

# ARCTIC WARRIOR

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## Staying safe on two wheels this summer

By Staff Sgt. J. Aaron Breeden  
21st Space Wing Public Affairs

PETERSON AIR FORCE BASE, Colo. — With winter behind us, many folks are beginning to break out the hiking boots and sunscreen for some outdoor fun.

Additionally, many motorcyclists who have been bound by snow and ice for the last several months are making their way onto the roads again.

Lt. Col. Mark Guerber, the 16th Space Control Squadron commander and avid motorcyclist, recently briefed members of his unit about the importance of staying safe riding.

According to the Air Force Safety Center, since 2005, motorcycle and automobile accidents are the leading cause of death among service members while off-duty.

This is just one of reasons Guerber said he is a strong advocate for motorcycle safety and remains as educated a rider as possible.

“Motorcyclists take recurring training every couple of years and many of us practice emergency skills on a regular basis,” Guerber said. “Although the risks are higher, a well-trained operator practices risk management daily.”

Guerber also explained being a defensive rider is best, considering no one else on the road is more concerned for your safety than you.

He said it is imperative to not only pay attention to what other drivers are doing inside their vehicles, but also to watch the wheels of other cars around.

“A car driver may not do a head check before changing lanes, but the human eye can easily see when the wheels go out of parallel and start heading toward your bike,” Guerber said.

Guerber also offered advice to car drivers who might not understand the risk typical hazards, like oil, water, sand or gravel, can pose to motorcyclists.

“Cars need to be aware of road hazards that have a greater impact on motorcycles,” Guerber said. “Motorcycles will go slower and wider than a car driver expects because the challenge of negotiating these obstacles with less available traction.”

Guerber added wildlife pose a significant risk to riders.

This is especially important in Alaska, as many animals are quite large. Both bears and moose move freely in the summer, even in town.

If an animal steps into the path and there is no opportunity to stop, Guerber suggested steering toward the rear of an animal to try to avoid a collision.

Speaking personally, Guerber recounted a time when his inexperience nearly caused a mishap that could have ended badly.

“I was on a sport bike approaching an intersection, looking at cross traffic while I slowed down with the front brake,” Guerber said. “When I heard tires squeal, I looked forward to see the driver from another lane had merged into my lane and cut off the driver in front of me.

Guerber said rather than releasing his brake and moving into the empty lane next to him, he clamped down on his front brake, stopping mere inches from the car in front of him.

“Although I stopped ... my bike collapsed sideways with me under it,” he said. “Proper habits, drilled into muscle memory would have kept me and my bike from a lot of pain and damage.

Ultimately, Guerber equated safe driving as a matter of “dollars and cents.”

“Whether you’re in a car or on a bike, you’ve only got \$10 worth of attention and skill,” Guerber said. “If you don’t practice and develop safe habits, you may spend \$9 just driving. When an emergency pops up, you’re left with just \$1 to handle a much more challenging situation.”

Guerber added proper practice and planning allows riders to flip this equation. Riders should spend more time on how to respond during emergency situations.

All service members, and civilians who use motorcycles to conduct official business, must attend motorcycle safety training.

For information about available motorcycle safety classes or regulations, contact your unit safety representative, call the JBER Ground Safety office at 552-6850, or visit [www.usarak.army.mil/main/safety.asp](http://www.usarak.army.mil/main/safety.asp).

## SIMULATED SALVATION



An Air Force pararescueman and a Soldier establish security while another pararescueman directs patient movement as they prepare to evacuate a combat zone during an exercise at Joint Base Elmendorf-Richardson April 30. Soldiers and PJs worked together in the exercise designed to integrate Army and Air Force combat casualty care capabilities. (U.S. Air Force photos/ Staff Sgt. Wes Wright)

## Centurions, PJs conduct joint casualty exercise

By Staff Sgt. Wes Wright  
JBER Public Affairs

It was 2 p.m. April 30 as a four-vehicle Army convoy rolled out of its forward operating base to deliver a high value target to a secure location. Any convoy in a deployed environment can be a dicey affair, but this one in particular had personnel on high alert.

From a hidden knoll in the distance, a terrorist watched as the convoy approached a carefully hidden improvised explosive device. He let the first vehicle pass before detonating the device. Reacting with practiced precision, Army personnel went into their defensive positions as the enemy opened up with small arms fire. Medics began treating the injured as infantrymen established security, but it soon became clear one of those priorities was going to suffer if they couldn’t get out of there fast.

High overhead, a C-130 Hercules was circling with a contingent of highly trained Air Force pararescuemen. Within minutes of their Army brothers being pinned down, the PJs were free falling through the air, tactically deploying as close to the action as possible. Upon arrival, they were met with the chaos of war.

A smoky haze obscured the battlefield and the staccato of gunfire could be heard as bullets began whizzing by their position.

Fortunately, the bullets clipping tree branches around them were simulated munitions and the scenario was a training exercise on rangeland at Joint Base

Elmendorf-Richardson designed to integrate the Army and Air Force’s combat casualty care capabilities.

“This was an opportunity to do a number of things,” said Tech Sgt. Benjamin Westveer, 212th Rescue Squadron survival, evasion, resistance and escape specialist. “We wanted to get to understand the Army and how they work. This is the first time we’ve done this with them. The secondary part is those are the types of people the rescue squadron would actually recover in the deployed environment. It was a good opportunity to see how the Army operates,” Westveer said.

Staff Sgt. Sonny Carlos, 212th RS pararescueman, was one of the PJs to get to experience the joint training.

When we got there, it was chaos, as usual,” Carlos said. “That’s what war is: chaos, but you try to control it. Imagine yourself in an environment where a close friend has been blown up. Your mind is not correct. That’s what we’re there for...to try to help with that. Everybody in the military naturally wants to help and do what’s right, but it can be difficult in those circumstances.”

After infiltrating and establishing their

See CASEVAC • A2



Two Air Force pararescuemen carry a wounded patient to a casualty collection point during an exercise at Joint Base Elmendorf-Richardson April 30. Soldiers and PJs worked together in the exercise designed to integrate Army and Air Force combat casualty care capabilities.

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Time is money

732nd Air Mobility Squadron civilian builds C-5M training mockup, saving Air Force time and money, Page A-4





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position, the PJs, under the direction of their team leader, quickly formulated a plan and began to execute it.

“Our first priority was determining a total number of patients to make sure we’re not missing anyone,” Carlos said. “Once we had that, we worked on getting them all to a casualty collection point.”

Westveer led a team of opposition forces designed to test the mettle of joint servicemembers.

He and his team waited until the PJs were treating patients before opening fire from concealed vantage points with simulated munitions.

“Once we started taking fire, our immediate focus changed to returning fire,” Carlos said. “That’s how you’re going to save lives: take over the objective and make sure you own it, so that way you’re not going to be picking up a patient

and then get shot in the back.”

With the Army personnel and PJs working in tandem to repel the ground attack, Westveer’s team found their combined skill a force to be reckoned with.

“I never heard anybody lose their head when we attacked them,” Westveer said. “They didn’t lose control. They stayed with the situation and pushed us out and made the right calls. It was difficult to engage them directly. I know I got hit with several sim rounds, which is exactly what we hoped would happen.”

Army 2nd Lt. David Hildon, leader of the evacuation Platoon of C Company, 725th Brigade Support Battalion (Airborne), 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, saw the training as invaluable for his Soldiers.

“Coming in, we knew what the PJs did in broad terms, but in terms of integrating tactics, techniques and procedures, we were able to

practice those technical things that will ultimately be key to saving lives,” Hildon said.

While the exercise went smoothly, there were also some lessons learned, Westveer said.

“We learned some communications issues and how to make sure we prep better,” he said. “That’s exactly why we’re doing this. We’re doing it so we can understand each other’s limiting factors and how to overcome them.”

Running into cross-service challenges during the exercise was something Hildon expected his Soldiers to face.

“It’s good to practice these things now before it happens in real life,” Hildon said. “There were some hiccups, but we expected that. Normally, in the Army, we use a crawl, walk, run methodology.”

“These guys, special operations, they’re already running. We’re good at what we do; however, we haven’t worked with them

in an environment like this. We all learned quite a bit and that’s the whole point.”

According to Carlos, the joint training is critical because it’s functional.

“How do we work? How do they work? What do we do differently?” Carlos said. “Maybe they have something they do better than we do or vice versa. Each branch is always trying to achieve that goal of bettering themselves and being better than the enemy. Seeing different perspectives is a huge help.”

Both services came away from the fight feeling better prepared for real world application of integrated TTPs, and each had nothing but positive words on the other’s behalf.

“The more you practice, the more you realize the importance of practice as you learn lessons along the way,” Hildon said. “We’re grateful for the opportunity to train with them and I’m really proud of my guys and the great job

they did.”

Carlos had equally high praise for the Soldiers.

“Everybody takes their job seriously,” Carlos said. “Working with them, we expect their top performance and that’s what’s given. I thought it went very well.”

While this was the first time this type of exercise has happened on JBER, Westveer, one of the event organizers, said it won’t be the last.

“It was phenomenal,” Westveer said. “It’s become much more critical as drawdowns happen in the active duty and [National] Guard. We have to cover each other more. We are different branches and operated differently, which is alright, but we need to understand how each other operates.”

“This is the type of thing we need to keep doing, pushing for that joint integration, training with each other. We have great opportunities at this joint base to accomplish that,” Westveer said.

# 477th FG maintainers channel NASCAR with hot-pit refueling

By Airman 1st Class Louis Velasco  
477th AMXS

Jeff Gordon, Dale Earnhardt Jr., Jimmy Johnson and Danica Patrick are some of the most recognizable names in the world of NASCAR – even among the most casual sports fans. . The critical work the pit crew performs, however, is sometimes lost in the shuffle. A vehicle can stop for refueling, new tires, repairs or simple mechanical adjustments and be back in the race in minutes, if not seconds. That speed can mean the difference between winning and losing the race.

Joint Base Elmendorf-Richardson has its own version of a high-speed pit crew – they’re called aircraft maintainers.

“It’s about efficiency,” said Lt. Col. Robert Churchill, an F-22 pilot from the 477th Fighter Group. “Hot-pitting is the quickest way to get the most sorties and is the key to mission combat capability.”

During traditional refueling, the jet has been recovered and the engines powered off, so maintainers must perform a detailed through-flight inspection, including taking an oil sample and downloading the jet’s computer error codes to help with maintenance troubleshooting and repair. Of course, the jet also gets fuel.

This process, which is necessary before the jet flies again, is why hot-pitting saves so much time.

Because both engines are not shut down, the jet can simply be refueled and sent back on its mission, reducing down time by two to three hours per operation.

The first weekend of May, reservists from the 477th FG were part of that same pit-stop concept, refueling F-22 Raptors on the go and allowing pilots from the 302nd Fighter Squadron to return to their mission with minimal delay.



**Airmen from the 477th Aircraft Maintenance Squadron perform a hot-pit refuel of an F-22 Raptor May 2 on JBER. Hot-pitting is the quickest way to perform the most sorties and is the key to mission combat capability. During a hot-pit refuel the pilot will stay in the cockpit with the jet running while the maintenance crews perform safety checks and refuel the aircraft allowing it to return to flight in less than 30 minutes. (U.S. Air Force photo/Tech. Sgt. Dana Rosso)**

Tech. Sgt. Gerald Ingram, a crew chief assigned to the 477th Aircraft Maintenance Squadron, has participated in hot pitting on multiple airframes including the F-22 Raptor, the F-16 Fighting Falcon and the F-15 Eagle, throughout his 11-year Air Force career. Ingram said while hot pitting is a basic concept, “refueling on the go provides a faster turn-around for aircraft capabilities and is critical to returning the aircraft to its mission.”

The 477th aircraft maintainers have a unique role in the total force enterprise with the 3rd Aircraft Maintenance Squadron.

The full time Air Force Reserve technicians are working side-by-side throughout the week with active-duty counterparts, assuring mission needs are met for the 90th

Fighter Squadron, 525th Fighter Squadron, and the 302nd pilots.

More than an exercise in quick response, hot pitting helps members get an up-close view of each other in action – one they might not get otherwise.

“Hot-pitting gives the pilot a chance to interact with the crew chief,” Churchill said. “When we get out there to the jet, it’s all business. Sitting in the jet getting fuel gives us a chance to see how our maintenance crews are doing.”

Because traditional refueling occurs after the aircraft has been recovered and is declared safe by a crew chief, the risk of an accident or damage due to refueling operations is minimal.

Hot-pit refueling gives maintainers

more experience working around a running aircraft, said Ingram.

JBER is not the only location where this important mission training comes into play. As the F-22 Raptor serves in foreign bases, knowing how to quickly and safely hot pit is equally important in a deployed environment.

As in most time-sensitive operations, there are dangers. Being close to a running jet engine is risky, so the pilot will shut down his or her left engine to limit injuries or accidents. Because this engine shuts down and restarts, the aircraft needs one last check before it is set to return to the skies.

“It’s like a modified end-of-runway inspection, but quicker. Just one last check to make sure everything is okay,” explained Ingram.

Despite all the things crew chiefs need to be aware of, a typical hot-pit refuel will only take 10 to 12 minutes if the aircraft are staggered correctly.

Waiting in line can halt even the fastest service, which is why aircraft returning to base communicate refuel orders with the Maintenance Operations Center; this limits bottlenecking of too many jets waiting for fuel at the same time.

“When pilots do a forward-to-base check, we communicate with ground control and the tower and relay information to ground maintenance,” said Master Sgt. Chris Burgan, MOC superintendent. “If there’s a problem on the ground, we can catch it. This keeps the pit rolling.”

Crew chiefs may wish they could hang out with rock-star race car drivers and pit-crews. It might be harder to say NASCAR pit crew members wish they were refueling a fifth-generation fighter jet. Despite their differences, they both share the same goal and, when done right, they’re off to the races.

# M249 light machine gun goes on weight-control – down to 9 pounds

By David Vergun  
Army News Service

PICATINNY ARSENAL, N.J. — When engineers here looked at the heavy, 17.5-pound M249 carried by Soldiers, they decided to put it on a diet and rearrange some of the components, Kori Phillips said.

She said when her team was finished, the M249, formerly known as the Squad Automatic Weapon, went from 17.5 to 9.2 pounds. That is only about two pounds heavier than the M16A2 rifle.

The M249 light machine gun also took on a longer name. It is now called the Cased Telescoped Light Machine Gun, or CT LMG.

Phillips, who spoke during media day here, May 4, is a project engineer with the Joint Service Small Arms Program.

No new exotic metals were used to lighten it, she said, just machining components down in size. As for rearrangements, the biggest was detaching the firing chamber from the barrel.

The new, external firing chamber has the added benefit of keeping the gun cooler and reducing the likelihood of rounds cooking off in the chamber, Phillips said.

As for the rounds, program engineers designed new ones that are cased in a plastic-like substance, replacing the brass cartridges. This, she said, has resulted in a 39-percent reduction of ammo weight.

The CT LMG was test-fired by Soldiers on Fort Benning, Georgia, in September 2011, she said. Those and subsequent tests showed the CT LMG to achieve 25 percent more first-round target hits than the heavier model M249 now in use.

The Soldiers liked it so much, some of the squad leaders said they wanted every Soldier in their squad to have one, she said.

They cannot though, she said, because it is still considered in development until long-term testing determines how well it stands up over time, and, of course it would have to become a program of record. Another round of testing begins this fall. No other timetable was given.

Grenade munitions

CT LMG was not the only new developmental weapon on display for media day. Dozens of other systems were too, including a 40mm grenade, which Soldiers can launch from their rifle-mounted grenade launchers.

This is nothing like your grandfather or even father’s M433 grenade, fielded in the early 1970s, however.

It is an “autonomous, air-bursting, low velocity” grenade with a “smart fuse,” said Steven Gilbert, project manager, Small Arms Grenade Munitions.

Autonomous means Soldiers do not have to do anything different than they do now when they fire grenades except to ensure it is

the new autonomous one, he said.

The smart fuse, he said, senses when the grenade is going over a wall and when it does, it air bursts, presumably taking out adversaries hiding behind the wall.

Asked whether it could do the same to an enemy hiding behind a tree, Gilbert said yes, it senses that as well and would burst just as it passes the tree trunk.

Gilbert said that the proximity sensor in the fuse is smart enough to detect clutter nearby the triggering obstacle. The triggering obstacle could be things like a wall or a tree from 50 to 200 meters.

Asked what sort of sensor the grenade contains that differentiates clutter from triggering obstacles, Gilbert said that is highly classified.

The new grenade, which does not have a name yet, can also point detonate up to 400 meters like an ordinary M433. If the sensor doesn’t detect a valid obstacle, it simply explodes on impact.

Testing in February showed an airburst reliability of 76 percent. Gilbert did not have a timeline beyond that, as it is not a program of record and is incubating in development.

Staying on track

It is hard to stay on track at Picatinny since trees grow between its 1903 Carnegie Steel rails over which ammo trains once rolled during the two world wars. Trucks do the job now.

But scientists and engineers still need to stay on track in the development process, and that can be a problem when the main thing they understand is physics and materials, said Andrea Stevens, Armament Research, Development and Engineering Center’s manager for innovation, who keeps their projects from derailing.

There is a lot more than lab work needed to keep a development on track, she said. For example, there is an entire process for getting patents approved – and Picatinny produces more patents each year than any other Army installation. Also, there is the matter of latching on to a funding stream because without that, a project lacks enough steam to move down the track.

And, she said, there are a lot of other things a project might need help on such as modeling. It is one thing to see how a part looks in a CAD drawing and it is another to actually hold the part in your hand.

Today, ordinary people can buy 3-D printers to do that in plastic, she said. Picatinny has those.

Picatinny also has a 3-D printer that can print out various types of flexible plastics and even printed circuit cards used in computers and electronics. That really speeds the development cycle, she said.

The arsenal also houses a 3-D printer that prints in various types of metals so that the prototyped part produced also accurately represents the feel, strength and heft

of the one being developed.

Ralph Tillinghast, lab director for the Collaboration Innovation Lab, has that state-of-the art printer that produces 3-D metal objects in many shapes and sizes and even can do very intricate, thread-like details.

The lab’s printer does it with lasers, he said. It shoots out a layer of metal and then builds another layer on top of that. Each new layer is welded onto the existing layer by the laser. It can do most metal including steel, stainless steel and even cobalt and titanium.

It does not do so well with aluminum, however, which is considered a soft metal, he said.

Tillinghast said his lab also uses machined parts. He showed a large, heavy bronze part that goes inside an M2A2 aiming circle, which may have been manufactured during World War II and is still in use today for aiming mortars and artillery, sort of like a compass.

He then showed an aluminum part in the exact shape as the bronze one that could be used in its place. Of course, the aluminum was much lighter.

Asked about its strength, he said the aluminum one was actually stronger than the bronze one because it contained strengthening alloys similar to those used in high-performance aircraft parts.

Whatever the engineers need, Stevens and Tillinghast help them and their projects stay on the modernization track.

<b>Joint Base Elmendorf-Richardson/ 673d Air Base Wing Commander</b> Col. Brian R. Bruckbauer (USAF)	<h1>ARCTIC WARRIOR</h1> <p>The <i>Arctic Warrior</i> is published by Wick Communications, a private firm in no way connected with the Department of Defense, the Department of the Air Force or the Department of the Army, under exclusive written contract with the Joint Base Elmendorf-Richardson Public Affairs Office.</p> <p>This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the <i>Arctic Warrior</i> are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, the Department of the Air Force or the Department of the Army.</p> <p>The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by U.S. government, the Department of Defense, the Department of the Air Force, the Department of the Army, or Wick Communications of the products or services advertised.</p> <p>Everything advertised in this publication shall be made</p>	<b>JBER Public Affairs Chief</b> Maj. Angela Webb (USAF)
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# SAFETY

**LEFT:** A worker watches a controlled fire at Joint Base Elmendorf-Richardson's Grezelka Range May 3 to make sure it doesn't spread out of control. Personnel from the U.S. Forest Service, Division of Forestry and JBER Fire Department worked together to burn dry vegetation on the military ranges. The lack of snowfall over the winter has resulted in drier-than-normal grass, which could be set alight by munitions fired on the range, so officials decided to burn it off under controlled conditions to reduce the danger. The grass was set aflame with drip torches and controlled with water hoses attached to all-terrain vehicles providing mobile coverage. (U.S. Air Force photos/Airman Christopher Morales)

**BELOW LEFT:** Senior Airman Cody Burnett, 673d Civil Engineer Squadron vehicle operator, distributes water from the fire truck he operates to control a fire.

**BELOW:** Grass burns at Grezelka range. Local agencies combined forces to burn dry vegetation before heat increases the fire danger.



## UAA ROTC program cadets join the ranks of Air Force leaders

By Tech. Sgt. Raymond Mills  
JBER Public Affairs

Three cadets from Air Force ROTC Detachment 001 of the University of Alaska Anchorage commissioned as second lieutenants May 8 at the Arctic Warrior Events Center on Joint Base Elmendorf-Richardson, Alaska.

Air Force ROTC recruits, educates and commissions officer candidates through college campus programs based on Air Force requirements.

Air Force ROTC maintains a rigorous program that incorporates Air Force knowledge and leader-

ship skills in conjunction with their primary courses.

AFROTC is a demanding course that requires cadets to be determined and focused in order to achieve their goals.

"It takes a lot of sacrifice," said Cadet Jessi Gibson. "For example, I'm married, so I don't get to go out as much on the weekend and I work really hard, because I want to do well."

Cadet Alexander Hone said his effort and determination are paying off.

"It's been a long time, and we have worked really hard, and I'm excited to finally get out there and

make a difference and serve the United States," Hone said.

Upon pinning on second lieutenant bars, the newly commissioned officers began their careers.

"They have done amazing things," said Lt. Col. Glen Lehman, commander of Detachment 001. "They have had four years of intense training, and have risen to the challenge. They are now prepared to be amazing second lieutenants in the Air Force."

AFROTC has given me a lot of knowledge and practice," said Cadet Stephen Jenkins. "I really want to meet the expectations and responsibilities that come with the

job. My goal when I enter active duty is to learn, but to also share what I have learned, and show them that I am a good leader and that I am someone that they can follow."

Prior to entering active duty, cadets execute a time honored tradition, which includes passing a silver dollar to their enlisted advisor.

Tradition holds that during the colonial era, new officers were assigned a noncommissioned officer as an advisor who assumed the role of educator.

The NCO educated the officer on various aspects of military ser-

vice. In return, the officer presented the noncommissioned officer with a silver dollar as compensation for services rendered.

This tradition has stuck through the ages, and it is now customary for new lieutenants to present a silver dollar to the first enlisted member who salutes them.

The officer presents a silver dollar to the NCO in honor of the deep gratitude, mentorship and lessons imparted by the NCO to the officer prior to entering active military service.

Visit the education office or [www.AFROTC.com](http://www.AFROTC.com) to learn more about program requirements.



# Homebrew C-5M trainer cuts costs – not corners

By Tech. Sgt. Robert Barnett  
JBER Public Affairs

Jolly Tangog found his niche in a job he didn’t even know the description of when he applied for it – but it fit his skill set perfectly and allowed him to build something new.

It was just a few months into his work as equipment specialist with Air Force engineering and technical services for the 732nd Aircraft Maintenance Squadron on Joint Base Elmendorf-Richardson.

Tangog, a retired Air Force master sergeant, noticed his leadership was looking for ways to save money on training.

At the same time, he had an idea – he wanted to build a C-5M Super Galaxy maintenance trainer to train Airmen at JBER instead of sending them to the Lower 48.

The aircraft doesn’t stop by JBER often, but per Air Force Instruction 21-101 “Aircraft and Equipment Maintenance Management,” the Airmen still need to be proficient at maintenance tasks on the aircraft when they do.

“We needed something to train our folks, but at the same time, we couldn’t break the bank,” Tangog said. “We were just talking one day and I brought this idea up. We normally sent people [to the Lower 48] to train in a simulator where the flight instruments are panels hanging on walls. That’s it; they teach that way.”

Tangog noted that they couldn’t bring the maintenance trainers up to Alaska, and



**Jolly Tangog, an equipment specialist with Air Force engineering and technical services for the 732nd Air Mobility Squadron, supervises Senior Airman Adam Orton, a jets lead technician, as he uses a C-5M Super Galaxy maintenance trainer on Joint Base Elmendorf-Richardson May 7. Tangog came up with the cost-saving idea to build a trainer at JBER rather than sending Airmen away on a temporary duty for expensive refresher training. (U.S. Air Force photo/Alejandro Pena)**

it was costing too much to send people to it.

Seeing an opportunity, he decided to build a simulator.

The stars appeared to line up again, the equipment specialist said, and his leadership saw his idea as exactly the type they had been looking for.

“This trainer allows us to keep our

competencies up without sending people to training so they can better serve the mission,” said Air Force Lt. Col. Matthew Atkinson, 732nd AMXS commander. “It’s a home run all the way for a \$600 investment. A trip for the training costs about \$1,500 per person per class. Take that times however many people and you’re saving thousands

of dollars, and keeping the Airmen home with their families and working on the line instead of being away.”

“I went one step further than the normal training does – I put it in the correct position by building the maintenance trainer,” Tangog said, describing the desk-sized wooden cockpit with printed panels and instruments. “Jason Bradford, a 732nd AMXS conveyor maintainer who welds and does wood work, helped me out a lot; he runs a wood shop. I drew out the diagrams and measurements. He had all the tools and we bought the materials through the proper channels. It took us about a month from the conception to building it. It was a team effort.”

“I love it,” Atkinson said. “I thought Mister Tangog had great initiative; the fact that he could start it by himself was awesome, and save us a lot of money and, more importantly, Airmen’s time.”

Because it’s still in its infancy, the simulator isn’t intended to replace real training yet.

“It’s not enough to become proficient,” he explained. “But it will get Airmen in the ball park; they’ll be able to identify switches on panels and where they are located. They’ll be able to follow a checklist, every graphic simulating a switch or dial is located exactly where it would be on the aircraft. I tried to make it as accurate as possible by using technical manuals and information from other sources.”

Use of the trainer will be available by the end of the the year, Tangog said.

# 673d Security Forces Squadron dedicates memorial to fallen

By Tech. Sgt. Raymond Mills  
JBER Public Affairs

The 673d Security Forces Squadron unveiled a bronze plaque commemorating Tech. Sgt. Jason Norton of Miami, Oklahoma, and Staff Sgt. Brian McElroy of San Antonio, May 11 on Joint Base Elmendorf-Richardson.

Norton and McElroy were assigned to the 586th Expeditionary Logistics Readiness Squadron when they were killed in Iraq on Jan. 22, 2006 after their vehicle struck an improvised explosive device while escorting supply trucks on Main Supply Route Tampa.

Both were posthumously awarded Bronze Star Medals and Purple Hearts for their actions.

“Though I did not have the honor of serving with Jason or Brian, through some research, and help from their families, it’s clear that these two men were heroes, not only to their country but to their families and friends,” said Lt. Col. Christopher Broman, 673d SFS commander.

Norton, a military working dog trainer for the 3rd Security Forces Squadron, was born in Little Rock, Arkansas and grew up in Miami, Oklahoma. He graduated from Miami High school in 1991 prior to joining the Air Force.

Norton is remembered as a motivated noncommissioned officer who put the mission first.

“Sergeant Norton was my go-to-guy,” said Capt. Kimani Alston, Norton’s detachment commander in Iraq. “His last mission was the first for our detachment to that new location. He was one of our best and was excited to go on that dangerous mission.”

Norton is survived by his wife, Christina Norton and children Rebecca and Dalton.

McElroy, the NCO in charge of information security for the 3rd Security Forces Squadron, was born in Bedford, England. He graduated from Churchill High School in San Antonio in 1996 prior to enlisting in the Air Force.

“He was a remarkable man that approached his life with generosity



**Airmen assigned to the 673rd Security Forces Squadron bow their heads during a memorial ceremony honoring Staff Sgt. Brian McElroy and Tech. Sgt. Jason L. Norton on Joint Base Elmendorf-Richardson Monday. A memorial plaque was unveiled for McElroy and Norton who were both killed in 2006 while deployed in support of Operation Iraqi Freedom. (U.S. Air Force photo/Alejandro Pena)**

to those around him, dedication to service and a mischievous sense of humor that positively sparkled in his eyes,” said Norton’s wife, Aymber McElroy.

McElroy is survived by his wife and his daughter Kaley.

“They recognized that remem-

bering and honoring the sacrifice of those who came before us makes us stronger, more resilient and more dedicated to our own service,” said Broman. “Why we memorialize was said best by Abraham Lincoln during his Gettysburg Address.”

“It is rather for us to be here

dedicated to the great task remaining before us – that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion – that we here highly resolve that these dead shall not have died in vain.”



**Disposition of effects**

Army 1st Lt. Tyler Sinisgalli, A Company, 1st Battalion (Airborne), 501st Infantry Regiment, is authorized to make disposition of personal effects of Spc. Paolo Grassi of A Co., 1-501st INF, as stated in Army Regulation 638-2. Any person or persons having claims for or against the estate of the deceased should contact Sinisgalli at (631) 741-5086.

**Disposition of effects**

Chief Warrant Officer 3 Sean Hitchcock, 38th Troop Command, is authorized to make disposition of personal effects of Sgt. Dakota Volkman of Joint Forces Headquarters, Alaska Army National Guard, as stated in Army Regulation 638-2. Any person or persons having claims for or against the estate of the deceased should contact Hitchcock at 428-6297.

**Disposition of effects**

Chief Warrant Officer 2 Jean Simon, D Company, 6th Brigade Engineer Battalion (Airborne), is authorized to make disposition of personal effects of Pvt. David H. Lean, D Co., 6th BEB, as stated in Army Regulation 638-2. Any person or persons having claims for or against the estate of the deceased should contact Simon at 382-4136.

**Road closures**

Boniface Gate inbound lanes will be closed from June 1 through July 17 for construction. For information specific to this closure, call 384-3012. Finletter Avenue will be closed from 5th Street to 9th Street, May 25 through June 15. Gibson Avenue will be closed until June 12 for sewer line upgrades. West Sijan Avenue will be closed beginning June 1 for water line maintenance. For information about any of the closures, 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 multi-functional 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](http://www.documentservices.dla.mil), visit the office at 984 Warehouse Street, or call 384-2901.

**U-Fix-It Store**

The JBER U-Fix-it Stores are open to all Aurora Military Housing tenants. Assorted items for maintaining your home may be issued from the U-Fix-It Store. 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 PCS-ing. For more information, call 375-5540.

**JBER Bargain Shop**

The JBER-Elmendorf Bargain Shop, located in Building 8515 Saville across from the log cabin, 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. 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.



# Growing up is hard

## Experts explain mental state of military children

By Elizabeth M. Collins  
Soldiers Magazine

FORT MEADE, MD — They are strong and they are resilient. They are adaptable. They are well-travelled and fiercely patriotic. They are bright, inquisitive and eager to help out, whether that is at home or in their communities. They have advantages many kids do not: parents with jobs and steady incomes, health care, safe housing, good education systems and access to early intervention programs.

But they are also children, and they are navigating a new and strange world of school and sports, bullies and gossip, first boyfriends and girlfriends, and puberty and hormones. Growing up is hard. It is scary. It is easy for kids to lose their way.

And life can become harder and scarier when kids have to move every three years or when their parents miss portions of their childhoods because they are regularly deployed. It becomes twice as hard when those parents come home changed by post-traumatic stress or traumatic brain injuries.

While most military kids tend to handle one or two deployments well, and as a whole are doing great, experts say the trouble can start with repeated, back-to-back deployments.

### Distress

“Kids often experience more anxiety,” said Dr. Michael Faran, a psychiatrist, retired colonel and chief of the Child, Adolescent and Family Behavioral Health Office, or CAFBHO, at Army Medical Command, explaining that while there is not a lot of data, some studies suggest about 30 percent of children will have difficulties as a result of deployment.

“There’s an increase in depression and anxiety. There can be a decrease in academic performance. In some adolescents, there’s an increase in use of drugs and alcohol. And there has been more gang activity reported in some teens.”

There have even been reports of higher levels of suicidal ideations among children who have been through numerous parental deployments, said Dr. Stephen Cozza, a retired colonel, psychiatrist, researcher, professor and associate director of the Center for the Study of Traumatic Stress at the Uniformed Services University in Bethesda, Maryland.

“That that doesn’t necessarily mean that military children are mentally ill, but that they’re distressed,” he said.

“They express it in a variety of ways. The other thing that’s important to recognize is that ... the majority of children are doing well despite those challenges.”

Warning signs of stress in children vary by age, but can include anything from developmental regressions such as bedwetting in very small children to a lack of interest in formerly favorite activities to anger and risk-taking behavior in teenagers.

Parents should not equate good behavior with mental health, however. Faran cautioned that parents can easily overlook children, who

withdraw because they are quiet and they are not causing trouble. “They may be getting very depressed or anxious, and no one is aware of it,” he said. “So these kids stop talking and they used to talk to the parents. That is a red flag.”

Signs of anxiety — the most common disorder in military children — also include separation anxiety, fears for the health of the parent left at home, excessive worry, sleep problems and frequent physical complaints such as headaches or stomachaches.

Maisley Paxton, a child clinical psychologist on Fort Meade, Maryland, said that while parents should expect to see some changes in their children in the period immediately after a permanent change of station move or a deployment or even a homecoming, they should not let any pronounced differences persist for long before seeking help.

Paxton also recommended that children be evaluated by their pediatricians, especially if they are experiencing those frequent aches and pains.

Any child who self-harms, threatens to kill herself or says he wishes he was dead, needs immediate help.

### Early Intervention

“People always think that it’s a phase,” said Paxton, adding this attitude is especially common in military families. It is all too easy to blame the current duty station or the local school and teachers for a child’s behavior or sudden poor grades, and just hope that things will be different after the next move.

Occasionally, that is a valid belief.

“However, the news that parents need to have is that the earlier they get the intervention, the earlier they get the treatment, the better the prognosis and the better the outcome,” Paxton said.

“I think it’s important for a lot of parents to recognize that kids don’t always use the same words and terminology that we do,” said retired Army Lt. Col. Patti Johnson, psychologist and Faran’s deputy chief at CAFBHO.

She explained that many children express their emotions differently than parents might expect — depression often manifests itself as anger in teenagers, for example.

She urged parents to see their children’s mental health as every bit as important as their physical health, and to readily seek care just like they would for a medical illness.

“Parents think it will go away,” Faran said, “and then by the time they’re teenagers, it can be a big issue.” He said the Army is rolling out the Child and Family Behavioral Health System, or CAFBHS, to better connect Family members with top-notch mental health care.

It includes traditional behavioral health care, but also integrates care into primary care clinics and schools, the places issues are often first identified in children and teens.

Elements of CAFBHS are on 20 installations, and will be implemented Army-wide by 2017. “The CAFBHS is a collaborative



**Sgt. Logan Gillespie, a native of Sebring, Florida, kisses his 4-month-old daughter Essence after a redeployment ceremony for the 109th Transportation Company, 17th Combat Sustainment Support Battalion, 2nd Engineer Brigade, U.S. Army Alaska, in January of 2014 on JBER, as his daughters Nina, 8, left, and Amyrrah, 11, watch. (U.S. Air Force photo/Justin Connahey)**

program with the Army medical homes, working with the primary care folks ... to ensure that our kids are first identified if they are having problems, and then that they’re getting services they need. ... once it’s out there, it’s going to reach more [military] youth than we have in the past.”

Under the umbrella of CAFBHS, the Army has also instituted the School Behavioral Health Program, embedding psychiatrists, psychologists and social workers in 46 schools on eight installations, with plans to expand it to 107 on-post schools.

Paxton, who is the program chief for Fort Meade, explained children are referred to the program from a variety of sources: parents, teachers, school administrators and pediatricians.

Poor grades and poor behavior in school are big red flags, so she said the ability to observe children in their environments is invaluable for practitioners. “It’s not unusual for you to be able to see a child right there in the moment when they need you.

“We get to talk to the teachers. We get to talk to the administrators. We get to talk to the school staff and advise and counsel them. Sometimes with permission we can sit in the classroom,” she said, adding that it is also easy for parents and kids to get to the appointments because they do not have to go anywhere. They miss less work and school.

Many of the issues practitioners see in military kids — attention deficit hyperactivity disorder, depression, mood disorders and personality issues — may have little or nothing to do with their military upbringings, the experts stressed.

Most of the time, the same kids would have the same issues in the civilian world. With a little professional help, the majority will be fine.

### Parents With Invisible Wounds

It is the children of parents who return from war with their own wounds, with PTSD, with depression, with TBIs, who most concern experts because “those kinds of incidents tend to be highly disruptive to families,” Cozza said.

“There’s less structure. There’s more chaos. There are more immediate needs ... there’s a lot of upheaval in families. Parents are preoccupied in dealing with the injury so we need to help them draw their attention back to their children.

“Those disorders specifically change parents in ways that can be confusing or complicating for both spouses and children,” he said. “It changes a parent’s personality or makes them more gruff or less engaged, more avoidant, more reactive, getting angry or impulsive.

“Those can be changes that can be really difficult for kids to understand. First of all, they may not be as physically apparent to a child. They’ve been referred to as invisible injuries, so children can be confused as to why a parent could be acting so differently.

They may draw their own conclusions about what it is that I did to cause this or why my dad doesn’t like me anymore ... or I’ve disappointed him.”

Kids might develop their own anger issues and act out, Faran said. Again, they might experience depression and anxiety. Their grades might fall. But however confusing and disruptive it is for children whose parents have a diagnosis, at least they have a name for it.

Parents can explain it in age-appropriate ways. It is far, far worse for children whose parents have not gotten help and are, say, uncontrollably angry and drinking all the time.

Sometimes, Paxton said, she sees children who startle or shake in fear simply at the sounds of their parents’ voices. No one wants

that, so it is doubly important that these families get help — not just the Soldiers but also the families.

Paxton, Faran and Johnson encourage the Service members they see to bring their families in for counseling as well, although Cozza does not believe this happens enough.

He said the benchmarks of successful PTSD treatment should not only be whether flashbacks and nightmares have decreased, “but we also probably want to ask them other questions related to the impact of treatment, like ‘How is the treatment helping you with your relationship with your kids? Are you being less reactive with them? Are you finding ways of being calmer with them? Are you finding ways of communicating with your spouse about how to manage problems around the house?’ All of those are also kind of important targets for treatment that may not be traditional, but ... have the capacity to powerfully impact the family.”

### Helping Kids

Experts agree that when it comes to stressors, be it the mental health of parents, deployments or a PCS move, kids tend to handle things as well as their parents do.

“Parents who are managing those transitions well typically help their children do well,” Cozza said, “so recognizing that as a family, ‘We can manage this,’ giving children their own jobs ... and addressing those transitions can be really helpful ... you want to try to help parents help their children recognize that their lives are predictable, so they want to be able to talk with them about if in fact there’s going to be a change, giving them an appropriate amount of time ... to get ready.”

Even if parents try to fake it, acting like they are OK when they are really stressed or worried or overwhelmed, Paxton said, kids will pick up on it.

“They’re like antennas ... parents don’t have to say anything. They can pick up body language. They can pick up tone of voice. They can pick up eye gaze ... so even if the mom has a stiff upper

lip and says ‘Everything’s great,’ she needs to come in (and get help) and say she’s crying in the shower at night.

“It’s okay to have other people say that it’s not unusual and to just talk about it ... I always tell parents ... regardless of whether you feel damaged or hurt or broken ... you are the most important thing in that child’s life.”

Routines and rituals are crucial when it comes to getting children through these challenges. During a deployment, for example, it is important to keep bedtime routines as close to the same as possible.

After a move, maintain the same traditions for pizza night or family game night. Get kids involved in the same sorts of after school sports or activities. Start new rituals that encourage parent-child bonding.

That last one is especially important when parents have PTSD and might want to isolate themselves, Paxton said. And let children be children, Cozza said.

Find time to let them hang out with friends or participate in extracurricular activities, even if the family is reeling and in chaos.

### The Future

As a whole, their future is bright, and driven by their parents’ examples of selfless service, many military kids are already doing impressive things in their communities.

However, experts are a little concerned that no one forgets them now that more than a decade of combat is winding down. “I think military families are very resilient,” Johnson said.

“One concern is just to continue monitoring these kids over time, because we don’t really know yet the impact of parental psychological issues related to the war and TBIs, for example ... I think there may be a misperception that now that the war is over, we don’t have to worry about them so much. I think we still need to continue to be aware that the effects of that war will potentially continue for some time.”

Cozza agreed and said he thinks about the kids whose parents are getting out of the military and who will no longer have easy access to a supportive community, and, in some cases, health care or even jobs for their parents.

“We really need to be thinking as a nation: What are the programs, whether it be in health care systems or community services, that are most likely to engage the service members, veterans and their families in order to provide them with the support that they need?”

“I’m most hopeful when I talk with these families, who have had these incredible experiences and they still are moving on with their lives successfully.

“They find solutions for themselves. They seek out help and support. They mentor those who come behind them in similar circumstances.

“There’s a tremendous amount of ... resilience in this community. People do face challenges and not only overcome them, they become great examples of how to do it in a way that allows them to move on with their lives.”



**Jovan Antoine Jr., 5, right, pulls his father's rucksack as Army Sgt. Jovan Antoine walks with him after the redeployment ceremony after a redeployment ceremony for the 109th Transportation Company, 17th Combat Sustainment Support Battalion, 2nd Engineer Brigade, U.S. Army Alaska, in January of 2014 on JBER.**



## PT is important, but how is your spiritual training?

Commentary by Army Chaplain (Maj.) Will Harrison  
JBER Chaplain

Christians around the world have read the words of Jesus: “If you abide in me and I in you, you will bear much fruit.”

Soldiers recently read from the Sergeant Major of the Army that physical fitness training is critical every day to develop and maintain appropriate fitness.

Many of us recognize the truth of the SMA’s words and engage in physical training every day to stay in great shape. Far fewer of us place the same value on Jesus’ words about spiritual fitness.

Attendance at spiritual fitness events is sporadic and actual daily attention to spiritual development is often pushed to the background.

Just as a weekly, or monthly, workout routine, no matter how intense, is not enough to maintain physical fitness, weekly or monthly spiritual events will not develop

or even maintain spiritual fitness. We need something more.

Religions throughout time and around the world recognize this and have developed many different methods to encourage and assist in regular spiritual development.

Whether it is a daily prayer, meditation, devotional reading, journaling, or a number of other methods, what they all have in common is the regular practice of interacting with God – abiding with God.

Jesus was not talking to spiritual giants. He was talking to a group of rough and uncouth guys who did not always get spiritual things.

Spending time daily with God is not something reserved for monks and hermits.

Consistent spiritual exercise is something we can all do – it is within everyone’s reach.

Much like physical exercise, though, we get intimidated by those around us and how far we

think we have yet to go. This intimidation leads to discouragement and we give up, or just don’t do anything.

The secret to getting past that is to just do something simple. A regular, simple, spiritual exercise will do far more for your spiritual health and growth than trying to pack a year’s worth of soul work into a couple of days.

Many of us try to shoot for spiritual perfection, and when we don’t turn into gurus overnight we think we can’t succeed. What we need is to spiritually develop in small steps.

So as you go through your PT routine, say a prayer for health for those who don’t have it. This simple little act will begin to grow



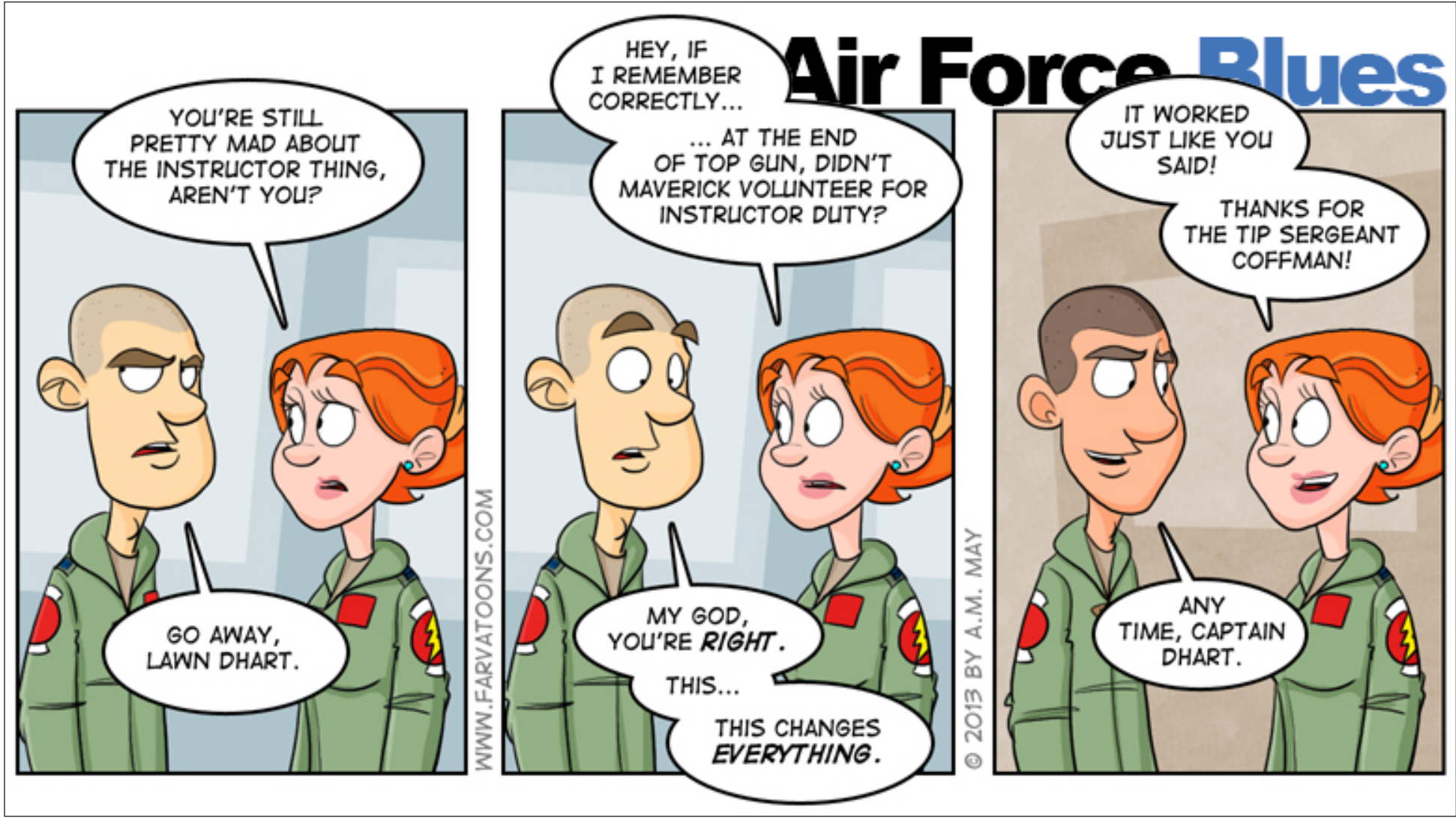
U.S. Army Alaska Soldiers participate in an Army Birthday Run on JBER in 2012. Physical fitness training is critical every day to develop and maintain appropriate fitness, but what are you doing to develop your spiritual fitness? (U.S. Air Force photo/Justin Connaheer)

in you and grow you into something more. And when you forget, don’t sweat it.

You can’t make up a missed workout by doubling up the next time. Just ask for grace to remember next time, and keep going.

These little acts will build and your soul will strengthen to the point that you can do, and will want to do, a more intense spiritual workout.

You don’t have to get there in a week; all you have to do is start.





### Gold Rush Inn closure

In support of current USARAK training exercises and block leave, the dining facilities on JBER-Richardson will consolidate support to the Wilderness Inn until June 15.

### FRIDAY

#### End-of-school barbecue

Youth Center members, celebrate and end-of-school barbecue from 4 to 6 p.m. at the Kennecott Youth Center or 5 to 6 p.m. at the Two Rivers Youth Center.

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

#### 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 6 to 10 p.m. Open to all active duty families.

To pre-register, call 384-7330.

#### Longfellow's WHALE Tales safety presentation

The American Red Cross developed Longfellow's WHALE Tales course is taught to raise children's awareness of safe behavior in, on and around the water. This free course open to children ages 5 to 12 is hosted at the Buckner Physical Fitness Center pool from 6:30 to 7 p.m. Only 30 slots are available.

For information or to register, call 384-1301.

#### 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.

### FRIDAY AND SATURDAY

#### Sesame Street on JBER

Sesame Street and the United Service Organization presents Talk, Listen, Connect – a show that offers strategies and resources to help children through difficult periods of transition and separation that can come with military service. Shows will be hosted at the Talkeetna Theater at 3 and 5:30 p.m. Friday, and Saturday at noon. Seating is first come, first served.

For information, call 552-8529 or visit [sesamestreet.org/TLC](http://sesamestreet.org/TLC).

### SATURDAY

#### Retiree appreciation day

In honor of military retirees,

the 29th Annual Retiree Appreciation Day will kick off at 10 a.m. at the Frontier Theater on JBER-Richardson. Events throughout the day will include an opening ceremony, questions for the commander, lunch at the Wilderness Inn, a health and wellness fair, I.D. card renewal, a vintage firearms shoot and dinner at the Wilderness Inn.

For more information and a detailed event schedule, visit [jber.af.mil/akretiree/](http://jber.af.mil/akretiree/).

#### Armed Forces Kids run

The Armed Forces Kids color run takes place in front of the Warrior Zone with warm ups starting at 10 a.m. The race begins at 11 a.m. followed by a burger burn at noon.

For information, call 552-2266 and to register, visit [americaskid-srun.org](http://americaskid-srun.org).

#### Golf shop discount

Get geared up for the upcoming golf season. Active duty and military retirees receive a ten percent discount at the Moose Run golf shop from 8 a.m. to 6 p.m.

For information, call 428-0056.

#### Jim Creek ATV trip

Head to Jim Creek on a guided ATV tour from 8 a.m. to 5 p.m. Sign up at JBER-Elmendorf Outdoor Recreation Center. Helmet and transportation will be provided; bring weather-appropriate clothing and lunch. This trip is part of the RecOn program which provides discounted trips to service and family members.

To sign up or for more information, call 552-4599 or 552-2023.

#### Glacier ice climb

Get up close and personal with the Matanuska Glacier on this guided tour from 8 a.m. to 5 p.m. Climbing gear and transportation will be provided; bring weather-appropriate clothing and lunch. This trip is part of the RecOn program which provides discounted trips to service and family members.

To sign up or for more information, call 552-4599 or 552-2023.

#### Armed Forces Day meal

Take a break from your usual lunch plans, head to the Iditarod Dining Facility and celebrate Armed Forces Day with a themed meal from 10:30 a.m. to 1:30 p.m.

For information, call 552-3114.

### MONDAY

#### Alaska State Arbor day

Arbor Day reminds us all to

plant, nurture, and celebrate trees. On JBER, nearly 8,000 trees stand tall and proud to be a part of the JBER community. Help celebrate the planting and dedication of two new trees at 10 a.m. at Ursa Minor Elementary School and 2 p.m. at Aurora Elementary School.

For information, call 552-0310 or visit the Wildlife Education Center on JBER-Elmendorf.

### WEDNESDAY

#### Asian Pacific heritage meal

Take a break from your usual lunch plans; head to the Iditarod Dining Facility to celebrate Asian Pacific Heritage Day with a themed meal from 10:30 a.m. to 1:30 p.m.

For information, call 552-3114.

#### Recycle sculptures

Like to recycle? Youth program members, come learn a new way to recycle and re-purpose items destined for the dump by using them to create unique sculptures starting at 4 p.m. at the Two Rivers Youth Center.

For information, call 384-1508.

### THURSDAY

#### Ten steps to a Federal job

Is [USAjobs.gov](http://USAjobs.gov) driving you crazy? Are you trying to "step" your way through the website alone? This course, taking place from 8 a.m. to noon in the Log Cabin on JBER-Elmendorf is designed to teach job seekers about the federal hiring process, how to research job announcements, how to navigate [USAjobs.gov](http://USAjobs.gov) and how to format a resume for federal employment.

To register or for more information, call 552-4943.

#### Captain's class

Thinking about renting a boat from JBER Outdoor Recreation? This class, taking place from 5 to 7 p.m. at the JBER-Elmendorf Outdoor Recreation Center along with completion of the Alaska Boater Safety Education Course (available free online from [boat.us](http://boat.us)) is required to rent boats that will be used on the ocean. The online course is required to rent all other motorized rental craft.

For more information call, 552-4599, 552-2023 or 552-3812.

#### Spring music recital

Showcase your child's talent and cheer on your friends as they perform at the spring music recital. This event, hosted by the JBER Instructional Youth Program will take place at 6 p.m. in the Frontier

Theater on JBER-Richardson.

For information, call 384-1508.

### MAY 22

#### Lifeguard training

Seeking to become a lifeguard at JBER's fitness centers? The general water rescue and guard start course from 12:30 to 1:30 p.m. at the Buckner Physical Fitness Center is your first step.

Registration is required for this free course and is open to people age 15 and older.

To register or for more information, call 384-1301.

### MAY 23

#### Boots on the Ground

The commander of C Company, 307th Expeditionary Signal Battalion, and Survivor Outreach Services host "Boots on the Ground: Honoring our Fallen" at 11 a.m. on Centurion Field (across from the Troop Medical Center) on JBER-Richardson. The event seeks to honor JBER servicemembers who have fallen since September 11, 2001 with a single boot, a flag and a name tag placed on the field.

For information, call 384-0272.

### MAY 26 THROUGH 29

#### Vacation Bible School

From May 26 at 9 a.m. to noon and for the remainder of the week, the JBER Chapel hosts Vacation Bible School for kids in kindergarten through sixth grade at the Arctic Warrior Chapel.

This year's theme, 'Everest: Conquering Challenges with God's Mighty Power' promises to be mountains of fun. To register a child or to volunteer, visit <http://tiny.cc/cajxxx>.

For more information, call 552-5762.

### ONGOING

#### Financial counseling

Does more than 25 percent of your pay go to bills? Are you making only minimum payments, or taking out new loans to pay off old ones? Are you having frequent family arguments over money?

Do you really need that new TV, watch or cup of fancy coffee?

Financial counseling is available through Army Community Service or Army Emergency Relief, at 384-7478.

#### 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-

## 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.

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.

## 673d FORCE SUPPORT SQUADRON

### Kayak Roll Class

May 15

7 - 9 p.m.

\$35

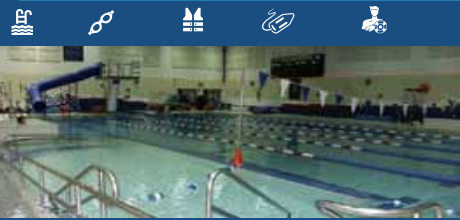
At the Elmendorf

Fitness Center Pool

Sign up at 552-4599/2023

Outdoor Adventure Program, bldg. 7301, 552-4599/2023

### WATER SAFETY FAIR



#### LONGFELLOW'S WHALES TALES SAFETY PRESENTATION

May 15 • 6:30 - 7 p.m.

Open to ages 5 to 12 yrs. 30 slots available.

#### GENERAL WATER RESCUE/GUARD START

May 22 • 12:30 - 1:30 p.m.

Open to ages 15 yrs. and up. 30 slots available.

#### MUDFLAT SAFETY

May 29 • 1 - 2 p.m.

Open to all ages. 75 slots available.

#### BUCKNER FITNESS CENTER

BLDG. 690 | 384.1301

REGISTRATION IS REQUIRED FOR EACH FREE EVENT.

FOR MORE INFORMATION CALL:

384.1301

[WWW.FACEBOOK.COM/BUCKNERFITNESSCENTER](http://WWW.FACEBOOK.COM/BUCKNERFITNESSCENTER)

### RESILIENCY THROUGH RECREATION

OPEN FOR ALL SERVICE MEMBERS & DEPENDENTS

#### ATV Trips\*

May 16: Jim Creek ATV Trip 8 a.m. - 5 p.m. \$50

May 31: Eklutna ATV Trip 9 a.m. - 5 p.m. \$40

#### Glacier Ice Climb\*

May 16: Matanuska Glacier Ice Climb

8 a.m. - 5 p.m. \$40

#### Kayak Training\*

May 26: Held at Elmendorf Fitness Center

6 - 8 p.m. \$10

\*Disclaimer: Trips can only be booked 30 days prior. Please call 552-4599/2023/3812 for more information.

OPEN FOR ALL SINGLE SERVICE MEMBERS

#### Memorial Day Hike

May 30, 2 p.m. FREE

BROUGHT TO YOU BY:



Please call 384.9023 for more information.



SINGLE AIRMAN



Program



## SPRING RECITAL

HELD AT THE FRONTIER THEATER

# MAY 21 • 6 P.M.

## MUSIC RECITAL





## GET GOLF READY

WANT TO LEARN HOW TO GOLF?  
Give us FIVE days & we'll give you a sport for a lifetime!

### PACKAGES

**\$99** • 5 Lessons - Beginner Clinic (open to all adults)

**\$149** • 5 Lessons - Beginner Clinic  
• FREE Set of Golf Clubs, Bag & Putter (while supplies last)  
• 3 rounds of Golf on the Hills Course!  
(only open to Military, Retirees, DOD Civilians & Dependents)

» Get comfortable with the game through a series of beginner friendly lessons.  
» Meet new people in a casual golf setting.  
» Enjoy the outdoors & get in shape!



All lessons are held at Moose Run Golf Course's driving range.

907-428-0056

[www.mooseringolfcourse.com](http://www.mooseringolfcourse.com)

27000 Arctic Valley Road JBER-R

[/mooseringolfcourse.com](http://mooseringolfcourse.com)



## 2015

# 5K

## COLOR RUN 2015

# FREE!

# May 16

Held in front of the  
Warrior Zone, Bldg. 655

Warm up:  
10 a.m. Zumba/Music

Race Starts:  
11 a.m.

Burger Burn:  
12 p.m. for all participants



Stop by and see us!

[www.facebook.com/JBER673FSS](http://www.facebook.com/JBER673FSS)

[www.elmendorf-richardson.com](http://www.elmendorf-richardson.com)



## FSS/MWR events & activities



# Tips for the catch of a lifetime

Commentary by Jeremiah Erickson  
JBER Public Affairs

So, you’ve heard about the incredible salmon-fishing opportunities in Alaska and you want to get in on the action. But like so many, who have just moved here or those who are visiting, you are hesitating because you have no idea where to start.

You may be asking “where do I go, when do I go, or what gear should I use, and what do I do with my catch?” Fortunately, you are not alone in your quest.

**Planning**

There are numerous resources just a few mouse clicks away to help you plan that trip of a lifetime. The Alaska Department of Fish and Game website, [www.adfg.alaska.gov](http://www.adfg.alaska.gov), has an incredible amount of easily accessible data. From the timing of the five species of Pacific salmon runs to regulations and emergency orders, as well as gear and techniques, there is more than enough useful information to point you in the right direction.

There are many other resources available online that will allow you to search for almost any fishing topic these days.

Additionally, you are likely to have a friend or co-worker who has “been there, done that” who would be more than willing to pass on useful information.

Finally, you can be sure that you will come in contact with a great number of anglers on the water who are happy to give sound advice.

**Regulations**

Once you have found a specific body of water and species to target, it’s time to review the incredibly detailed and sometimes overwhelming ADF&G fishing regulations for that area.

Don’t be the one getting an expensive lesson at the hands of one of Alaska’s fine wildlife Troopers due to your own ignorance. “I didn’t know” is no excuse.

Read the rules, follow the rules and you’ll soon be safely and legally coming home with your limit and find comfort in knowing the Troopers are out there serving and protecting you and Alaska’s incredible resources.

**Gear**

Fortunately, although it can



**Easy limits can be had with patience, good gear and being in the right place at the right time. This limit of silver salmon was taken at the Eklutna Tailrace, just one of the many fishing opportunities on the Alaska road system. (Author photo)**

get expensive, one does not need a truckload of gear to be successful on the river. A good rod and reel and a few specific lures are all that you need to start with. Again, it’s a good idea to know your quarry.

For instance, it would not be very effective to use a whiffle ball bat in a softball game or drive a tractor-trailer in a NASCAR race. Likewise, it would not be an effective use of your time and resources to use a trout rod and reel to target king salmon.

Buy (or rent) the best gear you can afford. Personally, I lean towards the “overkill” mentality and use gear designed for bigger fish.

For spinning gear, obtain a medium-heavy action rod with matching reel spooled with 15-pound test or heavier line (don’t skimp on line, you get what you pay for).

This will suffice for most salmon species – unless of course you hook into that “60-pound king” you’ve heard your buddies say they’ve lost. But at least you’ll have a “one that got away” story of your own.

For the fly angler, an eight

weight or heavier rod and reel loaded with matched-weight line and leaders work well.

Of course, you can fight and land nearly any fish on lighter gear, but in most situations you’ll be fishing waters near the road system, and so will everyone else.

You will not have the luxury of fighting a fish due to close proximity “combat fishing.” It’s best to land a hooked salmon as quickly as possible to avoid tangling lines, losing your fish, and annoying your neighbor.

**Caring for your catch**

One of the simplest and effective methods I employ is to stun a salmon by hitting it (once) on the back of the head with an old hammer handle, and then promptly cutting or pulling out its gill rakers to bleed it out. This will both help to maintain the quality of the meat and slow the decomposition process, which occurs rapidly in salmon. If I am spending the entire day on the river, I will remove the entrails as well.

Once bled and gutted, try to

keep your fish cool in the water; don’t leave it sitting on the bank to dry out or worse, attract bears.

If on an extended trip, be sure to have a good cooler with plenty of ice and get your fish in it as soon as possible.

Obtain a decent fillet knife and learn to use it properly; ADF&G has video instructions on their website that show in great detail how to care for your catch.

Additional resources are readily available by performing an internet search.

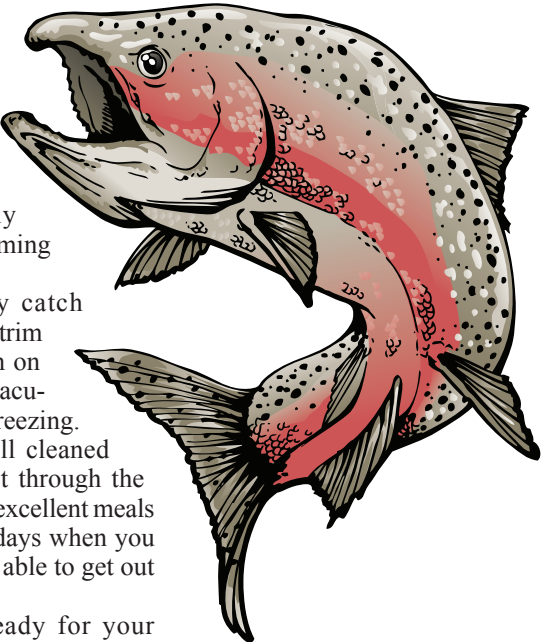
Once I get my catch home, I inspect and trim the fillets, dry them on paper towels and vacuum-seal them for freezing. Fillets that are well cleaned and sealed will last through the winter and provide excellent meals on those cold, icy days when you wish you were still able to get out on the river.

So, are you ready for your

catch of a lifetime?

Get informed, get geared up and fired up and get out there. Enjoy the incredible natural resources the great state of Alaska has to offer and bring someone with you.

Soon you’ll be the sage angler on the river offering tips and advice.





# Final voyage from the Last Frontier

## Coast Guard Cutter Long Island departs Alaska after 23 years of service

By Petty Officer 1st Class Shawn Eggert  
17th District Coast Guard Public Affairs

It was a comfortable 48 degrees in Valdez, the day the crew of the Coast Guard Cutter Long Island departed from their home pier as calm seas and light showers welcomed them into Prince William Sound one last time.

After 23 years of service in the Coast Guard, the Long Island was setting out on its final voyage, a journey from its homeport of the last 12 years to the Coast Guard’s shipyard in Baltimore, Maryland.

In stark contrast to chilly, snowbound Valdez, the 110-foot Island Class Cutter Long Island, was commissioned 4,300 miles away on a humid June day in New Orleans, Louisiana. Traveling south and through the Panama Canal, the vessel’s inaugural crew brought the Long Island to its first homeport of Monterey, California.

There, the cutter proved its mettle when it traveled more than 750 miles from the coast of California to assist the crew of the disabled sailing vessel Dauntless. Taking the Dauntless in tow, the Long Island’s crew rescued its four-person crew, brought the sailing vessel back to California and kicked off an impressive record of service to the American people.

“The Cutter Long Island is not just one of the best maintained 110s in the fleet, it’s one of the best maintained cutters in the entire Coast Guard,” said Lt. Kalen Kenny, commanding officer of the Long Island, during a departure ceremony for the cutter in Valdez April 29. “That’s a testament to the hard work and dedication of not only my crew but the crews who came before us.”

During its service, the Long Island logged 45,000 hours underway, and its crews performed approximately 3,000 boardings and 250 search-and-rescue cases.

The vessel’s crews played huge roles in migrant interdiction operations while in California and the reputation of the cutter and its brave crews only continued to grow when it was transferred to Valdez in 2003.

After adopting the title of “The Northernmost Cutter in the Coast Guard,” the Long Island and its crew went on to garner additional acclaim in the Last Frontier.

In 2010, the crew of the Long Island provided security for the Winter Olympics in Vancouver, British Colombia, Canada; and in 2011, the cutter performed rescues aboard two vessels, the Bella Vida



**Coast Guard Petty Officer 2nd Class Robert Elliot strikes a ship’s bell held by Petty Officer 2nd Class Justin Sliker during a farewell ceremony for the Coast Guard Cutter Long Island in Valdez April 29. The tolling of the bell signified the end of the cutter’s service to the Coast Guard. (U.S. Coast Guard photo/ Petty Officer 1st Class Shawn Eggert)**

and the Naughty Flier, within hours of one another.

More recently, the Long Island’s crew made news for the dramatic 2013 rescue of a crew aboard the disabled vessel Mystery Lady near Seward, but the people of Valdez might remember them most fondly for their assistance during the 2012 ‘Snowpocalypse.’

During the intense winter, Long Island crewmembers joined fellow Coast Guardsmen in their efforts to shovel through mountains of snow to uncover the homes

of their neighbors.

“The Long Island’s sustained service over the last 23 years is testimony to the closeness of the crew to their cutter,” said Capt. Paul Mehler III, commander of Coast Guard Sector Anchorage.

“Each and every sailor who has served aboard the Long Island should take pride in what they accomplished and the accomplishments of the crews who came after and before them.”

The CGC Long Island will officially be decommissioned upon

reaching Baltimore, but the people of Valdez won’t have to wait long for its replacement. The current crew of the Long Island will return this summer with Alaska’s new Northernmost Cutter, the CGC Farallon, a worthy successor, which comes to Alaska from San Juan, Puerto Rico.

Until then, the crews of the 17th District’s other cutters will stand the watch as they salute the outstanding service of the Coast Guard Cutter Long Island and wish it fair winds and following seas.

## Enroll newborns in TRICARE within 60 days of birth

By Air Force Master Sgt. Carolyn Stewart  
14th Medical Support Squadron

COLUMBUS AIR FORCE BASE, Mississippi — Service members are reminded to enroll their newborns into TRICARE within 60 days of birth or 120 days in overseas areas.

When newborns are not enrolled within the first 60 days of birth, this can cause claims processing issues and parents incur costly out-of-pocket expenses.

Members who want their newborns to

have TRICARE Prime coverage must call or send an enrollment form within 60 days of birth. Adopted children or newborns born to a TRICARE Prime enrolled parent is automatically covered under TRICARE Prime for the first 60 days. Thereafter, if an enrollment form is not submitted by day 61 after birth, the newborn’s coverage is converted to TRICARE Standard.

Adding a family member in the Defense Enrollment Eligibility Reporting System does not mean they are automatically enrolled in TRICARE. Newborns will continue to receive TRICARE Standard coverage for

365 days, whether enrolled in DEERS or not. On day 366, newborns not enrolled in DEERS will no longer be eligible for TRICARE Standard.

Coverage is different for families covered under TRICARE Reserve Select and TRICARE Retired Reserve.

Newborns are not automatically covered under TRS and TRR. An application must be submitted within 60 days of birth to receive retroactive TRS and TRR coverage.

If an application is sent after 60 days, coverage for the newborn will not be backdated and the family is responsible for the

care the newborn received in the first 60 days.

Ensure you are submitting enrollment forms for all eligible family members for coverage and to eliminate costly out-of-pocket expenses.

For DEERS registration sponsors will need a certificate of live birth from the hospital or birth certificate, and the child’s social security card.

For more information on newborn or adopted child TRICARE Prime enrollment or any TRICARE coverage plan, please call (800) 444-5445 or go to [www.tricare.mil](http://www.tricare.mil).



# JBER participates in annual clean up

By Airman First Class  
Tammie Ramsouer  
JBER Public Affairs

Operation Clean Sweep took place May 4 through 8 on Joint Base Elmendorf-Richardson.

Throughout the four-day base-wide clean up, streets, highways and housing areas were scoured by Soldiers, Airmen and civilians for trash and other debris.

“This event occurs every spring on JBER,” said Air Force Col. Brian Bruckbauer, JBER and 673d Air Base Wing commander. “It is intended to get the entire installation looking good after the long winter.”

The spring timing of the sweep is by design.

“We normally can’t get to the layers of trash, because of the amount of snowfall and ice buildup throughout the winter covering it up,” said Senior Master Sgt. Jason Putt, 773d Civil Engineer Squadron superintendent of heavy repair and Operation Clean Sweep coordinator.

The project is organized hand-in-hand with the Anchorage Chamber of Commerce’s annual city-wide clean up May 2 through 9. This is the 47th annual city-wide clean up JBER is participating in.

Trash bags were donated by the municipality of Anchorage.

“We are part of the surrounding community, so we want to participate in anything the municipality of Anchorage is doing,” Putt said.

Different measures were taken to contain the trash picked up by the volunteers during the week-long event.

“Last year, dumpsters were provided by the 773d CES, but this year we had dump trucks to haul the trash off the to landfill,” Putt said. “This made hauling the trash off quite a bit easier for us.”

Aurora Housing personnel also participated in the clean up, ensuring trash and debris was picked up in the housing areas.

“This is a really great annual clean up and helps make our base look and feel better after a long winter,” said Airman 1st Class Michael Uriostegui, 3rd Maintenance Squadron aerospace ground



**Service members on JBER participate in the annual Operation Clean Sweep May 5. Teams fanned out across JBER picking up trash and debris that was hidden under snow and ice throughout the winter. (U.S. Air Force photos/Airman 1st Class Tammie Ramsouer)**

equipment journeyman.

“If we leave the base looking like a landfill then our military members look unprofessional to our community.”

Although multiple service members and civilians participated in the clean-up, the Army participated earlier than the rest of JBER.

“The Army had their clean up from April 27 through 30 due to an out-of-state mission that could not be pushed to another date,” Putt said.

More than 2,000 bags were used to pick up approximately three tons of garbage during the annual operation.

