

FIRST IN FUELING

673d fuels flight named best in the Air Force

By Air Force Staff Sgt. Wes Wright
JBER Public Affairs

The Air Force recently recognized the 673d Logistics Readiness Squadron's Fuels Management Flight as the best in the Air Force after the flight was named the winner of the 2014 American Petroleum Institute Award.

"The award is like winning the Super Bowl, World Series and Stanley Cup all at one time," said 673d LRS commander, Lt. Col. John Harris.

The award recognizes the wing having the best fuels management operation, and includes the facility, equipment and vehicle support from outside the fuels management flight.

In order to beat out the competition, composed of the best major command fuels management flights from across the Air Force, the men and women of the fuels management flight knew their work was cut out for them.

Their performance during the competition timeline produced no fewer than 40 bullets in their entry form. Air Force officials referred to the unit as "a clear cut winner" across three judged sections: direct mission support, innovative management and quality of life programs.

Senior Master Sgt. Ron Crowl, 673d LRS Fuels Management Flight chief, one of the architects of the award package, said the award of this magnitude is special because for many Airmen, it can be a one-time opportunity.

"You don't win this type of award every day," Crowl said. "It says a lot. Based on the criteria and grading scale, it is no easy task to try and encapsulate everything this flight does, and does well, in 40 lines on an Air Force Form 1206. These Airmen knock it out of the park every day, and I had plenty of outstanding accomplishments to work with."

The squadron's commander was particularly proud of what the flight did to secure funding for new and improved infrastructure, which was a major bullet in their award package.

"They lobbied for, and got funding for, a truck offload facility, which increases our capability to receive fuel," Harris said. "Most recently, they lobbied for and got funding for a new \$7 million operations facility that strategically locates this flight closer to its customer base. That improves our mission capability exponentially. I'm so proud of what they have been able to accomplish."

While their accomplishments are too many to list, some of the highlights included managing the movement of more than 400 million gallons of fuel between home station and deployed locations, saving the Air Force millions of dollars by using innovative practices and procedures, crafting the Air Force's first-ever F-22 Raptor Forward Area Refueling Point plan, and much more.

According to Crowl, what makes the flight's achievements even more impressive is that the flight operates out of three geographically separated areas, which is atypical of standard fuels operations. JBER is larger than any base in the Pacific Air Forces in terms of sheer physical area.

All the other PACAF bases combined would fit within JBER's fence line, making logistics a high hurdle to clear.

In addition to the geographical size of JBER, the diverse joint base mission sets also provide a scale reference to the volume and pace of work the fuels management flight brings to the installation.

"It is a challenge from a command and control standpoint," Crowl said. "But these guys make it look easy."

Another challenge the fuels management flight regularly overcomes is the subarctic conditions.

"It gets very cold on this flightline and it makes it really difficult to do our job," said



Airman 1st Class Erich Neslund, 673d Logistics Readiness Squadron fuels specialist, runs through a refueling checklist on the Joint Base Elmendorf-Richardson flightline June 8. The Air Force recently recognized the 673d Logistics Readiness Squadron's Fuels Management Flight as the best in the Air Force after the flight was named the winner of the 2014 American Petroleum Institute Award. (U.S. Air Force photo/Staff Sgt. Wes Wright)

Airman 1st Class Levi Roark, 673d LRS fixed facilities technician. "We face the challenge of not only being cold and wet ourselves, but the elements also affect the fuels infrastructure. We have to keep things from breaking and maintain our response times at the same time. It's difficult, but we've maintained and overcome. We have the best fuels flight in the Air Force to show for it."

However, according to Harris, there's something far more important that sets this flight apart.

"I could tell you about how we support more than 80 aircraft, while ensuring the inventory of more than 12 million gallons of fuel, all while battling arctic conditions," Harris said. "Or, I could tell you about the important missions we support, like NORAD's combat-alert cell that ensures our territorial integrity, or the Air National Guard's alert and C-130 mission; or perhaps the C-17 airdrop mission standing by at a moment's notice to deliver Pacific Command's only airborne combat capability anywhere in the theater. While all of these are important, what really sets



this flight apart is its strategic vision and its heart."

Harris said JBER's fuels flight is unique in its leaders' ability to look beyond the day-to-day tactical mission of launching jets and develop a strategic vision to make the operation and the flight better for future Airmen.

"But perhaps the true key to success for this flight is it's a family," Harris said. "This flight rallies around its Airmen in an unbelievable way. The level of morale here and the way these Airmen look after each other is breathtaking."

Airmen of the squadron echoed their commander's sentiment.

"When I got to the JBER fuels flight, I knew I was part of an awesome team," said Master Sgt. Elizabeth Warren, 673d LRS Fuels Environmental Safety Office noncommissioned officer in charge. "I'm really glad the rest of the Air Force knows it now, too."

Roark said the closeness and "we're a family" spirit that permeates the flight makes the award personal to each member.

"There's really no words to explain how

great it feels," Roark said. "As hard as we work, my team, my brothers and sisters, all the sweat, blood and tears ... we are hard workers who love to work, because we work for each other. We work for family. There's a saying I learned here that has always stuck with me. 'Just as metal sharpens metal, so does one man sharpen another,' and that says a lot about this flight."

Harris also pointed out that while the award was given to the Fuels Management Flight, they didn't win it in a vacuum.

"While this fuels flight earned and deserved this award, they didn't do it alone," Harris explained. "Our refueler maintenance section in the Vehicle Management Flight makes sure the fuel trucks are up and running 365 days a year."

Another key component is the 773d Civil Engineer Squadron's water fuels maintenance team. They make sure the fuels infrastructure is running top of the line, which is key to making sure we can get fuel from point A to point B. This was a total team effort from all across our squadron and supporting units."

Harris said it's difficult to properly encapsulate the character of the fuels management flight but that one thing was clear, "At the end of the day, these guys epitomize JBER's motto: Arctic tough and family strong," he said.



Airman 1st Class Deniqwia Brooks, 673d Logistics Readiness Squadron fuels specialist, prepares to fuel an F-15C Eagle on the Joint Base Elmendorf-Richardson flightline June 8. The Fuels Management Flight was recently recognized as the best in the Air Force, due to stellar performance despite the difficulties of the JBER mission. The flight operates out of three geographically distant areas, on an installation larger than all other Pacific Air Forces bases combine. They provide fuel not only for integral JBER units, but visiting aircraft on a multitude of exercises as well as other U.S. government aircraft. (U.S. Air Force photo/Staff Sgt. Wes Wright)

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Fun doesn’t have to include alcohol

By Air Force Staff Sgt.
Kirsten Wicker
354th Fighter Wing Public Affairs

EIELSON AIR FORCE BASE — The long warm days of summer invite celebration, recreation and relaxation as residents hurry to cram in all their outdoor activities before the cold, dark winter arrives and drives everyone back inside.

One familiar attendee to outdoor social gatherings is alcohol.

While many choose not to partake in the summertime ritual of downing a few cold brewskis or chugging a couple shots, many others will make it a part of their lives this summer.

Aside from those pesky hangovers, how much alcohol consumption is too much?

Tech. Sgt. Jeremy Goldston, the 354th Medical Operations Squadron mental health flight and A.D.A.P.T. program noncommissioned officer-in-charge, explains some of the psychological effects of too much alcohol.

“About two-thirds of Americans drink alcohol at least occasionally and most of those use alcohol moderately and will never have a problem with it, but it is important to understand that alcohol is a drug and can be very dangerous,” Goldston said. “Drinking too much alcohol can cloud your judgment and make you feel sad or aggressive. It can increase depression, stress and anxiety, disturb your sleep, leave you feeling

lethargic and cause you to behave impulsively.

“The Center on Alcoholism, Substance Abuse, and Addictions reported that alcohol-related accidents and violence are the leading cause of death among Americans under age 35.”

According to the National Institute on Alcohol Abuse and Alcoholism, drinking too much on any single occasion or over time, can take a serious toll on physical health – in addition to mental health.

Alcohol interferes with the brain’s communication pathways and can sometimes cause brain or memory damage, it can induce heart abnormalities such as a stretching or drooping of the heart muscle and irregular heartbeat.

It can reduce the effectiveness of the liver, causing fatty liver or alcoholic hepatitis.

Alcohol causes the pancreas to produce toxic substances that can eventually lead to pancreatitis, a dangerous inflammation and swelling of the blood vessels in the pancreas that prevents proper digestion.

It can also weaken the immune system, making the body a much easier target for disease, including various cancers.

“Alcohol is a pervasive part of the military culture,” said Air Force Staff Sgt. Sean Reval, the 354th Security Forces Squadron training manager. “Sure, not everyone drinks, but to many it is a way to unwind after a stressful day

or week. Everyone has heard the phrase, ‘everything in moderation’ and it applies to alcohol too. Getting drunk to the point of blacking out or alcohol poisoning can have serious consequences.”

Experts say recognizing the signs of drunkenness are just as important as knowing how much alcohol is in a drink.

“It doesn’t take much before a person begins to feel intoxicated and the effects are obvious,” Goldston said. “Slurred speech, the inability to stand or walk, loss of coordination and memory, temporary flushing of the cheeks, emotional outbursts and even unconsciousness are just a few of the obvious signs of intense intoxication.”

For military offenders who receive DUIs, punishment can be much more severe.

“Maximum (Uniform Code of Military Justice) punishment for a DUI with no injuries or deaths means the service member could be imprisoned, stripped of their rank and pay, and receive a bad conduct discharge,” Reval said.

“Besides, you could kill yourself or someone else. If you kill someone else, imagine how that would feel – knowing you caused their death because you drank too much and decided to drive,” Reval said.

Across the Defense Department, there is rising concern about the rate and amount of alcohol consumption among service members.

A recent report by the Institute

of Medicine called drugs and alcohol abuse among service members a “public health crisis.”

While 21 percent of service members admit to drinking heavily in response to emotional adversity, the DoD spends \$600 million each year treating illnesses due to drinking too much alcohol.

Enjoy the summer festivities with alcohol if you choose to – but do so wisely and look out for one another.

If you’re hosting, offer non-alcoholic beverages too – not just for those who don’t imbibe, but so drinkers have something else.

“Alcohol may be legal, but it is still simply another drug that can be toxic to the human body,” Goldston said. “We want folks to enjoy themselves and relax and drink a beer, but don’t drink to black out or do something stupid and end up watching your career, your life – or someone else’s life – get washed down the toilet.”

Goldston recommended good safe drinking guidelines for men, are no more than four drinks per day and no more than 14 drinks per week.

For women, it would be no more than three drinks per day and no more than nine drinks per week.

“If you know someone that you feel drinks more than they should, or you witness someone drinking too much, be a good wingman (or battle buddy) and intervene before they do something stupid,” Goldston said.

Don’t be boring: alcohol-free can still have punch

Ditching the twelve-packs in favor of mocktails or punch is a license to get creative – don’t settle for soda.

- Limeade or lemonade are simple; dress them up by adding rhubarb, strawberry, berry, or watermelon puree.

- Freeze fruit puree in fun ice molds – flowers, bullets, Death Stars – and float them in punch to create new flavors as they melt.

- Think outside the box. Mangos, papayas, and starfruit can be the basis for south-of-the-border-inspired aguas frescas. Cucumbers and lime pair well; so do pineapple and ginger.

- Herbs can be a fresh-tasting addition to many non-alcoholic drinks; mint and lemon verbena are common. But consider honeydew or cantaloupe and basil, peach and lavender, mango and thyme, or strawberry and rosemary.

- Tamarind is a sweet-sour favorite for cooking across the tropics – and it’s also great in punch or spritzers. Use paste or liquid, and sweeten to taste with lime and molasses.

- Go off-the-shelf for different flavor. Strong ginger beer (non-alcoholic, despite the name), craft root beer, or hibiscus soda can be a great canvas to start on.

DoD’s EO policy changes as Carter says diversity, inclusion critical

By Terri Moon Cronk
DoD News, Defense Media Activity

WASHINGTON — Embracing diversity and inclusion is critical to recruiting and retaining the force of the future, Defense Secretary Ash Carter said at the Pentagon’s Lesbian, Gay, Bisexual and Transgender Pride Month event June 9.

Speaking at the fourth annual celebration since the repeal of the “Don’t Ask, Don’t Tell” policy that prohibited homosexuals from serving openly in the military, the secretary said the Defense Department must be diverse, open and tolerant to attract the best and brightest people to the national defense mission, garnering applause from military and civilian leaders and White House representatives in the Pentagon auditorium.

The 2011 repeal of “Don’t Ask, Don’t Tell” followed years of gay and lesbian service members having to hide who they were, Carter said. “Today,” he added, “we take pride in how they’re free to serve their country openly.”

DoD believes no one should serve in silence and everyone should be treated with the dignity and respect they deserve, Carter said, noting the department has made a “lasting commitment to living the values we defend.”

The Defense Department must be a meritocracy, the secretary said. “We have to focus relentlessly on the mission, which means the thing that matters most about a person is what they can contribute to it,” he added.

EO policy adds sexual orientation

It is a commitment DoD must continually renew, the secretary said.

“And that’s why today I’m proud to

announce that the Department of Defense has completed the process for updating its military equal opportunity policy to include sexual orientation, ensuring that the department, like the rest of the federal government, treats sexual-orientation-based discrimination the same way it treats discrimination based on race, religion, color, sex, age, and national origin,” he said to an applauding audience.

Emphasizing that he is “very proud” of the work the military services have put into the policy in the last several months, Carter said “discrimination of any kind has no place in America’s armed forces.”

History shows service of gays, lesbians

Gays and lesbians have long served the nation in uniform, and stories that illustrate their willingness to serve and sacrifice number in the thousands, Carter said.

Army Cpl. Lloyd Darling was a Green Beret who died while serving in Vietnam in 1968. His fellow soldiers knew he was gay, and they never forgot his courage under fire amid heavy fighting near the Mekong Delta when the unit was overrun, Carter noted, while Darling stayed back to cover their retreat to safety.

“Years later, one of his battle buddies said, ‘He died for us,’” the secretary said.

Marine Corps Staff Sgt. Eric Alva was the first American wounded just hours after the Iraq invasion began in 2003. “Staff Sergeant Alva gave his right leg serving our country, even as he was required to hide his sexual orientation,” Carter said.

And Army Staff Sgt. Tracy Dice Johnson of the North Carolina National Guard became a war widow after her wife, Army Staff Sgt. Donna Johnson, was killed by a

suicide bomber in Afghanistan in 2012.

“Tracy continues to serve our country in uniform, and she’s now receiving the same survivor benefits as every other family of America’s fallen patriots,” the secretary said, noting that her story is “emblematic of a deep and abiding commitment in recent years – both in this department, and across the country – to recognizing gay and lesbian marriages and families in full accordance with the law.”

Recognizing family values for all

Carter noted that Defense Department officials work hard to ensure everyone receives the benefits to which they are entitled. “We have been, and remain, strongly committed to making sure that all our military families and spouses can fully and equally receive the benefits their loved ones have earned, from TRICARE [military health plan] coverage to housing allowances to side-by-side burial at Arlington [National Cemetery],” he said.

And when some states wouldn’t issue DoD ID cards to same-sex spouses at National Guard facilities, he added, “we pushed back – not just because our service members and their families deserved it, but because everyone’s rights had to be protected.”

‘Begin from a point of inclusivity’

Recognizing that DoD’s openness to diversity is what has allowed it to be the best, everyone in the department must ensure that those who are able and willing to serve have the full and equal opportunity to do so, the secretary emphasized. “And we must start from a position of inclusivity, not exclusivity,” he added. “Anything less is not just wrong – it’s bad defense policy, and it puts

our future strength at risk.”

Developing the military’s future leaders, innovators and strategists also requires the Defense Department to be inclusive, Carter said.

“While we don’t know who they’ll be or what they’ll look like, we do know they could come from anywhere,” he said.

“It takes decades to grow our senior military leaders, and today, we can’t afford to close ourselves off to anyone. As we remind ourselves how diversity and inclusion help make us stronger, we must also remember another reason why they’re important: because they’re part of our national character.”

Gay and lesbian service members who once desired to serve openly were not aberrant or counter to the ideals that the U.S. military has always defended, Carter said. Those ideals are the same ones enshrined in the nation’s founding documents, he said – “the belief that we’re all created equal, endowed with unalienable rights to life, liberty and the pursuit of happiness.”

The sacrifices that Darling, Alva and Johnson made – sacrifices of life, limb, and love – are no different from those that have long been made by Americans in uniform willing to defend the country and its ideals and help make a better world, Carter said.

“And whether they fall in combat, or go on to live a long life, in the end the earth makes no distinction in its embraces of our honored patriots, and neither should we,” he added. “So as we celebrate LGBT Pride Month, let us take pride in all who step forward to serve our country – past, present, and future. As fellow citizens, we honor them, thank them [and] cherish them, today and always.”

Army sustainers must rebuild expeditionary competency, Gamble says

By C. Todd Lopez
Army News Service

WASHINGTON — Increased competence within the Army sustainment community, can make better use of limited, but adequate capacity, said Maj. Gen. Duane Gamble, assistant chief of logistics.

The Army spent nearly 14 years in Afghanistan and Iraq.

Leaders in the Army sustainment community, who grew up in that environment, cut their teeth providing goods and materials through a relatively well-established distribution network which they fell in on, said Gamble during a Association of the United States Army sustainment conference in Washington June 3.

That model of sustainment, while important, is not on its own adequate enough to sustain a globally-deployed, expeditionary,

regionally-aligned Army, which he said sends small units forward to places like Africa to conduct operations.

“I think we must rapidly develop a competency to support expeditionary operations with the required material readiness and distribution systems,” Gamble said. “And we also must develop the competency to perform phase 0 – ‘set the theater’ tasks, such as theater opening, theater distribution, and theater sustainment.”

Gamble said when it comes to materiel and distribution readiness, he considers three factors: capability, capacity and competency.

When it comes to capability, he said, the Army’s modular sustainment structure, created for Iraq and Afghanistan, “provides a more than adequate foundation for sustaining our globally-responsive and regionally-engaged Army.”

That modular structure includes the brigade support battalion, the combat sustainment support battalion, the sustainment brigade, the expeditionary sustainment command, and the theater sustainment command.

“I think they are all exquisite formations that provide us great sustainment capability,” he said.

He said there is adequate capacity within the Army – across both the active and Reserve components – to meet the Army’s needs.

He added that the Army must find a way, however, to employ Reserve-component capacity and capabilities outside the overseas contingency operations environment.

“We simply don’t have that muscle group,” he said. “That’s what is required for theater security cooperation.”

Across the Army’s modular

sustainment structure, Gamble said, there is a “lack of conceptual unity in how we operate and employ our forces.”

“I think that the ‘ad hoc-racy’ of how we employ the forces leads to shortfalls in materiel readiness and distribution readiness,” he said. “It’s not because we don’t know how to maintain stuff. It’s not because we don’t know how to set up distribution networks. Arguably, we can always improve.

“But I think fundamentally we make assumptions at each of these layers that the other person is going to do it.”

With a shrinking Army, Gamble said, “we can no longer make up for lack of reflexive competence by adding more capacity. We can’t throw units at the problem to make up for our inability to get it done right the first time.”

An increase in competence, within the Army sustainment community, can be achieved in the short term through leadership, Gamble said, with little cost to the Army.

“In my opinion we can rebuild this expeditionary competency that is required for our Army, our globally-engaged, regionally-aligned Army, in the quickest manner, if the commanders at every level focus on their unique contribution,” he said. “I think we have got to share a common understanding of our sustainment doctrine and how the structures at various levels come together and produce these desired effects.

“I think we also must be willing to broaden our doctrine to include how we build readiness at home station. I think it has to be part of our doctrine,” he said.

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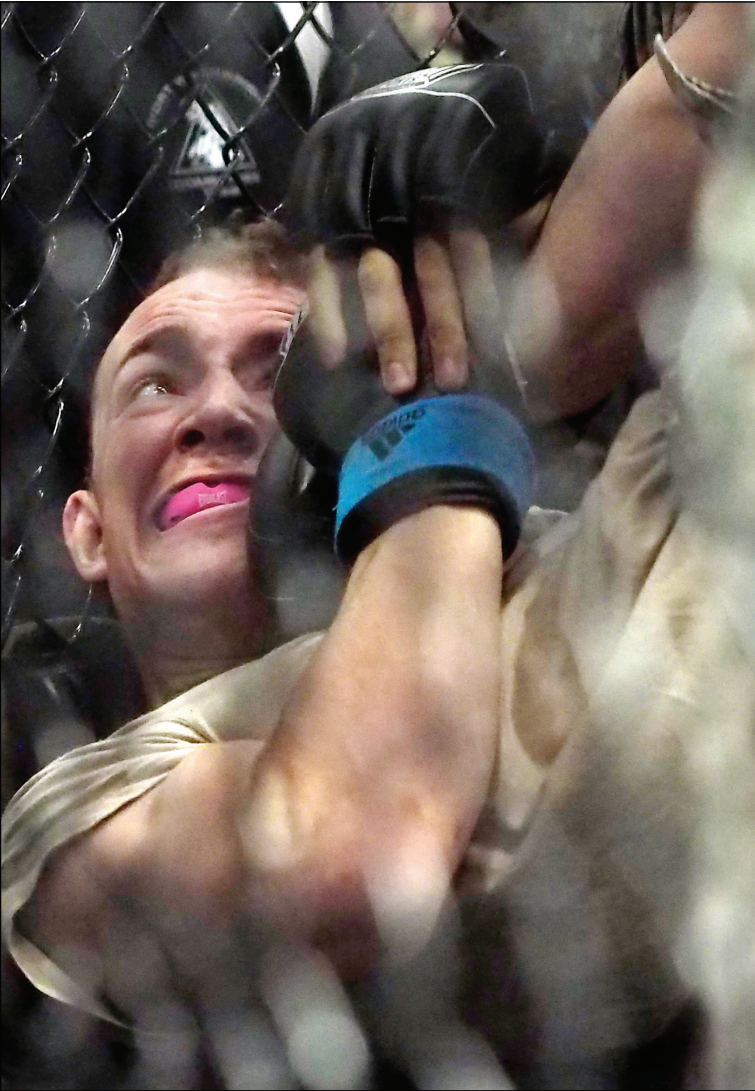
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CLOSE COMBAT

USARAK troops battle it out in annual competition at JBER’s Buckner PFC



Spc. Kevin Cox, 1st Battalion, 24th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, competes in the final day of the 2015 USARAK Combatives Tournament at the Buckner Physical Fitness Center June 5. Less-experienced fighters competed in basic rules bouts Thursday, while more skilled fighters advanced to matches on Friday.



Spc. Jun Han, top, of Headquarters and Headquarters Company, 6th Brigade Engineer Battalion, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, and Spc. Ericka Bernardo, Headquarters and Headquarters Company, 1st Stryker Brigade Combat Team, 25th Infantry Division, compete in the final day of the 2015 U.S. Army Alaska Combatives Tournament at the Buckner Physical Fitness Center on Joint Base Elmendorf-Richardson June 5. (U.S. Air Force photos/Justin Connaher)



Spc. Michael Sierras, left, of C Company, 3rd Battalion (Airborne), 509th Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, and Air Force Staff Sgt. Jeffrey Sanderson, 773d Civil Engineer Squadron, grapple during the competition. Proficiency in hand-to-hand combat is one of the fundamental building blocks for training the modern Soldier.

Paratroopers visit Normandy for 71st D-Day anniversary

By Staff Sgt. Melissa Parrish
4-25 IBCT Public Affairs

SAINTE-MÈRE-ÉGLISE, France — Sixteen paratroopers with the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division from Joint Base Elmendorf-Richardson and who are currently deployed to Kosovo, received the opportunity of a lifetime to attend festivities marking the 71st anniversary of Operation Overlord June 2 through 8.

June 6, 1944 marked the commencement of Overlord – or “D-Day” for short. A cross-channel invasion originating in England, the now famous air and seaborne move on fortress Europe formally kicked off the Allied advance into western Europe during World War II and spelled ultimate defeat for Hitler’s Nazi Germany.

To mark such a mammoth feat, the Spartan paratroopers attended and participated in several ceremonies paying homage to fallen Soldiers and visited the different areas of the operation such as Omaha and Utah Beach, Sainte-Mère-Église, Picaerville and Carentan.

Retracing the footsteps their forebears blazed 71 years ago allowed the Spartan paratroopers to immerse themselves in the rich military history of Normandy for an entire week.

Sgt. Timothy Brant, a paratrooper with Headquarters and Headquarters Company, 4/25th IBCT (ABN), said spending the week in Normandy was a dream come true.

“Getting to walk around and see the history and what the paratroopers did here has been amazing,” said Brant. “We visited all of the sites and I was able to jump out of a period C-47 [Skytrain]. I jumped just outside of the original Drop Zone D. I was able to look out all over Normandy. It was an incredible feeling. You always hear the stories and look at photos, [but] I was able to really see what these paratroopers saw.”

Given the presence of an authentic C-47 painted in the recognizable D-Day invasion paint scheme and configured for paratroop drops, Brant paid for the opportunity to jump from the same aircraft paratroopers did 71 years ago.

“As I sat in the aircraft looking out the door watching the ground go by, I tried to imagine what those paratroopers felt like right before they jumped in,” said Brant. “I tried to imagine the thoughts that had to be going through their minds ... I tried to envision what that would feel like.”

But Brant had another reason for paying to jump from the storied aircraft; his grandfather, Staff Sgt. Harold Smock, was a paratrooper with the 82nd Airborne Division



ABOVE: Paratroopers with the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division from Joint Base Elmendorf-Richardson, pose with a WWII veteran. They received the opportunity of a lifetime to attend festivities marking the 71st anniversary of Operation Overlord June 2 through 8. (U.S. Army photos/Staff Sgt. Melissa Parrish)
LEFT: Sgt. Timothy Brant, a paratrooper with the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, holds his grandfather’s dog tags. He and 300 other paratroopers jumped June 7 just outside Sainte-Mère-Église, France – the tags’ second jump into the area.



who parachuted into Normandy on June 6.

“My grandfather was a part of the 505th Parachute Infantry Regiment,” said Brant. “He jumped into Normandy and participated in the operation. I found out what he did after he passed away. I wish I knew exactly where he was here, but just knowing I was in the same area as he was 71 years ago really is just an unexplainable feeling.”

Also in Brant’s possession was something that made its second trip to Normandy – Smock’s dog tags, which have stayed by Brant’s side since joining the Army.

“I jumped his dog tags into Normandy so they have been jumped in here twice,” added Brant. “I carry them every single day.”

For Spc. Michael Piper, a paratrooper with 1st Squadron (Airborne), 40th Cavalry Regiment, 4/25 IBCT (ABN), the week spent in Normandy was a humbling one and he, too, has a close connection to D-Day.

“My grandfather jumped into Normandy

and when he landed he was shot in the lung by a sniper,” Piper said. “If the bullet would have hit six inches higher it would have killed him and I wouldn’t be here today.”

Piper’s grandfather, Lt. Theo Elmer, and paratrooper with the 82nd Airborne Division, left a huge mark on Piper’s life that led to where he is today.

“My grandfather passed away when I was a teenager, but he made a huge impression on my life,” said Piper. “He is the reason I am a paratrooper today. Just knowing what he did here has been an honor.”

Piper carried his grandfather’s photo with him on the last day of the trip where he jumped into a ceremony with 300 other Allied paratroopers onto Iron Mike Drop Zone just outside of Sainte-Mère-Église.

“The jump was the highlight of the trip

for me,” Piper said. “I am so thankful to have this part of my lineage and to know people still appreciate what they did here and are thankful for their sacrifices.”

All of the Spartan paratroopers had smiles on their faces as they exited the drop zone and shook hands with D-Day veterans and people from all over the world that came out to cheer them on.

“This has been a fulfilling moment in my life and I will never forget it,” added Piper.

“I know everyone that came took something away,” said Brant. “Learning something in a history book is one thing, but walking in the footsteps and just being here puts it all into perspective.”

Road closures

Boniface Gate inbound lanes will be closed 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 through July 17.

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 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 covers loan pre-qualifications, offers and acceptance, inspections, title searches, types of loans, and the closure process to prospective home owners.

For information or to sign up, 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. 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.

It is open 7 a.m. to 3:30 p.m. Monday through Friday.

For information, visit www.documentsservices.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.

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.

Get the app 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.

Giant Voice testing

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

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

If the announcement is difficult to hear or understand in any base housing area, please contact JBER at [Facebook.com/JBERAK](https://www.facebook.com/JBERAK).

Victim Advocates lend a helping hand

By Air Force Staff Sgt. Sheila deVera
JBER Public Affairs

During a feedback session, he was told to start looking for volunteer opportunities. Soon after, he received an email about a program asking for volunteers; he applied without knowing what he was getting into. Suddenly, the 20-year-old Airman found himself a Sexual Assault Prevention and Response victim advocate.

For the past seven years, Staff Sgt. Joshua Greene, a 673d Civil Engineer Squadron firefighter, has been a victim advocate. Although he hadn't put thought into it, he has never looked back.

"I was 21 when I received my first phone call asking for help," Greene said. "When I answered the phone, the first thing I thought was 'Holy crap! What did I just sign myself into?'"

Greene said during that first call, he was just going through the checklist sounding like a robot.

"I sounded like an ass," he said. "I was not there for them. All I wanted to do was try to get the job done."

His patient told him not to treat him like a technical order. Realizing his mistake, he learned to treat everyone with compassion.

That call changed everything for him.

"Growing up, I was a sheltered little boy living in a bubble," Greene added. "I had no idea what I was doing."

After talking to his mother about the program, the Escondido, California, native found out his mother had been in an abusive relationship.

It opened up his eyes to see the darker side of the world.

"I didn't know how close to home [it would hit] until talking to [that] victim," Greene said. "When you hear their story, telling you

what happened to them, [it] gets to you. I also have two younger children and it can potentially happen to my family; it scares the crap out of me."

Before he became a family man, he was only worried about himself. In the seven years he has been a VA, he found at anyone can potentially be a victim.

"All the people that I've seen go through this – there is no color, you can be tall, fat, short, male, or female – there is no demographic," the father of four said.

As a victim advocate, Greene possesses essential information and resources. His primary role is to serve the needs of sexual assault victims and or survivors for as long as needed.

"Every time that phone rings, I am terrified [about what I am going to say]," Green said. "You try to prepare yourself mentally and emotionally, up to the point you hear the person talking on the other line. You are never prepared for the next call. In no way shape or form are they ever the same; it's always been different situations for me."

Greene, along with more than 30 other victim advocates at JBER, is the first line of support for victims of sexual assault. Advocates provide emotional support and information about what to expect, and connect victims to other services while maintaining the victim's confidentiality.

"You are just trying to make sure they are safe, make sure they are where they need to be, and if they need someone to talk to, you are there," Greene said. "We help them get back to their feet."

In his time, Greene said he has seen some of the victims become stronger and watches them slowly build themselves up.

Sometimes, they contact the victim advocate later and provide an update that things are better. "That's really the whole respon-

sibility of the job – helping them seize control of the past," Greene added.

"You never want to see a silver lining, but I can help and see them get better – continue to live and not let that person take away what was taken from them – even if [the perpetrator] took a fragment of who they are, they still have everything to look forward to."

Based on what he has seen, he said sexual assault is the worst crime because sometimes there aren't any wounds – it's only words, feelings, emotions. There is often no evidence of bullet or stab wounds, or photos of the damage done.

"I can never put myself in their shoes because it has never happened to me," Greene said. "I can never say I know how they felt. The best thing I can do is let them know that no matter what happened, I will be there until they do not need me anymore."

After one of his annual SAPR training briefs at the base theater, one Airman thanked him.

"That's all I ever need, to know that one person's life is better," he said. "If we can help one person's life then we can make a difference at that point. If this base has 41,000 people and if everyone helped one person, then we would have helped 41,000 – I hope that message gets out there and take away something from it. That's what I hope will happen. I hope that somebody hears or sees what I am doing."

Darmaly Williams, 673d Air Base Wing SAPR program manager, said Greene is a tremendous asset to the SAPR program and has given thousands of man hours to help people understand why the SAPR program exists.

"His passion is tangible," Williams said. "Our office has received many compliments over the years stating the impact Greene made during a class, or [while] ad-



Air Force Staff Sgt. Joshua Greene is just one of more than 30 Sexual Assault Prevention and Response victim advocates who are the first line of support for victims of sexual assault. The victim advocate offers support to clients, facilitates decision making, informs them of their rights, serves as a liaison among agencies, accompanies clients to appointments, offers crisis intervention, conducts safety planning, and works with other helping and law enforcement agencies until his services are no longer needed or requested. Greene is assigned to the 673d Civil Engineer Squadron as a firefighter. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

ressing an individual's specific questions about the program and its nature."

In fiscal year 2014, there were a total of 6,131 reports of sexual assault in the Department of Defense. The term covers a wide range of misconduct from rape to inappropriate touching of another person with intent to abuse, humiliate or

degrade the victim.

Greene added, "I will continue to be a victim advocate because I want [sexual assault] to stop. Will it stop? Probably not. You cannot stop evil and you cannot stop stupid. "You many never stop the problem, but we can get darn close and fix a lot of things that are wrong."

JROTC students learn what it takes to become a leader

By Senior Airman Tammie Ramsouer
JBER Public Affairs

During a one-week summer leadership camp, Junior ROTC cadets learn how to work as a team, and have experiences many high schoolers do not.

Most of the JROTC cadets from Robert Service, Dimond, Chugiak and Bethel High Schools come from different backgrounds and heritages throughout Alaska and the U.S.

The JROTC instructors collaborate on a system for the diverse group of cadets to participate in leadership and teamwork skills for the weeklong camp which include leaping out of a 34-foot jump tower, traversing a 35-foot rappel tower, running through an obstacle course, learning survival-swimming skills and riding in a UH-60 Black Hawk helicopter.

"We pick our teams with different members from each school so it is extremely integrated," said O'Neil Summers, Bethel High School JROTC instructor and retired sergeant first class.

"We try to incorporate as many team-building events as possible into our schedule. It shows them no matter how difficult the hurdle may be, these students are here to help and push each other to strive to get the job done or do better."

Most of the students in the JROTC



Junior ROTC cadets participate in a teambuilding exercise on Joint Base Elmendorf-Richardson June 2. The cadets, of different heritage and backgrounds from throughout the United States, learn how to work together during a weeklong summer leadership camp. (U.S. Air Force photo/Senior Airman Tammie Ramsouer)

course were motivated by someone or something to join. One cadet's motivation was her brother, a prior cadet.

"I joined JROTC because he made it look so great and fun," said Sydney Jones, a Robert Service High School student.

"I am glad he was the reason I joined, and I learned so much since being in the course and meeting so many new people." Jones started JROTC as a freshman.

She is now a senior and a leader in her JROTC course.

"When I joined I was pretty quiet and I didn't think I would be where I am today," Jones said.

"I am now a leader of a platoon. I like doing JROTC, because it gives me something I can be proud of."

She has gone to every summer leadership camp since joining the course to experience the rush of confidence it gives her.

"I really like to participate in everything we do during the camp and help others who may be scared or shy of a few of the events we do," Jones said.

"It's funny to hear everyone scream at the rappel or jump tower, but I know that it's just something they do to mentally prepare themselves for something that scary."

This is the first year four JROTC teams, including Army and Navy cadets, have come together and integrated.

"It was great to finally have more than just two or three JROTC groups out here participating in our annual summer leadership camp," Summers said.

"It really gets the students to interact with each other and learn from the other cultures in the different school systems."

Facilities on JBER reserved locations for the events, and Soldiers from the Alaska Army National Guard and United States Army Alaska provided instruction throughout the camp.

Buckner lifeguard finds fulfillment training others

By Airman Christopher R. Morales
JBER Public Affairs

"I like the skill of swimming and seeing students progress," said Mae-Lin Ynacay, lifeguard and water safety instructor at the Buckner Physical Fitness Center. "Even if it's something as simple as kicking more efficiently, I find satisfaction in seeing them progress."

She was born and raised in northern California, and was a varsity swimmer for three of her high school years in Sacramento.

She worked as a junior lifeguard during the summers at that time.

To become a lifeguard, one must complete the Red Cross course to become proficient in CPR, handling choking victims and other tasks.

Ynacay went to college in Oregon for a Bachelor's degree in Chinese Studies. She decided to join the Army with her passion to help others and a goal to be a medic. But due to her knowledge of the Chinese language, the Army needed her in intelligence.

She served eight years, then decided to follow her dream, moving to Alaska to pursue a doc-

torate at the University of Alaska Anchorage.

"The military was challenging, but I learned a lot," Ynacay said. "I miss the military in a lot of ways, like the camaraderie."

"I used to do martial arts back in the day, crossfit, triathlons; I think I have a pretty good range of physical activity experience in order to incorporate that, with swimming, to help people get back on their feet, literally," Ynacay said.

Ynacay worked as a lifeguard with basic rescue skills at the Buckner PFC in November 2014.

"Mae-Lin is a treat to work with and she is a team player," said Savannah Ericksen, lead lifeguard for the Buckner PFC. "We [at the Buckner PFC] pride ourselves on an above-average staff, so she fits right in."

Ynacay took courses to be a water safety instructor, which involves hydrodynamics, principles of water and teaching underwater movement mechanics.

The Buckner PFC pool offers swimming lessons to patrons age six months to adults. Red Cross certification courses are also offered in lifeguarding, first aid, CPR, automated external defibril-



Mae-Lin Ynacay (far left), lifeguard and water safety instructor, leads her students in treading practice at Buckner Physical Fitness Center June 2. The center's 'Learn to Swim' lessons solidify new techniques of swimming and underwater control. (U.S. Air Force photo/Airman Christopher R. Morales)

lator and water safety. They host several events during the year for the community.

Ynacay teaches these swimming classes which are tailored to skill level and how comfortable students are in the water.

Ynacay is aiming for a master's degree in either biomechanics or kinesiology, in the meantime, she is striving to become a qualified

physical therapist.

"You're helping people learn to move who are hindered otherwise and teach them how to move again, get them functional in life."

"I think swimming would be an excellent incorporation if I were to become a physical therapist," Ynacay said.

Swimming is a full-body workout, toning muscles as an aerobic

exercise with underwater resistance. It is also a common exercise for recovery as the water alleviates the pressure of weight.

"It helps to know, as a lifeguard – someone who saves lives and teaches people how to swim – when we reach out to others and show them water safety, they could save the lives of others and themselves," Ynacay said.

Relationships are important in today’s world

Commentary by Army Chaplain (Maj.) James Hall
4-25 IBTC Chaplain

Relationships are important in today’s world, but there are so many distractions we often let them go by the wayside.

Whether it is a relationship in marriage, or with siblings, children, parents, friends, or even with our creator, we all develop and nurture relationships.

One of the greatest barriers to relationships is called a stronghold.

A stronghold is basically an intimacy barrier we put up between ourselves and others – walls we put up around our hearts. We are called as Christians to tear down the strongholds in our life.

2 Cor. 10:5-6 says, “The weapons of our warfare are not carnal but mighty in God for pulling down

strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.”

One of the biggest strongholds is bitterness.

Bitterness is defined as a lack of forgiveness for someone who has wronged us or sinned against us.

Bitterness can be directed against others, ourselves and God. Bitterness can grip us and put us in a tailspin that causes many down-line effects.

The biggest effect is broken relationships. Bitterness creates a barrier to communication and building intimacy in relationships.

It truly is the most painful for the bearer, not the object of, the bitterness.

There are two Biblical conse-

quences to bitterness. Eph 4:31-32 tells us that failure to confess bitterness will lead to greater and more serious sins, and Heb 12:15 says that it will bring defilement to other believers. Bitterness will cause us to be in bondage – slaves to sin. That having been said, we need to ask if we are bitter.

Here is a list of some emotional responses that could be warning signs:

- Critical attitude
- Insensitivity to others
- Ingratitude
- Vengefulness
- Mistrust
- Depression
- Anger
- Cynicism

The good news is, there is a cure for bitterness. Everyone in today’s fast-paced world wants to

take a pill and keep going.

The pill to cure bitterness, according to the Bible is forgiveness. Col. 3:13 and Eph 4:2 tell us we should forbear, or pass over, someone’s sins against us, like Jesus did.

The key to unlock the shackles of spiritual slavery is found in his guidance to forbear and forgive.

Jesus, in the story of the woman caught in adultery in John 8:1-11, gives God’s formula for curing bitterness; he passed over her sins and spoke to her heart.

He appealed to her need for forgiveness, rather than condemnation. Then, once he won her heart, he told her to sin no more. He confronted the sin only after he understood her needs and showed her love.

Through a bitter heart, we put ourselves in bondage, but by passing over the sin or wrong of

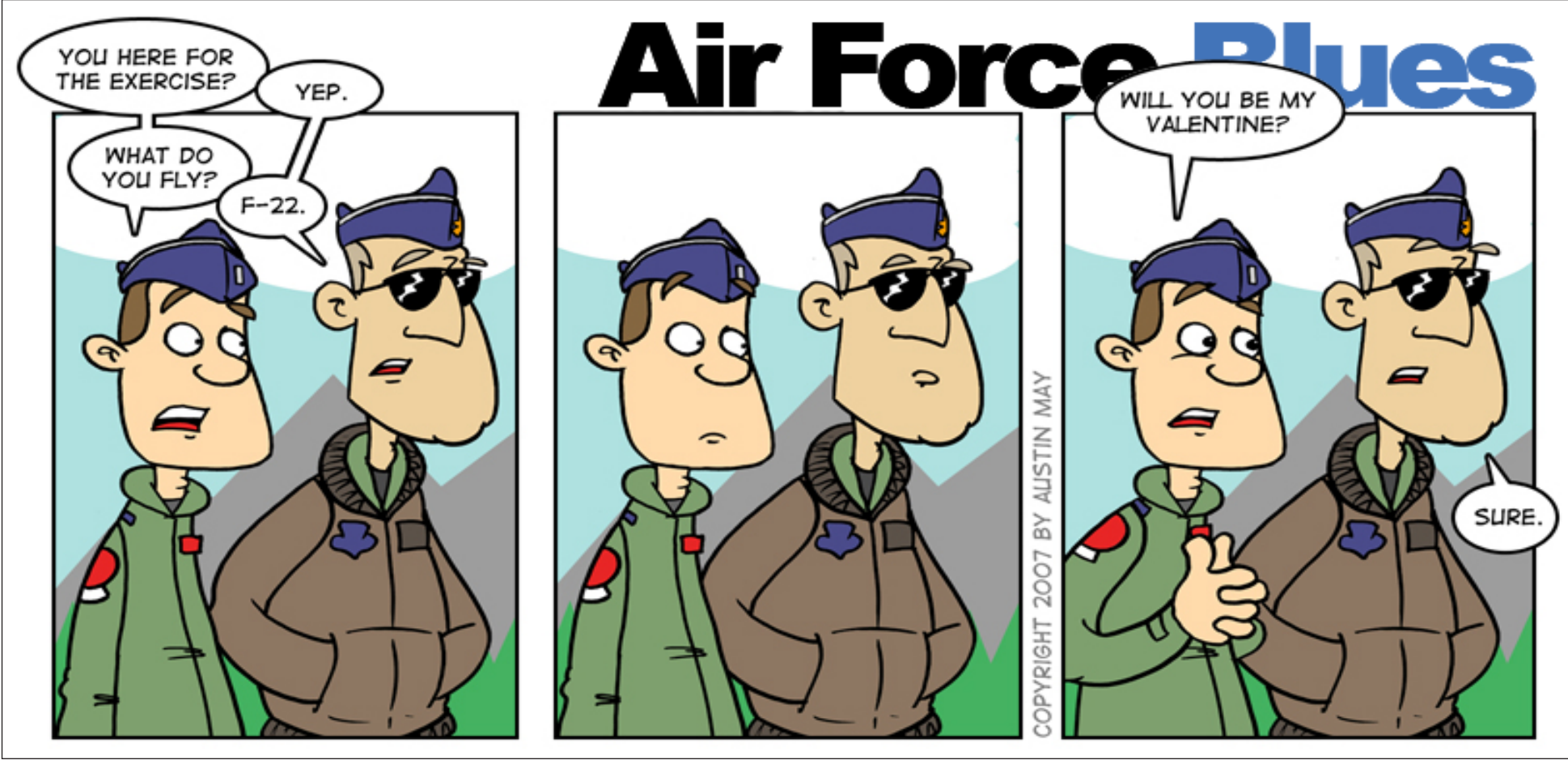
a brother and ministering to them, we free ourselves.

If we only look to the heart and see the pain and brokenness that might compel some to sin against us, we will be able to forgive much more easily.

Forgiveness is defined as paying the price for a wrong that someone else has committed.

By paying the indebtedness someone has to us by forgiveness, we attain freedom from the pain of what they have done. “And forgive us our debts, as we forgive our debtors” (Mat 6:12) is the way Christ taught us to pray.

The way we forgive a debt is to pay for it ourselves – just as Christ paid our debt to sin. In this way, we can be set free from the bondage of bitterness, break down barriers to intimacy, and open our hearts to others.



Community Happenings

June 12, 2015

ARCTIC WARRIOR

B-3

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 Monday.

THROUGH JULY 17 Summer reading program

The JBER library hosts a music-themed summer reading program "Read To The Rhythm" through July 17. The program is open to all ages.

To register, call 384-1640.

FRIDAY Hillberg challenge

The Hillberg challenge is a 4-mile trail race that takes place at noon starting in the Hillberg Ski Area parking lot. T-shirts will be given out to the first 30 participants and prizes awarded for first and second place male and female race finishers.

For information, call 552-5353.

JBER Combat Cross-Country

Get your five-person team together for the JBER Combat Cross Country Series mountain run. Race starts at 2 p.m. at Arctic Valley. Participants must be in military uniform, combat boots and carry a minimum of 35 pounds in a rucksack. Sign ups are from 1 to 1:30 p.m., with weigh-ins and an organization meeting from 1:30 to 2 p.m.

For information, call 384-1301.

Bear Awareness

Join the Outdoor Recreation staff at the JBER-Elmendorf ORC from 6:30 to 7:30 p.m. to learn how to stay safe while recreating in bear country.

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

THROUGH JUNE 21 Slam'n Salm'n Derby

Anglers of all ages try for the biggest salmon out of Ship Creek in downtown Anchorage. There are prizes galore – and some winning fish weigh more than 40 pounds.

For information, visit shipcreeksalmonderby.com.

SUNDAY Glacier ice climb

Get up close and personal with the Matanuska Glacier on this guided tour from 8 a.m. to 5 p.m. Trip departs from the JBER-Elmendorf Outdoor Recreation Center. Climbing gear and transportation will be provided; bring

weather-appropriate clothing and lunch. This trip for ages 12 and older 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.

THROUGH SUNDAY Stars/Stripes Summer Fest

The 673d Force Support Squadron presents the Stars and Stripes Summer Fest at the Buckner sports fields on JBER-Richardson Saturday from 11 a.m. to 8 p.m. and Sunday from 11 a.m. to 6 p.m. Attractions include free carnival rides, a petting zoo, face painting, balloon twisting, various performances and food booths with a car and bike show on Sunday.

For information, call 552-3766.

MONDAY Fly casting class

Want to take up the sport of fly-fishing? Head over to the JBER-Elmendorf Outdoor Recreation Center from 5 to 6 p.m. for a free class on the basics of fly-casting. Classes must be booked at least five days prior.

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

Outdoor soccer

Registration deadline for JBER Youth Programs outdoor soccer for ages 5 to 14, is fast approaching. The season begins July 7 and runs through September 3. All participants must be registered with Youth Programs and have a current sports physical. Volunteer coaches are also being sought. Register at Kennecott or Two Rivers youth centers.

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

Flag football and cheer leading

Registration for JBER Youth Programs flag football and cheer leading for ages 7 to 14, begins Monday through July 15. Season begins July 20 and runs through September 15. All participants must be registered with Youth Programs and have a current sports physical. Volunteer coaches are also being sought. Register at Kennecott or Two Rivers youth centers.

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

MONDAY AND TUESDAY Kayak trip prep meetings

Youth center members, ready to challenge yourself on Alaska waters? Preparation meetings take

place from 9 a.m. to 4 p.m. at the Two Rivers Youth Center for kids ages 12 to 18 enrolled in JBER Youth Programs who are interested in a kayak trip that departs Wednesday at 8 a.m. and returns June 19 at 5 p.m.

For information, call 384-1508.

TUESDAY Family fun golf clinic

Learn another way to enjoy Alaska's midnight sun. Bring your family out to Moose Run Golf Course from 6 to 7 p.m. for a free golf clinic. Open to ages 6 and up; golf clubs will be provided.

To sign up, call 428-0056.

WEDNESDAY RecOn Mountain biking

Let the experts at the Outdoor Adventure Program lead you on an exciting mountain biking outing through Kincaid Park from 5 to 8 p.m. There are beginner through advanced single-track trails to challenge riders of all skill levels. Sign up at JBER-Elmendorf Outdoor Recreation Center. 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.

THURSDAY JBER spouse orientation

Join the staff of the Military and Family Support Center from 9 a.m. to 3 p.m. in the Log Cabin for a fun-filled day of activities designed to provide new military spouses with critical information on successfully navigating military life. Games, prizes and lunch will be provided free of charge.

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

Captain's class

Thinking about renting a boat from JBER Outdoor Recreation? This class, 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.org) is required to rent boats that will be used on the ocean. Classes must be booked at least five days prior.

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

Fly casting class

Want to take up the sport of fly-fishing? Head over to the JBER-Elmendorf Outdoor Recreation Center from 5 to 6 p.m. for a free class on the basics of fly-casting.

Classes must be booked at least five days prior.

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

JUNE 19 Science fair and picnic

Engage in a fun learning experience with your children while exploring age-appropriate science activities at all JBER Child Development Centers. Afterward, enjoy a summer picnic in the great outdoors.

For details, see your child's CDC staff.

Youth center bowling club

Kennecott Youth Center members enjoy an afternoon of bowling from 4:15 to 5:30 p.m. for one low price.

For information, call 552-2266.

Army Birthday Ball

As Soldiers around the world celebrate the birthday of the U.S. Army, join in at the Captain Cook Hotel, starting at 6 p.m.

For information, contact your unit representative or email e.lind@alaskausa.org.

Parents' Night Out

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

For information, call 384-7330.

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 register, call 552-2023 or 552-2023.

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.

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

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.

and bowl in the neon lights while enjoying today's top music hits.

For information, call 753-7467.

Civil Air Patrol meetings

The JBER squadron of the Alaska Civil Air Patrol meets the first and third Tuesdays of the month at 6 p.m. in the JBER Aero Club Hangar. For information and access, call 250-9548.

673d FORCE SUPPORT SQUADRON



OAP PRESENTS

FREE CLASSES

Russian River Fishing Class: June 2 & 9, 5 - 6 p.m.

Captain's Class (required to rent our ocean boats): June 4, 18 & 25, 5 - 7 p.m.

Backpacking 101: June 5, 5:30 - 6:30 p.m.

Bear Awareness: June 12, 6:30 - 7:30 p.m.

Fly Casting Class: June 15 & 18, 5 - 6 p.m.

Call 552.4599/2023 to sign up for more information or come by Bldg. 7301.



MUST REGISTER WITHIN 30 DAYS PRIOR TO CLASS DATE



673d Force Support Squadron Presents

STARS & STRIPES SUMMER FEST

HELD AT BUCKNER FIELDS

JUNE 13 • 11 A.M. - 8 P.M.

JUNE 14 • 11 A.M. - 6 P.M.

8TH ANNUAL CAR & BIKE SHOW
WILL BE ON JUNE 13

FOR MORE INFORMATION CALL: 552.3766

CARNIVAL RIDES MUSIC
LARGE CARNIVAL GAMES
PETTING ZOO
FOOD BOOTHS
FERRIS WHEEL
KEN PELTIER
CRAZY HAIR
SCARED SCRIPTLESS
5 ADULT RIDES
5 KID RIDES

CHECK OUT OUR
WEBSITE FOR PERFORMANCE TIMES:
WWW.ELMENDORF-RICHARDSON.COM

TEXT IN RED IS FREE

TEXT IN WHITE
IS FOR PURCHASE

TEXT IN BLUE
ARE PERFORMANCES



JUNE 1 - 5: PACAF Juniors Golf Program

TUESDAYS:

After 3 p.m. Family Golf
FREE bucket of balls, hot dog, chips & fountain drink with 9 Hole purchase!

5:30 - 7:30 p.m. FREE Family Fun Golf Clinic
(equipment provided; for 6 yrs. old & up)

MONDAY / WEDNESDAY / FRIDAY:
Beginner - Advanced Clinics

907.428.0056

2700 Arctic Valley Rd.
www.mooserungolfcourse.com



Hillberg Challenge

June 12



**4 Mile Trail Race
Free Event!**

Event located at
Hillberg Ski Area parking lot
Starts at 12 p.m.

Sign up at Elmendorf
Fitness Center
beginning 1 June

T-shirts for first 30 Participants!

Prizes for 1st
and 2nd place,
male/female



Call for more information
Elmendorf Fitness Center
Bldg. 9510 • 552.5353

Stop by and see us!

f JBER673FSS

www.elmendorf-richardson.com



FSS/MWR events & activities

2015 Arctic Warrior Olympics



Air Force Col. Brian R. Bruckbauer, the commander of Joint Base Elmendorf-Richard and 673d Air Base Wing, competes in a softball game between the base colonels and chief master sergeants on JBER June 5. The chief master sergeants beat the colonels 6-2. (U.S. Air Force photo/Alejandro Pena)



The 3-509 team 2 and 3-509 team 5 and two referees take time for a photo before going into battle for a capture-the-flag finale. A team from the 3rd Battalion, 509th Infantry Regiment (Airborne) dominated the paintball shootout during the Arctic Warrior Olympics June 5. (U.S. Air Force photo/Erin Eaton)



Airmen assigned to the Joint Base Elmendorf-Richardson honor guard standby to present the colors during the opening ceremony of the Arctic Warrior Olympics on JBER, June 5. The Arctic Warrior Olympics which promote healthy competition and community cohesion are hosted every June on JBER in conjunction with the Military Appreciation Picnic honoring Service members, families and Department of Defense civilian employees. (U.S. Air Force photo/Alejandro Pena)

Service members, families and Department of Defense civilian employees were honored for their services and sacrifices at the 2015 Military Appreciation Picnic on JBER June 5.

The annual picnic took place at both Cottonwood and Paxton Parks from 11 a.m. to 2 p.m. They featured food, static displays, bounce houses, pony rides, games and more, sponsored by the Anchorage Chamber of Commerce and various JBER private organizations.

The Arctic Warrior Olympics also took place across the installation, including events such as archery, bowling, a canoe race, softball, dodgeball, golf, paintball and more.

Events also included the 2015 U.S. Army Alaska Combatives Tournament, sponsored by the Arctic Warrior Combatives Academy. Intermediate, semi-finals and finals began at 9 a.m. at Buckner Physical Fitness Center, with the

1st Stryker Brigade Combat Team's combatives team winning the big trophy. The activities were a chance for service members to get out and enjoy some time with their families, away from work.

The picnics were part of Military Appreciation Week, during which various establishments throughout the community offered specials, discounts and other events in support of the military.

"Events like [this] truly demonstrate what it means to be a community and support each other. It's heart-warming to see Anchorage Chamber members come together to thank those who do so much for our country and our community," said Anchorage Chamber of Commerce president Bruce Bustamante.

The Chamber's Military Appreciation Week is designed to give local businesses and community leaders an opportunity to show support to service members in the Anchorage area, representatives said.



Donald C. Weckhorst, the executive director of JBER and the 673d Air Base Wing, delivers a pitch during a softball game between the base colonels and chief master sergeants June 5. The chief master sergeants beat the colonels 6-2. (U.S. Air Force photo/Alejandro Pena)



Cpl. Xavier Gonzalez, an infantryman and Army 1st Lt. Richard Fink, both of C-Company, 3rd Battalion (Airborne), 509th Infantry Regiment paddle a canoe on JBER's Otter Lake in a race against time. The two took second place with a time of 8 minutes, 42 seconds. (U.S. Air Force photo/Erin Eaton)



Volunteers stand ready serve lunch to Airmen, Soldiers and civilian guests during the Military Appreciation Picnic. The picnic is hosted every year in conjunction with the Arctic Warrior Olympics. (U.S. Air Force photo/Alejandro Pena)



Airmen and Soldiers participate in a bicycle road race on JBER, June 5. The race was part of the Arctic Warrior Olympics hosted every June to promote healthy competition and bring the community on JBER together. (U.S. Army photo/Sachel Harris)



A Soldier throws a ball at an opponent during a dodgeball game on JBER, June 5. The dodgeball game was part of the Arctic Warrior Olympics hosted every June to promote healthy competition and bring the community on JBER together. (U.S. Air Force photo/Alejandro Pena)



Volunteers serve lunch to Airmen, Soldiers and civilian guests during the Military Appreciation Picnic on JBER, June 5. The picnic is hosted every year in conjunction with the Arctic Warrior Olympics. (U.S. Air Force photo/Alejandro Pena)



Soldiers participate in a 3-on-3 basketball game during the Arctic Warrior Olympics. The events are hosted every June to promote healthy competition and bring the community of JBER together. (U.S. Army photo/Sachel Harris)



Soldiers assigned to 3rd Battalion (Airborne), 509th Infantry Regiment pose for a group photo after placing first in the Arctic Warrior Olympics on JBER, June 5. For the third year in a row the winning team was from the Army. (U.S. Air Force photo/Alejandro Pena)



Soldiers assigned to the 725th Brigade Support Battalion (Airborne), left, and 3rd Battalion (Airborne), 509th Infantry Regiment, play volleyball during the Arctic Warrior Olympics on June 5. (U.S. Air Force photo/Alejandro Pena)