault

By Air Force Col. Brian Bruckbauer
JBER and 673d ABW commander

Sexual assault is a sensitive topic we address constantly in all branches of the military. This persistent effort is to strengthen our proactive stance – through education and training efforts, we aim to increase understanding in our community, and recruit every member of our military family in this fight. We take care of each other and make sure each member is ready to stand up for one another.

This is what violence prevention is all about. We rely on bystanders to trust their instincts when something does not seem right.

We also rely on bystanders to take action when they witness any wrongdoing towards another human being. In doing so, we are combining forces in fostering a culture of dignity and respect for every member of our community. Every Soldier and Airman, at

every level, must adhere to military values and help create an environment in which team commitment and respect define how others are treated – at home, at work, or anywhere else.

Everyone has a critical role to play; if you see sexual harassment, sexist behaviors or sexual assault, don’t ignore it or condone it.

Step in and speak up; it’s not just inappropriate behavior, it is criminal behavior.

The U.S. military has always been successful in overcoming challenges, but it is a team effort, and everyone is needed.

Solving the complex issue of sexual assault is no different. It requires active leadership at every level – from commanders and noncommissioned officers all the way to the individual Soldier or Airman.

Commanders and supervisors must be involved and know those within their organization, and be held to account for

unit climate.

Sexual assault degrades mission readiness – service members must be able to trust one another, and assault destroys that trust.

We must strive for an environment in which predatory behavior is easily identified, bystanders willingly step in to difficult situations, and victims are unafraid to come forward. The rate of unwanted sexual contact – for both men and women – has decreased in the last couple of years. But it’s still not at the goal – zero.

Sexual Assault Awareness and Prevention is observed throughout April. On JBER, helping agencies such as Air Force Sexual Assault Prevention and Response, Army Sexual Harassment/Assault Response and Prevention, Alaska National Guard and Family Advocacy Program teamed up to address violence prevention.

Local agencies such as Standing Together Against Rape and Abused Women’s Aid

In Crisis joined our awareness campaign.

April 30, the Elmendorf Fitness Center sponsors “Heels 2 Halt”, a relay race.

In addition to the mandatory training and activities held during April, the SAPR office holds activities to continue facilitating interaction with community members.

We want to listen to our community so that we can be effective in the execution of our mission.

These activities include participation in the chaplains’ blitz and additional interactive booths in different locations around the installation in high traffic areas during peak times. Please take time to read Air Force Vice Chief of Staff Gen. Larry Spencer’s article about moving beyond awareness for an Air Force-level perspective on stopping sexual harassment and sexual assault.

For more information on activities and training opportunities, please visit or call your SAPR or SHARP representative.

Moving beyond sexual assault awareness, toward prevention

By Gen. Larry Spencer
Air Force Vice Chief of Staff

WASHINGTON — Every April since 2001, the nation has focused its attention on sexual assault awareness and the impact this crime has on those who have experienced it.

This year, the Department of Defense has deliberately renamed the annual effort Sexual Assault Awareness and Prevention Month.

I want to take this opportunity to share with you how the Air Force is focusing on prevention of this

crime – stopping it before it takes place.

This year, we kicked off the new year with a weeklong prevention summit that brought together experts in the sexual assault prevention field with Airmen from across the force – active, Guard, Reserve, civilian, officer and enlisted.

Our goals were to better understand sexual assault and determine how to put prevention into action in the Air Force.

So, what did we learn?

Most importantly, we learned sexual assault can be prevented.

Effective sexual assault prevention strategies focus on preventing perpetration because that is the only guaranteed way to stop the violence.

Raising awareness about sexual assault is an important first step towards prevention; but awareness alone will not create the individual or societal changes needed to stop sexual assault.

Based on decades of prevention science, we know that prevention of sexual assault involves addressing factors that put individuals at risk for perpetrating sexual assault.

Some prevention approaches

teach skills to change attitudes or behaviors that are associated with assault.

Other approaches equip bystanders with the skills to spot and intervene in high-risk situations, or to speak out against language and practices that create a culture which tolerates or promotes sexual assault.

Strategies that simply raise awareness foster understanding of sexual assault, without providing tools to take action.

Tools are necessary for changing behaviors, relationships, and our culture are key to making

every Airman a change agent and to creating a force free from assault.

The prevention summit culminated with Airmen’s recommendations to prevent sexual assault.

We are working hard to build programs across the Air Force, based on these recommendations.

In the meantime, I challenge every Airman to move beyond mere awareness.

I urge you to equip yourselves, your co-workers, your subordinates, and everyone in your sphere of influence, with the tools we all need to prevent sexual assault.

‘Science guy’ links Alaska with Army research, development

By C. Todd Lopez
Army News Service

WASHINGTON — For 30 years now, the Army has embedded scientists and technology experts in the field - to ensure the exchange of new technology and the feedback it yields - moves efficiently between the researchers who develop it and the Soldiers who use it.

Since the summer of 1985, Army science and technology advisors, part of the U.S. Army Research, Development and Engineering Command, or RDECOM, have provided for their assigned commands easy access to the technologies and bright minds that are available within Army research, development and engineering centers.

As a result, problems that can be solved with technology can be solved more quickly, and commanders can instead concentrate on their mission.

“They are senior engineers and scientists that RDECOM embeds ... to provide reach-back to the Army enterprise, in terms of research and development,” said James Gibson, director of the Field Assistance in Science and Technology Directorate at RDECOM, of the command’s science and technology, or S&T, advisors. “If the combatant command has an operational issue that they think might have a technological solution, then the science advisor would engage on that.”

Gibson said that the Army has always provided similar reach-back for fielded programs or programs of record. But the S&T advisor program increased that capability.

“What was absent was a reach-back to the science and technology community,” Gibson said. “Our senior commanders recognized that and asked Army Materiel Command what they could do to position people forward to assist on those issues.”

The program initially covered just South Korea and Germany, Gibson said. Today it provides advisors to the senior staff at combat training centers, major commands, combatant commands, and corps commands.

In 2003, RDECOM even started pro-

vided specialized teams of S&T advisors to the Iraq and Afghanistan theaters.

The advisors, mostly senior scientists, physicists, computer scientists and engineers, are already RDECOM employees. About 25 – half officers, half civilians – are assigned for two-to-three year advisor roles.

Orientation and training

While S&T advisors are already experts in some scientific field, they must be prepared to provide to commanders input and advice on the wide array of areas of research and capability offered by RDECOM. To prepare the advisors for their role, RDECOM puts them through a three-week orientation and reach-back training program, ORBT. There are two annual iterations of the course.

“Each one of them comes to us with some level of specialty in their background,” Gibson said. “What we are trying to do over this three-week program is broaden their horizons so they become exposed to the total enterprise of RDECOM. Part of this training is to position them to be somewhat conversant in other fields they may not be familiar with.”

The five new S&T advisors undergoing the most recent iteration of ORBT spent the last day of their first week of training, April 17, at the Night Vision and Electronic Sensors Directorate, or NVESD, on Fort Belvoir, Virginia. There, students were exposed to the variety of night-vision equipment technology within the RDECOM domain.

By the end of the ORBT, the five new advisors will have visited and learned about RDECOM capabilities in Huntsville, Alabama; Natick, Massachusetts; Rockaway, New Jersey; and Aberdeen Proving Ground, Maryland.

Translator

After spending time learning about night vision goggles at the NVESD facility on Fort Belvoir, Lt. Col. Marc Meeker, a science and technology advisor assigned in South Korea, explained how he serves as a kind of translator between the engineers and researchers of RDECOM and the Soldiers in the command

he advises – U.S. Forces Korea.

“I’m somebody who speaks the language of engineers and who speaks the language of Soldiers and helps to get needs and requirements from the Soldier back to the engineers,” Meeker said. “I can also help to get neat ideas and solutions to these problems back down to the Soldier as fast as possible. A lot of times the Soldiers and engineers don’t necessarily speak the same language.”

Meeker pointed out there still hasn’t been a formal peace declared between South Korea and North Korea. Because of the standing conflict, Soldiers stationed there must always be ready – and that means having the best technology available. Meeker said as an S&T advisor he provides a link between those Soldiers, the technology they need, and the technology they haven’t even thought about yet.

“There is always a need for technology in [Korea],” Meeker said. “Bringing the new technology out there, even prototypes to have them tested, is what I intend to do. I am very much looking forward to getting some of this technology into the hands of Soldiers and working through this ORBT program to learn about the portfolio of products that the RDECs have under RDECOM.”

Meeker said mastering the array of capability is important “so when Soldiers tell you they have a certain problem set, you know what is available out there or you know who to reach back to in order to get information about what the latest and greatest is.”

Alaska cold is not simulated

Andrew M. Margules, a science and technology advisor, assigned to Joint Base Elmendorf-Richardson, is participating in the ORBT alongside Meeker. Margules has been an S&T advisor in Alaska for six months now.

Margules said a goal of his tenure, as an S&T advisor to U.S. Army Alaska, is to increase the collaboration between the command and the Army’s research and development community. He said there are advantages to working with Soldiers stationed in Alaska.

“I think a lot of times [the RDECs] reach out to CONUS units because they are easier or closer,” he said. “But I think USARAK and other U.S. Pacific Command units have unique opportunities to evaluate equipment in non-traditional environments - though relative environments and real environments. It’s not a simulated experiment, where we are going to bring something into a cold chamber and test it out. We can actually bring it to the Arctic and test it outside and get that good data for you.”

Margules said he likes working in RDECOM labs, but that being out in the field among Soldiers has been a new experience for him that he has enjoyed.

“I actually go out in the field with these guys ... and actually participate with them in what I can,” Margules said. “In February we were doing some exercises through the FAST office – we were bringing up some kit to test out. We were walking through the woods with the Soldiers. We were in the squad, with them, walking. And every time they had a complaint - they’d ask ‘where’s the science guy?’ And I was running up in my snow shoes right behind the guys asking what’s going on. ‘Show me the actual problem you’re having right now,’ I’d say. That they know I’m there - it’s important to me. And it’s important that they know I take their concern back with me.”

As an S&T advisor for RDECOM stationed in Alaska, Margules expects to work with not just senior leaders but with those junior Soldiers as well. And in fulfillment of his role as an ambassador for RDECOM to units around the world, he hopes to make their operations easier by ensuring the equipment and technology they use is the best possible. He said he does that best standing shoulder-to-shoulder with the Soldiers.

“Show me how you are actually using this equipment,” he said. “Maybe I’ll see something that isn’t working right that you didn’t pick up on. And you’ll maybe see something not working right that I didn’t know about. And together we’ll take those two pieces and make it even better, through RDECOM.”

JBER judge advocate offices release courts-martial, NJP results

Nonjudicial punishments

A 673d Medical Support Squadron Airman first class received nonjudicial punishment for dereliction of duty for mishandling a large amount of medical records, in violation of Article 92 of the Uniform Code of Military Justice.

He received a reduction to the grade of Airman, forfeiture of \$480.00 pay suspended, and a reprimand.

A 381st Intelligence Squadron Senior Airman received nonjudicial punishment for adultery, in violation of Article 134 of the Uniform Code of Military Justice.

She received a reduction to the grade of Airman, with reduction below Airman first

class suspended, forfeiture of \$433.00 pay suspended, and a reprimand.

A 732d Air Mobility Squadron technical sergeant received nonjudicial punishment for the wrongful use of marijuana in violation of Article 112a of the Uniform Code of Military Justice.

He received a reduction to the grade of staff sergeant, forfeiture of \$500.00 pay per month for two months, and a reprimand.

A 673d Contracting Squadron master sergeant received nonjudicial punishment for larceny, in violation of Article 121 of the Uniform Code of Military Justice.

She received a reduction to the grade

of technical sergeant that was mitigated to forfeitures of \$1,089.00 pay, forfeiture of \$1,862.00 pay suspended, and a reprimand.

Courts martial

On March 4, at a general court martial convened at Fort Wainwright, Spc. Brando Lugo, assigned to JBER, was convicted by a military judge, in accordance with his pleas, of one specification of sexual assault in violation of Article 120, UCMJ, and one specification of desertion in violation of Article 85, UCMJ.

The judge sentenced him to be reduced to the grade of private (E-1); to be confined for 24 months; and to be discharged from the service with a bad-conduct discharge.

ARCTIC WARRIOR

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A qualified success: Centurions certify on M9



ABOVE: Sgt. Clayton Word, a native of Kadoka, S.D., assigned to the 725th Brigade Support Battalion, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, qualifies with an M9 pistol at the combat pistol range on Joint Base Elmendorf-Richardson April 14.
LEFT: Capt. Preston Roy, a native of Austin, Texas, waits to qualify with his M9 pistol. U.S. Army Alaska is home to the Army's only Pacific airborne brigade combat team, and maintains the only airborne rapid-response capacity within the Pacific Command. (U.S. Air Force photos/Justin Connaher)



Staff Sgt. Orlando Marin, a native of Floresville, Texas, assigned to the 725th Brigade Support Battalion, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, serves as a range safety as Soldiers qualify with M9 pistols at the combat pistol range on Joint Base Elmendorf-Richardson.

SFC Ron Albert: Officially the safest NCO in USARAK

By Capt. Richard Packer
2d Engineer Brigade PAO

Sgt. 1st Class Ron Albert is the 2014 winner of the Director of Army Safety Risk Management Award.

A member of U.S. Army Alaska’s 2d Engineer Brigade, Albert recently returned from deployment to Afghanistan with his brigade headquarters.

That is where he showed his safety mettle as a construction manager on Bagram Airfield.

With the assembly of more than 3,000 wooden buildings and other temporary structures over 13 years of continuous conflict, Bagram Airfield was likened to a “Frankenstein” by top commanders due to the way it had been pieced together over the course of the war.

In preparation for the Resolute Support mission and the right-sizing of International Security Assistance Forces - Afghanistan’s largest base, the engineers on Bagram were under tremendous pressure to tear down wooden barracks, offices, gazebos, patios and most other wooden structures.

Everything demolished by military engineers saved America the cost of paying contractors to do the work later.

With this pressure to work swiftly came the added risk of accidents and injury.

“Engaged leaders are the key to reducing our most prevalent cause of Army mishaps – human error,” said Ron Andree, the U.S. Army Alaska safety manager who deployed with the brigade and submitted Albert for the award.

This is where Albert proved his safety value and expertise.

He was responsible for overseeing site safety and adherence to standards for thousands of deconstruction projects.

He supervised the safety of vertical and horizontal deconstruction projects for five modular Army Reserve and National Guard engineer construction companies.

The main effort was deconstruction using heavy machinery and hand tools – work which is commonly associated with higher risk for personal injuries.

“On the average day we’d have approxi-



Sgt. 1st Class Ron Albert, of the 2nd Engineer Brigade, recently received the Director of Army Safety’s Risk Management Award for 2014. Albert oversaw massive deconstruction in Afghanistan, with no Soldiers injured. (Courtesy photo)

mately 22 deconstruction sites being worked by about 180 Soldiers. They were operating cranes, excavators, loaders, tractor-trailers, dump trucks; all kinds of heavy machinery,” Andree said.

“They were tearing down buildings, massive tension fabric structure tents, earth-filled barriers and moving concrete T-walls and bunkers to better protect coalition forces from enemy attacks,” he said.

Every project was different. Each one had to be individually evaluated for whether heavy equipment could be maneuvered through areas congested by buildings to expedite the deconstruction or whether the project would be done by hand.

“I’ve been in the Army for 23 years and deployed five times. I’ve always been around construction equipment. With these heavy machines, if Soldiers aren’t careful then it’s only a matter of time before someone gets

hurt,” Albert said. “I believe every accident is preventable. If safety is a priority, if leaders are engaged in having proper techniques and procedures in place, then any accident can be prevented.”

For Albert, taking care of Soldiers is the best job in the Army.

According to his philosophy, leadership doesn’t happen from behind a desk.

He said he believes if Soldiers are out working in the heat, dust and grime, then those directly responsible for their safety should be out there with them.

“Teaching and training younger NCOs is the most important part of a good safety program,” Albert said. “The first-line supervisors, the leaders on the ground working beside Soldiers, they are the ones who are going to enforce standards, make sure Soldiers are wearing their protective equipment and are following the safety procedures set

by commanders.”

Albert has seen many Soldiers hurt throughout his career because someone cut corners by neglecting safety standards.

He said he believes in the Army’s risk management program and knows it can save lives when properly applied to operations.

“Risk assessments are just a piece of paper if they aren’t followed and enforced. That’s how people get injured,” Albert said. “I wasn’t going to let that happen on my worksites. Our unit made safety a priority at every level and went the whole deployment without having any serious injuries. That’s all the proof I need that risk management works.”

Albert has not yet been officially presented the award. Director of Army Safety, Brig. Gen. Jeffrey Farnsworth, expressed his interest in flying to Alaska to give the plaque to Albert personally.

Don’t fall for ‘TRICARE’ cold-call scams asking for personal information

By Defense Health Agency
News release

FALLS CHURCH, Va. — The Defense Health Agency, Office of Program Integrity (DHA-PI) has received a significant number of concerns from TRICARE beneficiaries regarding unsolicited contact from call centers encouraging them to provide personally identifiable and health information.

According to sources, the call center will normally cold-call and

say, “I am a representative calling from ‘XYZ.’ We are calling to tell you about a benefit TRICARE will cover for you for a prescription pain cream you are eligible for. Do you have any of the following medical issues (list of issues) or pain? If so, TRICARE wants to get you taken care of. All we need are your doctor’s name and your TRICARE information and we will contact your doctor and get these medications or supplies out to you immediately and submit a claim.”

TRICARE and its contractors will never call and ask for personally identifiable or health information. Beneficiaries should be wary of unsolicited attempts by any entity asking for this information, either by phone or in person.

DHA-PI strongly advises beneficiaries to not give any information to these types of unsolicited requests. Often, these call centers have identified what limited information they have through Internet searches or through individuals

who have approached beneficiaries independently and obtained this information directly.

Should you receive a similar phone call, do not provide any information to the caller.

Immediately after the call, submit a report to our pharmacy benefits contractor, Express Scripts Inc., by calling the Express Scripts Fraud Tip Hotline at (866) 759-6139, or by sending an email to TRICAREfraudtip@express-scripts.com.

ESI can flag your profile and reject attempts to bill for these medications. If you do receive unsolicited medication in the mail, you can refuse delivery. After May 1, ESI will screen all ingredients in compound drug claims to ensure they are safe, effective and covered by TRICARE.

This screening process is like the one TRICARE already uses for other prescription drugs, but it will now apply to the ingredients in compound drugs.

Briefs & Announcements

April 24, 2015

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 hour-long 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; 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.

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.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents.

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

They also handle the design, printing and distribution of business cards, letterhead, invitations and programs.

Document Services’ Equipment Management Solutions Program provides networked multifunctional devices that print, scan, copy and fax. Production facilities offer scanning and conversion services for all types of documents.

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.document-services.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.

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.

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.

JBER Airman named Alaska bodybuilding champion

By Air Force Staff Sgt. Wes Wright
JBER Public Affairs

Clink, clink, clink. Marble falls to the floor as the sound of hammer on chisel reverberates through an empty room, empty except for the artist, his tools and his masterpiece. He takes a step back to analyze his creation with critical eye. He's been working on this project for years. To the outside world, it appears flawless. To him, it's nowhere near ready. He's pressed for time. There is a showing in the next few days. This will have to do for now. He hopes it is good enough.

Such was the mindset of Airman 1st Class James Jones, 673d Communications Squadron cyber systems operator, as the days drew closer to his first ever bodybuilding contest: The 2015 National Physique Committee Alaska State Championships on April 4. He spent more than a year preparing, chiseling at his physique slowly but surely every day. Hundreds of hours in the gym, a diet that would drive many people insane and an entire lifestyle designed to push his body to its maximum potential, would be validated or destroyed by a panel of judges when all his hard work was unveiled under bright stage lights.

Cue the lights and the music. Jones went through mandatory pose after mandatory pose as his body was critiqued. A panel of judges examined his work and compared it to his competitors, looking for the slightest flaw. The result was not only a first place clear-cut victory in his middle-weight class, but a landslide victory in the overall men's category, becoming the youngest person in the contest's history to win the title and only the second ever to win it in his first try.

In competitive bodybuilding, contestants' physiques are judged on size, shape, symmetry and definition. For many top-tier bodybuilders, their champion physiques are built through years, often decades, of work. Many are in their early to mid-30s. Standing 5 feet, 7 inches and weighing 165 pounds at 21 years old, Jones was just hoping for a high placing in his first-ever competition. He got that and then some.

"I hit all my mandatory poses and then we waited for the judges to tabulate their scores," Jones said. "My heart was pounding. Of course, it seems like they drag out the announcement forever. Then, I heard my name called, that was amazing! All the time and money I put into this ... it let me know everything I put into this was all worth it. It was one of the best feelings in the world."

With more than a year's worth of work culminating in a few brief moments on a stage, Jones was not



Airman 1st Class James Jones, a native of Ocean Springs, Miss., a cyber systems operations airman assigned to the 673d Communications Squadron, lifts a dumbbell at the Elmendorf Fitness Center Monday. (U.S. Air Force photo/Justin Connaehr)

without worry or retrospection. Did he do everything he could have to create the best possible version of himself?

"When I saw the other competitors, I realized many of them were a lot bigger than me," Jones said. "I was a little worried. I felt they could win on sheer size alone. However, the biggest guy can be big, but if he isn't lean it does him no good. You also have to be lean and symmetrical. I knew I had good proportion, and thankfully it resulted in a win."

Jones said when people view his contest photos, he is humbled by the praise. He is often asked "How can I look like that?" However, few people are prepared for his answer. The hundreds of hours in the gym is the easy part. The hard part comes in the thousands of hours spent outside the gym.

Bodybuilders typically structure their year in two seasons: offseason and competition or "cutting" season. The offseason is spent bulking and competition season is spent trimming down. Just as in sculpting, it is better to start with too much material than not enough.

For Jones, a typical offseason day sees him rise at 2 a.m. to drink a protein shake, before going back to bed. He sleeps until 5 a.m. Breakfast follows as soon as he awakes. It's the first of six meals, not counting his shake, which he'll eat.

"Right now, I'm eating 350 grams of protein a day and 400 to 500 carbs," Jones said. "I eat every two to three hours. That's a very difficult thing to do. You

spend time preparing all that food. You spend time eating all that food. You're carrying Tupperware containers of food everywhere you go."

Jones said another common question he gets is, "Hey, what supplements do you take?"

"I don't mind sharing that with people, but even if I tell you, supplements only represent a very small percentage of what you're going to need to do to be successful. You still have to eat the right food in the right amounts to make gains in the gym."

Jones said the hardest part of bodybuilding is the long-term rigid discipline the sport demands.

"The biggest challenge is consistency," Jones said. "You have to eat your meals every day. You can't skip a meal. If you skip one, it's going to show. Starting a year out, I knew I had to get every training session and every meal in. If I lost, I didn't want it to be because of something I could have prevented through discipline."

According to Jones' coach and trainer, George Hartley, Jones' ability to discipline himself sets him apart from many competitors.

"James is driven beyond his years and has an exemplary work ethic," Hartley said. "I believe his time in the service has helped him mature in ways other men his age don't have until their thirties in the civilian world. He understands bodybuilding is a lifestyle and becoming a great bodybuilder is something that takes years of training and discipline."

Jones shared that while he is

self-motivated and possesses tremendous drive, he wouldn't be able to do it without two secret weapons in his bodybuilding arsenal: his personal faith and his family life.

"One of the main reasons I was able to accomplish my goals of competing was because of my faith in God and amazing support from my wife, Emily," Jones said. "She helped me cook my meals when I was physically drained and provided constant motivation throughout the final weeks, letting me know 'It's almost over.'"

The discipline and attention to detail Jones exhibits in his personal life has a direct correlation with his workplace performance, where his leadership recognizes him as a leader among his peers.

"His level of professionalism is top-notch and unsurpassed," said Master Sgt. Aaron Hazen, 673d Communication Squadron network operations section chief. "He is one of those Airmen you can assign a task to and not have to worry or follow up. Airman Jones doesn't linger on what he can't do; he finds what he can do and runs with it. We've been able to assign him responsibilities normally reserved for noncommissioned officers. He will go far in his career and in bodybuilding if he stays the course."

Having conquered the top bodybuilding event in the state, Jones is hoping to use the momentum of his success to propel him to greater heights. He has his sights set on the 2016 Emerald Cup in Washington.

"The Alaska competition qualified me to go do this bigger show in Washington," Jones said. "If I

place high enough, it will set me up to eventually earn a pro card. That would officially make me a professional and that's a big deal."

Currently, Jones is still considered a novice, having competed in a National Physique Committee event, which is considered to be the amateur league for the International Federation of Bodybuilding and Fitness organization. The IFBB is recognized throughout the world as the premier bodybuilding organization, drawing an overwhelming majority of top-tier athletes. Winning at the Emerald Cup and a subsequent national-level competition would award Jones professional status with the IFBB.

"Once that happens, you start talking about being put in magazines, supplement and clothing line endorsements, not to mention being recognized as being in the top percentages of bodybuilders in the world," Jones said. "It would be a dream come true."

In addition to the gratification Jones receives seeing his hard work rewarded with a title, he also gets personal fulfillment from being able to positively influence people around him through bodybuilding.

"Bodybuilding opens a lot of doors," the state champion said. "I get to meet new people, make new friends and have an impact on their life. After I won this show, I had a promoter for one of the high school bodybuilding shows ask if I would come guest pose at their competition. For me, that is awesome to be able to reach out to high school kids and help motivate them to achieve their goals."

Air Force leaders sign AFAF proclamation



LEFT TO RIGHT: Col. Brian R. Bruckbauer, commander of Joint Base Elmendorf-Richardson and 673d Air Base Wing; Lt. Gen. Russell J. Handy, commander of Alaskan Command, Eleventh Air Force and Alaska NORAD Region; and Col. Charles S. Corcoran, commander of 3rd Wing, sign their 2015 Air Force Assistance Fund donation forms in the Alaskan Command Headquarters on JBER March 30. Money collected in the campaign will fund four affiliated charities: the Air Force Villages Charitable Foundation, the Air Force Aid Society, General and Mrs. Curtis E. LeMay Foundation and the Air Force Enlisted Village. "We are excited to officially begin this year's Air Force Assistance Fund at JBER," said Bruckbauer. "Through this program, Airmen have a unique opportunity to directly help other Airmen and their families. Donations supporting the four charities included in the Air Force Assistance Fund make a world of difference in Airmen's lives at the time they need it most." For more information about the AFAF campaign, contact your unit campaign manager or visit their website at afassistancefund.org. (U.S. Air Force photo/Alejandro Pena)

When was the last time you restored your soul?

Commentary by Army Chaplain
(Capt.) Bob Davis
2-377 PFAR (Airborne)

A friend of mine often says, “Life is hard, wear a helmet.” I think most of us can relate. Life doesn’t ever seem to slow down and it feels like my very soul is engaged in a war of attrition. Maybe that’s because we really are living in a world at war – on lots of levels. Most of us simply suck it up and put the helmet on – partly because we have to and partly because we’re not sure what else to do.

But there is no denying that real damage is being done daily to your soul – to the internal you – the real you.

My greatest challenge in writing this isn’t convincing you that you have a soul, but that you need to care for it intentionally. Why? Because when the soul takes damage, we either seek either relief or restoration.

The funny thing is that relief comes in many forms that often do just as much damage in the long run. Relief and restoration are not the same things. I think you can probably read between the lines here.

Abusing alcohol and drugs are very common ways in which people seek relief from soul damage, and these can be very destructive. There are, however, many other forms of relief that are prevalent in our society. Pornography is one that is very damaging, to men especially.

As a November 2013 GQ article noted, consumption of pornography is actually destroying men’s ability to establish healthy relationships as it continues to damage the soul.

Any behavior that does damage to the soul while providing temporary relief will, in the end, cause more harm – just as



Beauty can equal music, mountains, a river, art, or whatever feeds your soul deeply. Fortunately we live in a place that has an abundance of both. (U.S. Air Force photo/Jeremiah Erickson)

drinking salt water will provide a sense of relief, but only magnify the problem of dehydration. What our souls really need is not relief, but restoration.

I know my soul needs restoration on a regular basis and God provides for that. You are probably familiar with Psalm 23: “He *makes* me lie down in green pastures, he *leads* me beside still waters, he *restores* my soul.” Did you know Iditarod mushers

literally have to make their dogs lie down, because without intervention they would run themselves to the point of death? He must “still” them.

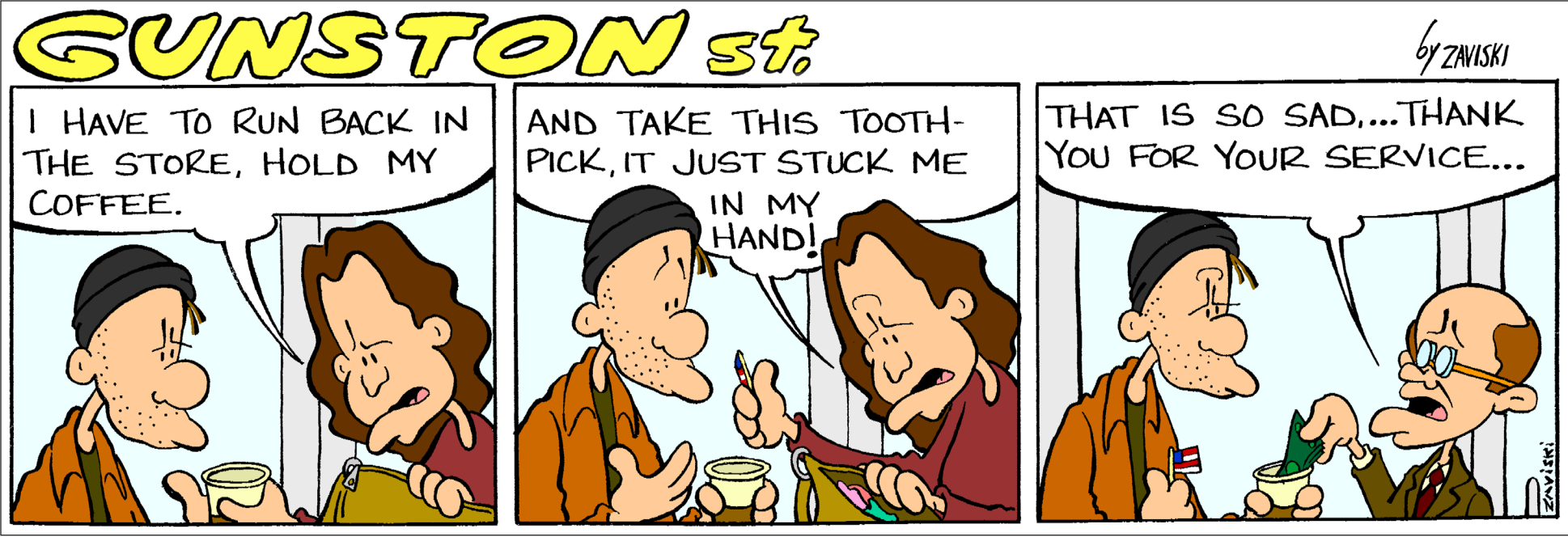
So how does an arctic warrior intentionally take care of his or her soul? You’ve got to get quiet – and you’ve got to take in beauty.

Stillness equals giving your soul the opportunity to do nothing. Beauty can equal

music, mountains, a river, art, or whatever feeds your soul deeply. Fortunately, we live in a place that has an abundance of both.

The temptation will be to dismiss this notion, but let me ask, what can you possibly offer your family or your Troopers if you are operating on an empty tank? When was the last time you set aside time for the restoration of your heart and soul?

Sure beats just putting on a helmet.



THROUGH THURSDAY
Science demonstration
Meet Anchorage Museum's reptiles and marine animals, explore the hidden layers in candy and learn how to create a static charge. These science experiences intrigue and amuse. Demonstrations vary.
Science demonstrations: Noon and 3 p.m. Tuesday through Saturday and 12:30 p.m. and 3 p.m. Sunday.
Animal demonstrations: 1:30 p.m. and 4:30 p.m. Tuesday through Sunday.
For information, call 929-9200 or visit anchoragemuseum.org.

FRIDAY
Holocaust Remembrance
The JBER Mission Support Group invites you to the Holocaust Remembrance Day, "Keeping the Memory Alive" observance with featured guest speaker 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 3812.

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.
SATURDAY
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.

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.

THURSDAY
Heels 2 Halt Sexual Assault
Registration ends for the Heels 2 Halt Sexual Assault fitness challenge taking place at the Elmendorf Fitness Center April 30 at 3 p.m.
Four-person teams, consisting of members over age 13 must include at least one female. Components of the challenge include; sit-ups, push-ups, power walk, quiz challenge, relay race and tug-of-war. Heels are encouraged (hand-carried into facility) but not required to participate.
For information or to register, call 552-5353.

Bowling special
In honor of Month of the Military Child, from 4 to 9 p.m. kids under the age of 18 will receive specials on shoe rentals and bowling at the Polar Bowl.
For information, call 753-7467.

MAY 4
Polar Bowl summer hours
Beginning May 4, summer hours will take effect at the Polar Bowl. Closed Monday through Wednesday; open Thursday, 11 a.m. to 9 p.m.; Friday, 11 a.m. to 1 p.m.; Saturday, Noon to 1 a.m.; Sunday, 1 to 8 p.m.
For information, call 753-7467.

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 JBER-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 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 more information and access, call 250-9548.
4H Purple Up
Purple is the color that symbolizes all branches of the military. Teens and youths, keep healthy and strong through Healthy Habits and Cooking and yoga activities at the Two Rivers Youth Center.
Teens meet Tuesdays at 5 p.m. and youths meet Thursdays at 4:15 p.m.
For information, call 384-1508.

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.

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.

THROUGH MAY 15
Alaska Women Speak
Alaska Women Speak, a quarterly writing journal, is looking for poetry, prose, and articles on the theme "compassion."
To share your story (1,200 words or less), poetry, Alaskan art or photos, send your submission to alaskawomenspeak@yahoo.com.
Cover art or creative photography may be submitted as a jpg image. Deadline for submissions is May 15.
See alaskawomenspeak.org for submission guidelines.

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, Room 35. Anyone interested in model railroading is invited.

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.

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

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.

673d FORCE SUPPORT SQUADRON

FREE MOVIE NIGHT!



**Doors open at 5:30 p.m.
Movie starts at 6:30 p.m.**

CASH ONLY CONCESSIONS!
\$1 Candy • \$1 Drinks
\$2 Popcorn
\$2 Nachos • \$4 Combos

APRIL 24 AT TALKEETNA THEATER

**Bldg. 9497 | 552.8529**

TEEN LOCK-IN 2015 OPERATION MEGAPHONE
GET THE WORD OUT!
MEMORIES FROM AROUND THE WORLD

APRIL 24 - 25
9 P.M. - 7:30 A.M.
\$20 FOR MEMBERS
\$40 FOR NON-MEMBERS
AGES: 13 - 18
SIGN UP AT KENNECOTT OR TWO RIVERS YOUTH CENTER

**BLDG. 297 • 384-1508**
**BLDG. 6104 • 552-2266**



Kayak Roll Class
April 24
7 - 9 p.m.
\$35
At the Elmendorf Fitness Center Pool
Sign up at 552-2023/3812



Kayak Training
April 28 & 30
6 - 8 p.m.
\$35
At the Elmendorf Fitness Center Pool
Sign up at 552-2023/3812

**facebook.com/OAP673FSS**

**Heels 2 Halt Sexual Assault CHALLENGE**
April is Sexual Assault Awareness & Prevention Month

April 30 • 3 p.m.
Registration ends April 27!
FREE!
Must be Ages 13 or Older
4 Person Teams
Must include 1 Female
Elmendorf Fitness Center | Bldg. 9510 | 552-5353



Elmendorf Fitness Center
Pet Fun Run
Bldg. 9510 • 552.5353
May 2
9 a.m.

FREE Event
Sign ups begin at 8 a.m.
For ages 13 yrs. & older + pets
T-shirts for first 30 participants
Door prizes & pet look alike contest!
Pets must be on a leash!
Call for more information

MARKETING TidBits

America's Armed Forces Kids Color Run 2015

Have you signed up for the America's Armed Forces Kids Color Run (AAFKCR) 2015 yet? This FREE run is scheduled for May 16, but sign-ups opened on April 6. The first 1,500 participants that sign up will receive a FREE AAFKCR shirt, as well as a numbered running bib. The race itself is a 5k, but is open to all age groups, including families pushing strollers.

Before you head out on the trail to get doused in: red, orange, yellow, green, pink, purple, and blue, be sure to check out the Zumba warm-up! There will a certified Zumba instructor there to lead participants in a brief, but energetic warm-up, along with a DJ before the run begins. Follow the path on the JBER-Richardson side with available water and color stations.

After participants have had their fill of running and being doused with color, please make sure to join the 673d Force Support Squadron for a FREE burger and hot dog burn! FSS, in cooperation with our amazing sponsors, will be providing: hamburgers, hot dogs, and drinks to all those participating in the run. As we all know, nothing says "party" like FREE food!



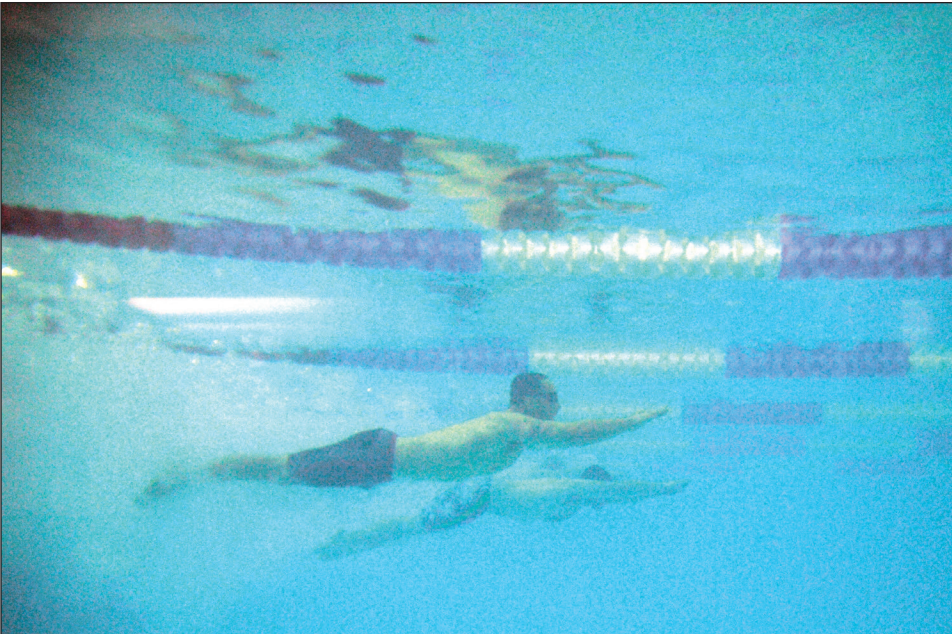
Stars & Stripes Summer Fest

The 673d FSS is also hosting a two-day carnival, the "Stars & Stripes Summer Fest", on June 13 and 14. The carnival will have FREE rides, and will allow for the sell of food and drinks. FSS would like to open the possibility of selling food to the Private Organizations of JBER for fundraising purposes. There is limited space available for Private Orgs, so FSS will be hosting a lottery drawing for all Private Orgs at 1 p.m. on May 19 at the Polar Bowl for the ability to sell food at the event. Cost if chosen will be \$100. For more information please feel free to contact Ms. Vicky Seagroves at 552-8701.

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

**Stop by and see us!**
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www.elmendorf-richardson.com

Taking the plunge



CLOCKWISE FROM TOP: A scorekeeper tracks time during an intramural swim meet at the Buckner Physical Fitness Center on JBER April 16. Scorekeepers used stopwatches as well as a scoreboard to keep track of swimmer's times to determine scores. (U.S. Air Force photos/Airman 1st Class Tammie Ramsouer)

Swimmers race during the first intramural swim meet of the season at Buckner Physical Fitness Center. Swimming, soccer and wrestling are some of the many intramural sports offered to Department of Defense identification card holders throughout the year.

Swim team members take their positions at a swim competition at Buckner Physical Fitness Center April 16. Members of each team competing had the opportunity to practice their backstrokes and crawl strokes before the swim meet began.

Lisa Scholtens, a Big Red team member, pushes off during an intramural swim meet on April 16. Swimming, soccer and wrestling are some of the many intramural sports offered to Department of Defense identification card holders. Scholtens is a lifeguard with the 673d Force Support Squadron.

A swim team member prepares to compete at an intramural swim meet at Buckner Physical Fitness Center on JBER April. The fitness centers on JBER provide all Department of Defense identification card holders 18 years and older with the opportunity to participate in intramural sports including swimming, wrestling and soccer. For more information about the intramural sports program, contact the Buckner Physical Fitness Center at 384-1312.



Becoming a resilient military family

Air Force family adapts through deployments, PCS moves

By Air Force Staff Sgt. Sheila deVera
JBER Public Affairs

There are roughly 1.9 million U.S. military children worldwide who face unique challenges while their parents work to keep the mission going. Some were born into the military; some had to adapt to the life. They all silently live with their parents’ decision to serve.

The Andres family faces the same challenges as any other military family has dealt with – constant moves, temporary duty (TDY), training or other aspects of military life that might mean their parent isn’t always present in theirs.

Devin, now 16, was 3 years old when his father decided to join the military to provide a better future for them. He said he doesn’t remember much at that age and isn’t bothered by the military lifestyle.

As the eldest child of Liezl and Master Sgt. Tony Andres, 773d Civil Engineer Squadron section chief of requirements and optimization, the parents explained to Devin that his father would be gone for a while as he was gearing up for his first TDY.

Liezl was pregnant with their second child, Malia, when Tony left. Dealing with Devin and a pending birth, Tony’s parents went to Kadena Air Base, Japan, to help Liezl and Devin.

“When his dad left, I noticed that he started having a temper and not wanting to do anything,” Liezl said. “I was just glad my in-laws were there to help me out with Devin and Malia.”

It was not long after Malia was born that Tony came back and Devin started to help out more around the house and taking the time to play with his sister.

“Devin’s personality turned around when he knew his dad was home,” Liezl added. “There was a time when Devin would not leave



Air Force Master Sgt. Tony Andres playfully interacts with his wife, Liezl while their children (clockwise) Devin, 16 and Malia 12, laugh at them, and Keoni, 8, does his homework at their home in Anchorage. Despite multiple moves, deployments and temporary duty locations, the family tries to keep a balance of a normal life. There are approximately 1.9 million U.S. military children worldwide who face unique challenges related to military life and culture. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

his father’s side. If he didn’t see Tony, he would look for him around the house.”

In 2005, they welcomed their third child, Keoni, before Tony’s first deployment to Afghanistan. Tony’s parents returned to Kadena to help Liezl with their grandchildren.

“When Tony deployed, Devin started to isolate himself and refused to play outside with his friends. He just wanted to be in his room, not wanting to be bothered,” Liezl said.

“Malia was just an emotional wreck. Every time she remembered her dad, she would ask where he was and would start crying because he was not home. Keoni was just a baby, so he never went through that phase.”

Though Liezl tried to get the children involved in base events, deployed spouses dinners or a family night at Tony’s squadron, she

said it was not the same without him, but their family tried to make it work.

Now, their children are older and have a better understanding of the military and their father’s frequent absences, they are better able to handle the stress and support each other, Liezl said.

“It doesn’t bother me now, because I got used to him leaving,” Devin said. “[When he is gone] we try to communicate with him as much as we can through Skype.”

The Andres children said they adjust easily when their father is out the door and normally fall into a routine.

“I consider myself the ‘fake dad’,” Devin added. “When he leaves, I make sure that my brother and sister do their homework. Once in a while, I try to cook for them because mom can get a little stressed out when he is gone.”

As the children bantered back and forth, Malia and Keoni agreed Devin’s cooking is not as good as their dad’s.

“My dad makes good steak,” Keoni, age 8, said.

Malia said she misses seeing her dad’s shiny bald head around the house when he is gone.

“Sometimes, I envy kids who don’t have to say good bye to their dad all the time,” Devin said. “Even though he tries to be there as much as he can, I miss that constant father figure.”

They are not only used to their dad leaving, but they are used to leaving themselves. The Andres family has moved four times thus far.

“I miss trying out different food,” Keoni said.

The children all agree they enjoy traveling, but hate saying good bye to their friends.

“Sometimes it’s hard, because when you move, you’re the new kid on the block,” Keoni said.

Tony, who was also a military child, said moving is never easy. However, the communication and transitioning to a new location is a lot better than when he went through it with his parents.

“Believe it or not, I used to write letters to my friends in Hawaii and Japan,” Tony said while looking at his children.

“There was no social media or webcam chat back then, so I wrote letters. It might have taken a while, but it allowed me to convey the message with my own personal touch.”

Regardless if it was Tony or his family enduring another move or deployments, one thing they will always have is each other, even if it has to be long distance. They each play a part in serving their country.

Sexual assault: a conversation with a survivor

By Tech. Sgt Terri Paden
15th Wing Public Affairs

JOINT BASE PEARL HARBOR-HICK-AM, Hawaii — She had just returned from a party her freshman year in college when a close friend of the family and trusted mentor did the unthinkable. It was the first weekend she’d been allowed to stay off campus. After having one too many drinks she was picked up from the party by her boyfriend and driven to the home of her would be rapist to sleep it off until morning. Her boyfriend left thinking she was in good hands; and that’s when the man she looked up to as a father figure took advantage of the drunk 18-year-old passed out in his house.

“I felt destroyed ... like I had nothing left,” she said of her emotional state after the rape. “I had no confidence and I felt like everything was taken from me and like I had no control. I didn’t feel safe anymore.”

Prior to the incident, this survivor describes herself as “on top of the world.”

“I was captain of clubs and high school soccer teams,” she said. “I was choral leader and an avid performer. I simply loved the limelight and, frankly, was good at it. The stage, the spotlight, none of it made me nervous, which was quite contrary to the pale shaking girl many of my college classmates witnessed almost the entirety of my three years in college after ‘that’ happened.”

After learning this was not the first time he had done this to someone, she decided to report him.

“I felt like if nobody else was going to do anything, then I would do something because I knew that he would keep doing this and getting away with it unless someone stopped him,” she said.

She said the resulting legal process was one of the hardest things this survivor ever had to endure.

“The biggest adversity was finding the confidence to take my life back into my own hands,” she said. “One part of that, the hardest part actually, was the two-year legal process. I didn’t want to prosecute him because it only dragged on [making] the painful memories longer and more prevalent in my mind.”

“There were times I wished with all my heart that he would have killed me, rather than left me to live forever soiled by his disconcerting pleasure. One of the many things that kept me going was remembering the words of his daughters several days after ... ‘this wasn’t the first time ... we should have known.’”

Since the incident involved a civilian and did not take place on school grounds, the survivor reported the rape to the civil-

ian authorities. Though the legal process took place in the civilian justice system, the survivor was also given a victim advocate from the sexual assault prevention and response office at her school and so began her healing process.

Her appointed victim advocate attended legal appointments and court appearances with her, even representing her in court at times she didn’t feel strong enough to attend herself.

With her VA by her side she spent the next two years making her case through three separate district attorneys and legal teams before finally learning that her rapist had entered a plea agreement of “guilty” to the lowest charge, one count sexual assault, meaning her case would never make it to trial.

Though it wasn’t the outcome she’d originally hoped for, her rapist was finally convicted and put behind bars with a lesser sentence, an outcome she said was necessary for her healing process.

“If there isn’t a conviction of some kind it might cause the victim to feel half believed and invalidated,” she said. “It’s so much more empowering when in a court of law your story is believed and accepted. I was really glad when the legal process was done. I didn’t get everything I wanted but I knew I had done the right thing and I felt justified. There was no longer a weight hanging over me or any unfinished business. It was a relief.”

This survivor said after the conviction she became more involved with the SAPR office at her school, and though she is not an official victim’s advocate, she believes it’s her duty to continue telling her story and speaking out against sexual assault.

“Even when I was going through the process I was very involved with other girls who were going through the same things. I think I’m one of the stronger ones,” she said. “I’m pretty open about my feelings because I think that’s the best way to deal with things. It’s really hard for people to understand the act of rape, but they can understand and identify when you tell them how you feel as a result of it.”

This survivor encourages victims to not be ashamed and to speak out and report perpetrators who might otherwise slip by undetected and continue to victimize others, but she advises them to be prepared for any outcome and not let their healing process rest solely on court proceedings.

“I want other victims to know they aren’t the only one,” she said. “What pushed me was the thought that until somebody stopped them they weren’t going to stop. This isn’t just for me or you. You’re making the world

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For additional information:
sapr.mil safehelpline.org



April 2015

Approved by the Department of Defense Equal Opportunity Management Institute

Since 2001, the nation has focused its attention on sexual assault awareness and the impact this crime has on those who have experienced it. This year, the Department of Defense renamed the annual effort Sexual Assault Awareness and Prevention Month (Courtesy Graphic)

a better place by stopping them from doing this to someone else.”

Since the incident, she has tried to find the balance between her outreach efforts and her own healing process.

“It’s going to take me the rest of my life to recover,” she said. “I’m never going to be normal. I’m never going to be the same, but the more I help others the more comfortable and assertive I become also.”

She advises service members to be less judgmental and more supportive of their friends, family members or co-workers who might have experienced similar situations.

“Just being there to listen sometimes is the best thing you can do,” she said. “It’s not your job to judge and offer your own opinions because it causes more drama for everyone involved when you do.”

She also cautions service members against believing consent is implied rather than given – a common misconception she said bothers her the most.

“Consent to one thing does not mean consent to another,” she said. “Doing one thing does not mean you are willing to do something else. If someone buys you dinner you do not owe them sex, and just because you are willing to drink or you are drunk does not mean you are willing to have sex.”

Finally, she suggests thinking of wingmen as family members instead of just co-workers.

“I think about the wingman concept a little differently,” she said. “Instead of looking at someone as just your wingman, think about them as you would your mother or father or sister or brother.”

“Treat them with the same respect you would your own family members and look out for them the same way you would your own family members.”