

# ICE-COLD CLIMBERS

OUTDOOR ADVENTURE PROGRAM

HELPS SERVICE MEMBERS EXPLORE ALASKA,

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JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

## ARCTIC WARRIOR

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### DIGGERS AND DROP ZONES

#### Spartans jump into Australia for Talisman Sabre

By David Vergun  
Army News Service

SHOALWATER BAY TRAINING AREA, Australia — About 400 Soldiers, including a handful of Airmen and Marines, parachuted onto Kapyong Drop Zone, Williamson Airfield, in the northeast state of Queensland the morning of July 8 as part of exercise Talisman Sabre 15.

The Soldiers, almost all of whom were from 3rd Battalion (Airborne), 509th Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, jumped from seven C-17 Globemasters, two of which belonged to the Royal Australian Air Force.

“Doing a strategic jump from [Joint Base Elmendorf-Richardson] to Australia, after 19 hours of flight, demonstrates pretty significant capability,” said the battalion’s commander, Lt. Col. Matt Hardman, who also made the jump from static lines at 1,000 feet.

The goal was to seize an expeditionary airfield and secure it for initial entry operations, he said. That was accomplished. He then spoke of the importance his battalion played in the exercise.

It’s all about “honing our craft” and showing we’re committed to the bilateral relationship with the Australians, who’ve trained and fought with us numerous times over the last century, he said.

Another aspect of the exercise is testing the interoperability of the Army in a joint, bilateral setting, he said. He said he also expects the exercise will reassure America’s allies and deter adversaries.

“The work that went into this exercise is similar to that I’ve seen on all my deployments in Iraq and Afghanistan,” said Hardman, who has been on four combat deployments.

The battalion started training for this exercise six months out.

“In May we did company live fires for the first time in 15 or 20 years. It helped prepare us for this,” he said.

Hardman said he gave subordinate commanders “the freedom to execute the plan without me having to control things. They know what’s expected and they’re executing, so the bulk of my work was [strategic planning] prior to coming down here.”

The exercise is the equivalent of a National Training Center rotation for Australia, he said, but added Shoalwater is much bigger than NTC at Fort Irwin, California, the Army’s premier training site.

While Soldiers were conducting the exercise there, U.S. Marines, Airmen and Sailors, as well as Australians and some New



**TOP: Soldiers of 3rd Battalion (Airborne), 509th Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, jump from a Royal Australian Air Force C-17 Globemaster into Australia July 8 as part of exercise Talisman Sabre. (U.S. Army photo/David Vergun)**  
**ABOVE: Soldiers set up a security perimeter July 8 after parachuting onto Kapyong Air Field, Australia, in support of Talisman Sabre 15. The biennial exercise provides an opportunity for nearly 30,000 U.S. and Australian defense forces personnel to conduct operations in a combined, joint and interagency environment, increasing the ability to execute a full range of operations. (U.S. Army photo/Sgt. David N. Beckstrom)**

Zealanders, were operating throughout Australia, particularly along the northern coastal areas. The exercise runs through July 19.

In addition to Soldiers from 4/25, others from Hawaii and Joint Base Lewis-McChord, Washington, are participating in various supporting roles. Lt. Gen. Stephen Lanza, I Corps commander, is the exercise’s combined forces land component commander, said a spokesman from U.S. Army Alaska.

The paratroopers from 4/25 are slated to depart Australia aboard C-17s and jump back onto JBER July 12, the spokesman said.

#### Many moving parts

“The choreography of this exercise is amazing,” Hardman said, meaning units from all over had to do many tasks on time and correctly to make it all work.

The RAAF provided close-air support to the Soldiers on the ground, who were allied with the Australian army’s 7th Brigade. Serving as the opposition force was the Australian army’s 3rd Brigade.

To ensure the RAAF dropped ordnance at the right place and the right time, several Airmen from the Joint Tactical Air Control, JBER and some Marines from 5th Air Naval Gunfire Liaison Companies out of Okinawa, Japan, talked to RAAF pilots and controllers from the ground, he said.

In addition to four RAAF Hawk-127 fighters doing close-air support, the RAAF was also flying an unmanned aerial system supporting 4-25. Enablers also came in from MacDill Air

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#### JBER Soldier dies in motorcycle accident

U.S. Army Alaska  
News release

A U.S. Army Alaska Soldier died July 6 at approximately 7 p.m. after crashing his motorcycle in a tunnel on the Portage Glacier Highway.

According to the incident report, Spc. Frederick Jenkins III was flown to Providence Alaska Medical Center where he was pronounced dead.

Jenkins called Columbus, Ga., home and joined the U.S. Army in January 2012 from Montgomery, Ala. The 24-year-old single Soldier completed Basic Combat Training at Fort Jackson, S.C., in March 2012 before attending Advanced Individual Training at Fort Gordon, Ga., where he graduated as an information technology specialist. Jenkins reported to Alaska in October 2012 and was assigned to U.S. Army Alaska’s 725th Brigade Support Battalion, 4th Brigade Combat Team (Airborne), 25th Infantry Division.

The cause of the accident is under investigation. Jenkins’ next of kin have been notified of his death.

#### AIRBORNE FAST FACTS

- A test platoon of airborne infantry was formed in 1940, organized from the 29th Infantry Regiment at Fort Benning, Georgia. Volunteers moved to New Jersey and trained for a week at the New York World’s Fair, jumping from 250-foot free towers. The towers were purchased later and now stand on Fort Benning.

- Less than 45 days after the creation of the platoon, Soldiers jumped from a Douglas B-18, becoming the first paratroopers. They served as instructors for the 501st Parachute Battalion.

- Airborne, or jump, school is a three-week course of intense physical training which builds from jumping out of a mock door, to jumping from a tower for confidence, and finally to completing five jumps from an aircraft at 1,250 feet.
- Airborne school cadre are known for their distinctive baseball caps and referred to as “Black Hats.” Many are Soldiers, but instructors are drawn from the Navy, Air Force, and Marine Corps as well, since all four services have airborne-qualified personnel.

- Much of a student’s interaction with the instructors consists of shouting “Clear, sergeant, Airborne!”

#### Army National Guard Black Hawk crews continue aid in fighting fires

By Lt. Col. Candis Olmstead  
176th Wing Public Affairs

Alaska Army National Guard UH-60 Black Hawk helicopters and aircrews from the 1st Battalion, 207th Aviation Regiment, continue to conduct water bucket drops in support of wildfire suppression efforts in Alaska this week.

“We’ve flown more than 132 hours, dropped over 1,100 buckets of water, and dispensed nearly 900,000 gallons since we began supporting the effort on June 14,” said Lt. Col. Robert Kurtz, the Alaska Army National Guard state aviation officer.

After fighting several fires in the Matanuska Valley and on the Kenai Peninsula, the 1-207 AVN was reassigned on June 22 to support firefighting efforts for the Tetlin Fire near Tok, and fires near Northway, Tanacross and Chena Hot Springs.

“The aircraft and aircrews are basing out of Fort Wainwright in Fairbanks and refueling there and at the Tok airport, depending on which fire they are on,” Kurtz said.

Crews remain on stand-by at Fort Wainwright now, and will continue to provide support as needed.

The 1-207th AVN accepted their first mission to support wild-

fire suppression efforts on Willow’s Sockeye Fire June 14.

The fire that began that day is now contained, and burned 7,220 acres according to a State Emergency Operations Center situation report.

The Black Hawks and aircrew were transferred from the Sockeye effort and tasked to perform operations on the Kenai Peninsula after several spot fires began due to lightning strikes the prior evening.

The Alaska Army National Guard has 19 Black Hawks that are shared among aviation units in Anchorage, Fairbanks, Bethel, Nome and Juneau. They began

water bucket missions to fight fires in the Interior Region with Anchorage and Fairbanks crews, and then added Bethel crews to the rotation.

“We swap crews out once they’ve worked three consecutive days, and we swap aircraft out as needed for unscheduled or routine maintenance,” Kurtz said.

Per their agreement with the Alaska Division of Forestry, the National Guard provides stand-by availability seven days a week for a 12-hour work day, when there is a request for assistance.

Throughout the firefighting mission, the 1-207 AVN continued to provide multiple daily round-

trip transportation support for a federal personnel recovery mission for remains of a 1952 crash on Colony Glacier. They also provided a medevac for a Soldier who received minor injuries during an exercise.

Providing domestic emergency response is part of the National Guard’s dual state and federal mission.

“It’s important to help the state of Alaska and its citizens,” said Kurtz. “It’s why many Soldiers join the Guard, and they look forward to opportunities to use their training and skills to serve and protect others.”

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**Intramural soccer**

**Summer is in full swing as 3rd MUNS, AMOC teams face off on the Buckner soccer pitch, Page B-6**





# Failure can be a learning opportunity – if leaders help

Commentary by Air Force  
Lt. Col. Chris Todd  
3rd SOS commander

SCHRIEVER AIR FORCE BASE, Colo. — It was a very early morning during the spring of 1993 at Hahn Air Base, Germany.

There was a loud knock on my dorm room door. I shot out of bed still in a sleepy stupor to answer it, not knowing who was going to be on the other side.

Then my heart dropped into my stomach as I stared into the disappointed eyes of my squadron superintendent, Senior Master Sgt. Larry G. Thornton.

The officers and other senior members of the squadron called him “Thumper.”

At that moment, I could have easily thought it was because of how loudly he knocked on dorm room doors.

But I knew that wasn’t true. In fact, I still don’t know why they called him that, but I do know one thing – I have never forgotten how terrible I felt at that moment to have let him, and the squadron, down.

I was a communications-computer systems operator assigned to the 602nd Air Control Squadron at Wueschheim Air Station, Germany.

That unit deactivated in the spring of 1993, and because I was the most junior Airman in the squadron, I was designated the

guidon bearer for the deactivation ceremony.

As a young comm troop, I was honored to be in front of our squadron of weapons controllers, operators and maintainers.

I was intent on trying my hardest to be the best guidon bearer out there that morning.

With aspirations to attend college, I was also in the middle of the application process for the United States Air Force Academy.

The evening before, I had an interview with my Academy Liaison Officer at Bitburg Air Base, which was about an hour away.

The interview went well, and I was on my way back to my home base. But I got lost on the German back roads with just a small map and no sense of direction in that foreign country.

What I would have given for a navigation app on a smartphone right about then.

I finally found my way, but not until after 4 o’clock the next morning.

I was supposed to wake up a couple hours later to start getting ready for my guidon duties, but I was tired, having stayed up all night trying to find my way back to the dorms.

I made the fateful decision to sleep – just for a little bit.

I slept through my alarm, turned it off or didn’t even set it correctly. I just know I never woke up in time to get ready.

Worse, I had the guidon in my dorm room, so it was not as though someone else could have easily stepped in to take my place.

So, the squadron commander sent his superintendent to get me.

When I answered the door, Thumper saw I wasn’t dressed for formation and took the guidon from my room.

He said to me in a very stern voice, “I will talk to you about this later,” and stormed off to the deactivation ceremony.

The next day, I had to report in to the squadron commander in service dress and with my tail between my legs.

Thumper could see I was a wreck. I beat myself up about my behavior more than he, or the squadron commander, could ever have. And he knew it.

In April that year, I received my appointment to the Air Force Academy.

My unprofessional actions could have easily sealed my fate. But Thumper went to bat for me.

He felt I was a good troop, and must have done some great salesmanship to convince my squadron commander not to pull my application package.

Over the next few weeks, my superintendent picked me up from my despair.

He made sure I didn’t slip into a negative attitude, and he used this unfortunate event as a teaching point for me.

He taught me about responsibility and accountability, and to never take either of those for granted. These lessons have lasted through the rest of my career.

From my experience, there are three takeaways from my story that I’d like to leave behind for others.

First, never forget from where you came, and never ever forget the people that played a factor in where you are today.

My military performance is just a small reason why I am here writing these words. The fine men and women of every squadron, at every base, and at every career milestone of mine were instrumental, in every bit, in my successes (and to fixing my failures). And I’ll never forget that.

Second, most mistakes are recoverable. As military professionals, we should not be averse to making mistakes.

Rather, we should learn from those mistakes so we, and others, should not have to learn the same lessons the hard way.

Today, as the squadron commander of a “young” squadron, I see some of the same negative traits that I demonstrated many years ago. I also see these as a challenge to the supervisors and leaders in the squadron to mentor our “young” force.

We accomplish our wing mission on a daily basis, but at the same time, I encourage everyone to also focus on one of our wing

priorities of developing “highly trained, motivated, and resilient Airmen.”

Sometimes that involves taking the same approach as my superintendent did many years ago.

And lastly, always trust your superintendent. I did back then, and I still do. Of course, it’s a different relationship that I have now with the superintendent. Together, we have collectively “been there, done that.”

We tell stories about our past and how Airmen today make similar (or the same) mistakes we did. Never forget that. We complement each other’s leadership style and make an effective leadership team.

I know I couldn’t do this squadron commander job without our superintendent. And I know I couldn’t be in this seat without Thumper’s mentoring when I messed up.

Thumper retired as a chief master sergeant and the IC5 functional manager at U.S. Air Forces in Europe.

After I took command, I sent him a note thanking him for his leadership, his mentorship and his faith in me more than 20 years ago.

I have never forgotten Thumper. I will be eternally grateful for his mentorship and guidance as my superintendent.

He played a huge factor in where I am right now and the kind of officer I am today.

Thank you, Thumper.

## Coast Guard aircrews from around U.S. assist with Arctic Shield

By PA3 Meredith Manning  
17th Coast Guard District Public Affairs

Spanning more than four million square miles along the Alaskan coastline, Coast Guard Air Station Kodiak serves as a guardian to Alaskan mariners.

With missions ranging from search and rescue to law enforcement, air station crews keep a busy schedule throughout the year.

But as ice in the Arctic recedes, another mission becomes important for the Coast Guard.

As part of Operation Arctic Shield, Air Station Kodiak deployed helicopters and personnel to a forward operating location in Deadhorse.

To support both their primary missions and Arctic mission, the air station requested additional personnel from Coast Guard units across the United States.

Coast Guard aviators from North Carolina, Alabama and California assisted Air Station Kodiak in establishing the FOL.

“When a deployment opens, they need more people and more maintenance,” said Petty Officer 2nd Class Jay Palacio, an avionics electrical technician deployed from Air Station San Diego. “I volunteered because it’s a great opportunity to support the Coast Guard and see the direct impact I can have on a mission.”

Palacio and other deployed members spent approximately a week at Air Station Kodiak before traveling to Deadhorse.



**A Coast Guard aircrew in Deadhorse performs maintenance on an MH-60 Jayhawk helicopter at the Deadhorse Aviation Center. The aircrew was deployed to the Deadhorse forward operating location in support of Arctic Shield 2015. (U.S. Coast Guard photo/Petty Officer 1st Class Shawn Eggert)**

While there, the aviators worked week-long rotations assisting the personnel from Air Station Kodiak in maintaining the aircraft, supplementing crews and representing the Coast Guard in the Arctic.

The crews were responsible for the two Jayhawks and the operations of the FOL, including communications, mission preparedness and area familiarity.

They played a large part in establishing the FOL, which will help the Coast Guard to carry out strategic plans in the Arctic.

“Having members from other air stations in Deadhorse is a huge help,” said Senior Chief Michael Bersin, the site supervisor of the Deadhorse forward operating location. “The support of these crewmembers ensures our ability to

provide the same amount of service throughout Alaska.”

Due to their training, the aviators who volunteered for this operation were able to travel to a new area and perform the duties of the FOL.

Ultimately their dedication and ability embodies the Coast Guard’s motto “Semper Paratus – Always Ready.”

## New regulations on NCOER aim to reduce top-block rating inflation

By C. Todd Lopez  
Army News Service

WASHINGTON — New policy for the noncommissioned officer evaluation report due out in January includes a limit on how many “most qualified” ratings can be handed out by a Soldier’s senior rater.

Under the new system, a senior rater may rate only as many as 24 percent as being most qualified. That limit applies when those being rated are in the rank of staff sergeant through sergeant major.

The expectation will be to make the rating of “highly qualified” as the “new norm,” said Sgt. Maj. Stephen McDermid, the evaluations branch sergeant major for the Adjutant General Directorate, Human Resources Command.

“It’s important to understand the ‘highly qualified’ selection will be the norm and noncommissioned officers [NCOs] will remain competitive for promotion with highly-qualified NCOERs, given they complete their required professional military education,” McDermid said.

The senior rater profile is new on the NCOER, and similar to what

is already being done on officer evaluation reports. Army leaders hope implementation of a senior rater profile will help reduce “rating inflation” within the enlisted evaluation system, which makes it difficult for promotion boards to select the most qualified for promotion.

“It’s hard to use [the NCOER] as a determiner of success and for potential for promotion when everybody is a 1,” said Sgt. Maj. of the Army Daniel A. Dailey. “That should be the number-one thing we are using to decide promotion potential. And unfortunately, because it is so equivalent for everybody, you can’t. You have to go to other things like school reports, awards and decorations and all those other things.”

McDermid said the limit of 24 percent is designed to reflect the promotion percentages common across various military occupational specialties within the enlisted ranks. The intent is to make it easier for promotion boards to identify those Soldiers, who are most qualified to be promoted.

The decision to set the limit to 24 percent was made by the sergeant major of the Army and

his senior enlisted council. The recommendation was passed to both the Army’s chief of staff and Army secretary, who both agreed with the recommendation.

“It’ll give promotion boards the ability to see who actually are the best by using the NCOER as a true discriminator of talent - what it’s supposed to do,” Dailey said.

The NCOER includes a block labeled “Senior Rater Overall Potential.” That block includes check boxes where senior raters are asked to compare an NCO’s “overall potential” to that of other NCOs of the same grade the senior NCO has rated in his or her career. For the NCO being rated, senior raters may select from: “most qualified,” “highly qualified,” “qualified,” or “not qualified.” They may choose only one of those ratings, and may rate up to 24 percent of their Soldiers as “most qualified.”

Another change to the NCOER includes the supplementary review.

Army leaders have asked for a supplementary review on NCOERs when the senior rater is a sergeant first class, first sergeant, master sergeant, warrant officer one, chief warrant officer two, second lieutenant or first lieutenant.

“This supplementary review will be performed by a uniformed Army Soldier, senior to the senior rater within the rated NCO’s organization,” McDermid said. “As designed, the supplementary reviewer will monitor evaluation practices and provide assistance and/or advice to rating officials as needed.”

Counseling will remain critical in reviewing the Soldier’s demonstrated performance and potential while focusing on leader development throughout the rating period. Raters must counsel the rated Soldier initially and quarterly, while the senior rater should counsel the rated NCO twice during the rating period.

“Ideally this will occur within the first 30 days of the rating period and then at the mid-point,” McDermid said. “To account for this, senior raters will have a section on the form to annotate comments from any counseling sessions conducted with the rated NCO.”

The requirement for counseling is also expected to help curb rating inflation, Dailey said, because senior raters, who in the past have neglected to engage in counseling with an NCO for an entire rating

period, have been reluctant to rate that Soldier as anything less than the best.

“That’s why they got 1 blocks in the past,” Dailey said. “[Senior raters] didn’t do their job counseling, so they just gave them a 1 block.”

Dailey said when senior raters hold counseling with the Soldiers they senior rate, they are more comfortable providing an honest rating at the end of the year.

“If I tell you all throughout the year in counseling you are not doing a good job, I have no problem at the end of the year telling you you are not doing a good job,” Dailey said. “But if I haven’t done my job in telling you what you have done wrong ... then we tend to shy away from that when it is performance evaluation time.”

The new NCOER was at one point expected to hit the streets at beginning of the new fiscal year, Oct. 1. But Dailey asked the Army’s chief of staff and Army secretary to move the date to Jan. 1. The additional time will allow for a fine-tuning of the process and procedures to ensure Soldiers have a fair chance at promotions while also preventing rating inflation.

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# THE NEVERENDING STORY

## Summer is just a time to get ready for winter

By Airman 1st Class Kyle Johnson  
JBER Public Affairs

Every summer, Airmen of the 673d Logistics Readiness Squadron rebuild weary snow plows.

Winter typically falls hard on Joint Base Elmendorf-Richardson; without proper snow removal equipment, the installation would look like an unattended snow globe.

“It differs from year to year; this year was a very light snow-fall, so we didn’t have to a lot of maintenance,” said Staff Sgt. Justin Olson, vehicle-maintenance supervisor at the squadron. “A few years ago, we had a record snowfall and we had to move a lot of snow; our trucks could barely keep up with the amount we had to push off the runways.”

When snowfalls like that happen, it is critical all of the equipment is fully operational. Without it, planes would be grounded and vehicles mired to a standstill.

Due to JBER’s remote location and the unique parts the vehicles use, it could be weeks for parts to come in.

By rebuilding in the summer, they reduce the risk of losing operational machines in the winter.

For the Airmen of the 673d LRS, Hangar D-29 on JBER has two seasons: winter, and preparing for winter.

“Our trucks get really beat up in the winter time, so during the summer while there’s no snow on the runways, we go through an inspection process where we bring every vehicle in and go through the entire vehicle,” Olson said. “We go through the typical wear-and-



tear parts, change the oils, replace the seals and get them ready for the wintertime.”

When the snow melts, the plows start arriving at D-29 for inspection, the first step in the summer rebuild program.

“In April or May, they start turning in equipment,” said Senior Airman Nicholas Coffee, a 673d LRS vehicle and equipment maintenance journeyman. “I go through it with our checklist. There’s a series of things we look at which we know are [consistent problems]. I write [the issues] down, make a work order, and ship it to the floor supervisor at the shop.”

At this point the floor supervisor processes the vehicle through his own checklist – which essentially breaks the machine down, assesses potential issues, and rebuilds it.

“After that’s done, I take the two checklists and run through them to make sure it was done properly for quality assurance,”

Coffee said.

“It can typically take a week to three weeks depending on what goes wrong with the truck,” Olson said. “Typically the summer rebuild program goes from four to five months.”

The condition the trucks arrive in varies as much as the issues with the vehicles, but the mission is the same regardless what is wrong with the equipment – they need to be fully operational before snow flies to ensure as little downtime as possible for JBER’s daily operations.

“If we didn’t have snow-removal equipment, this base would not operate in the winter,” Coffee said. “There would be feet of snow [out] there.”

The only base that typically receives more snow than JBER is Misawa Air Base, Japan.

Consequently, JBER gets the highest-quality snow removal equipment, said Staff Sgt. Bruce Green, concrete and pavement equipment operator with the 773d

Civil Engineer Squadron.

There are several types of vehicles used to remove snow on JBER. Rollover snowplows are the ones that shave the snow off the roads every year.

They have a 12-foot cone of high-density plastic lined with steel blades on the front.

Just one rollover plow costs \$500,000 – roughly double the price of an exotic supercar.

Green said the Dirtboyz in the 773d CES operate 252 pieces of equipment currently valued at \$54.7 million.

Green said his element can move up to 140 inches of snow in the winter.

They shave the snow off the roads, then carry it out to snow dumps in trucks, where bulldozers pack it down and spread it out, ready for another layer.

This is the operation Airmen at D-29 are charged with maintaining.

“We have a certain amount of vehicles we have to keep on



**LEFT: Senior Airman Brandon Lightner, a native of Wylie, Texas, assigned to the 673d Logistics Readiness Squadron, performs annual rebuilding maintainance procedures on snow plows and snow removal vehicles Wednesday. The equipment is used to clear the runways and roads on Joint Base Elmendorf-Richardson all winter. (U.S. Air Force photos/Justin Connaher)**

the road at all times. Let’s say we have 10 rollover snowplows; if five of those go down, we have to order parts for them,” Olson said. “It could be months before the company can redesign the parts for us and now we’ve got five trucks broken down; we can’t move snow properly and it completely delays the mission for planes to fly.”

Technicians like Olson and Coffee must be proficient in maintaining essential equipment at every base they go to and each base has it’s own unique environmental difficulties which requires different kinds of equipment.

“Here we are strictly snow [equipment] maintenance, but we also have flightline maintenance, firetruck maintenance and refueling maintenance,” Olson said.

“The most rewarding part of our job is we get praise for what we do here. It’s exciting work to do here,” Olson said. “We get our hands dirty, it’s hard work and it pays off; we all love it.”



From TALISMAN SABRE • A1

Force Base, Florida, and provided long-distance, joint expeditionary communications support, he continued.

“It was pretty amazing sitting in the joint mission brief,” Hardman said. In the brief were the C-17 crews from Joint Base Charleston, South Carolina; JBLM; JBER and RAAF.

Also included were tanker crews from Travis Air Force Base, California and Hickam Air Force Base, Hawaii.

It was incredible “to see all those pieces tie together,” he said. “You learn something each time you do that. I know I did.”

**Airborne’s value**

The last massive U.S. airborne combat drop was during World War II.

However, the capability is still used and remains a valuable tool for the combatant commander or allies, Hardman said, citing the French, who parachuted into Mali during operations in 2013.

The Army conducted airborne missions in Grenada, Panama, and the initial invasion of Iraq in 2003. Soldiers also conducted



Paratroopers of the 4th Brigade Combat Team, 25th Infantry Division parachute onto the Kapyong Air Field, Australia, in support of Talisman Sabre 15 July 8. (U.S. Army photo/Sgt. David N. Beckstrom)

some small airborne operations in Afghanistan.

When the large earthquake hit Haiti in 2010, “we came close to jumping in, because of the difficulty of opening the airfield there to get in relief supplies,” Hardman said.

“The ability of our brigade to put 3,000 paratroopers somewhere to help if there’s a disaster or conflict is a unique capability,” Hardman said. “We think full-spectrum all the time. We’re always prepared to go under canopy by parachute, but the real fight is when we get on the ground and what we bring to the fight.”

He said during each of his deployments, he’s interacted in some way with members of the Australian military.

“They’re a very professional organization,” he said. “They punch well above their weight.”

In the late evening of July 8, an RAAF MHR-90 helicopter rumbled to life on the Shoalwater training area. Paratroopers were asleep nearby.

A reporter from Alaska embedded with the unit asked Hardman what it was doing so late at night, and expressed concern for Soldiers losing sleep.

He said the helicopter was departing with staff officers from 4/25 as well as an Australian task force who came to plan the next operation.

The Soldiers get used to the noise, he said, adding that “freedom is never quiet and never stops.”

# Denali paratroopers hand off Kosovo mission to Guard unit

By Sgt. Gina Russell  
Multinational Battle Group-East

CAMP MARECHAL DE LATRE DE TASSIGNY, Kosovo — First Combined Arms Battalion, 252nd Armor Regiment Alpha Company, a North Carolina National Guard unit out of Fayetteville, assumed responsibility for the Multinational Battle Group-East Forward Command Post during a July 4 transition of authority ceremony at Camp Marechal de Latre De Tassigny in Kosovo.

The MNBG-E Forward Command Post is made up of multinational elements that serve as part of the NATO peace support operation known as Kosovo Force. The ceremony marked the U.S. Army’s 20th rotation of Soldiers to support KFOR since the late 1990s.

“We will be the 20th rotation for the Kosovo Force peacekeeping mission,” said Lt. Col. William J. Gray, the incoming FCP commander. “The Soldiers have trained alongside several multinational military and police forces in Germany to prepare for this mission here in Kosovo.”

“Our main mission is to provide a safe and secure environment and keep freedom of movement throughout Kosovo,” he said.

On behalf of the outgoing FCP, Lt. Col. Mark D. Federovich said

the best part of the deployment was working with their multinational partners. Federovich commands 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, an airborne unit out of Joint Base Elmendorf-Richardson.

“It was a new deployment with a new experience of training that our Soldiers don’t normally encounter. It’s been particularly good to work with the multinationals here and see how to deal with the differences in culture and language,” he said. “CMLT has been good to us.”

The incoming battalion headquarters, 1-252 Armor Regiment, along with its Alpha Company which now serves within the FCP, conducted several weeks of training at Fort Bliss, Texas, and the Joint Multinational Readiness Center in Hohenfels, Germany. During these training rotations, the Army National Guard Soldiers refined their tactical skills, studied the history and culture of Kosovo, and rehearsed their techniques and responsibilities in the event that a violent demonstration could threaten safety and security in Kosovo.

“We’ve been focusing on KFOR tasks such as crowd and riot control,” said Command Sgt. Maj. Charles S. Sanders, the 1-252



Lt. Col Mark D. Federovich (foreground), commander of the 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, and outgoing commander of the Multinational Battle Group-East Forward Command Post, stands with guests and visitors during a transition of authority ceremony July 4 at Camp Marechal de Latre de Tassigny, Kosovo. (U.S. Army photo/Sgt. Gina Russell)

Armor Regiment’s senior noncommissioned officer.

There are also a lot of political factors that play a role here in this mission too, Sanders said, emphasizing the importance of peaceful communication and multinational teamwork throughout his Soldiers’ deployment, which is expected to last approximately nine months.

The 1-252 Armor Regiment headquarters and its Archangels from Alpha Company will be joined by several multinational partners. MNBG-E includes troops from Armenia, Hungary, Romania and Hungary. They will work, train, and live alongside one another to fulfill NATO commitments and support authorities in maintaining a secure Kosovo.



Road closures

Finletter Avenue will be closed from 5th Street to 9th Street through July 17.

Fighter Drive is closed between Johnson Avenue and 18th Street.

West Sijan Avenue will be closed through July for water line maintenance.

For information about any of the closures, call 982-4433.

Pharmacy renovations

The JBER hospital pharmacy in the main building is undergoing renovations through November.

There will be three functioning windows and a slight reduction in waiting area; wait times will increase slightly, especially during lunchtime and other peak hours.

When renovations are complete, there will be six windows, 100 percent more waiting area, and an expanded inpatient pharmacy.

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; recieving available restitution; and receiving information about the conviction, sentencing, imprisonment, and release of the offender.

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

For more information, call 353-6507.

Rental Partnership Program

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

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

The other option, RPP Below Market, saves the member four to five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

Both options are available with no deposits or fees with the exclusion of pet fees as may apply. An allotment must be executed through a Housing Management Office under either option of the RPP for the rental payments.

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

**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.

The 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.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 is eligible for a maximum of two years from the date of the PCS orders and is in the program for one year. Spouses who have never filled a federal position can now register for PPP.

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.

**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).

**Utilities upgrades**

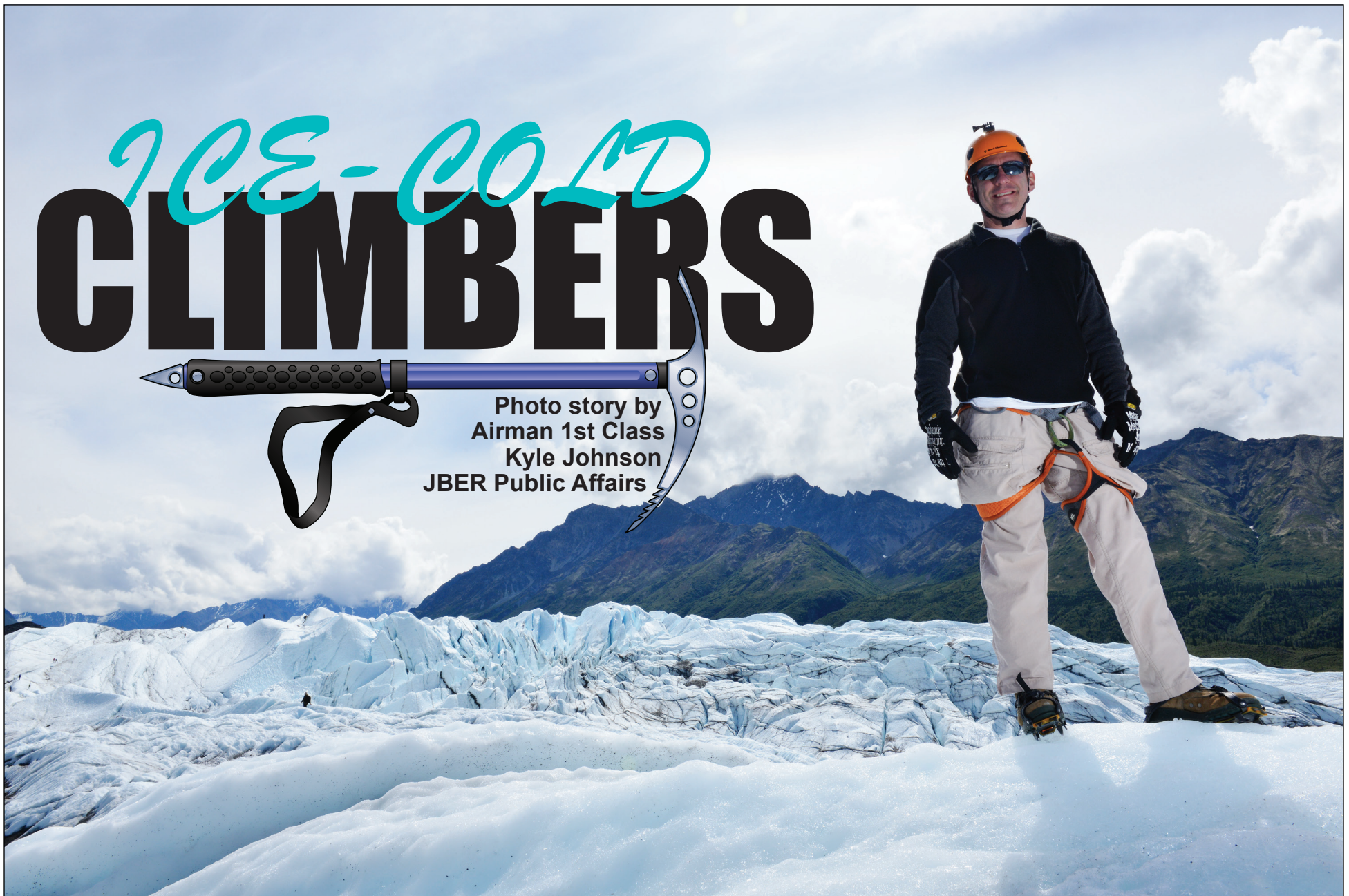
As part of Doyon Utilities’ continuing effort to improve the utility infrastructure, the organization is engaged in a multi-year project to upgrade the JBER-Richardson electrical system to improve efficiency, reduce interruptions, and improve personnel safety.

Doyon regrets any inconvenience, and is working to avoid unnecessary interruptions. Work is expected to continue through 2016.

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 occurs, crews will act quickly to restore service.





An Outdoor Adventure Program participant stands at the top of an iceberg he climbed June 27. After climbing the iceberg, he and other participants explored the rest of the Matanuska Glacier as part of a glacier hike and ice climb offered by the Joint Base Elmendorf-Richardson Outdoor Recreation Center.



LEFT: An outdoor adventure instructor and tour guide tosses a belay rope down to waiting participants June 27 after securing the ice anchors at the top of an iceberg on the Matanuska Glacier. RIGHT: An Outdoor Adventure Program participant climbs an iceberg. BELOW: Participants in the JBER Recreation Center's Outdoor Adventure Program set out toward the Matanuska Glacier June 27. For more information, call OAP at 552-4499.



## Skin care is important part of summer safety

By Air Force Staff Sgt. Sheila deVera  
JBER Public Affairs

Summer is upon us and that means many service members and families are planning outdoor activities such as hiking, boating, fishing or catching some sun. Though these activities are exciting, it is also important to protect yourself against ultraviolet radiation.

"With many days so far in the upper 60s, [and] some well exceeding 70s, we are definitely having a warmer-than-usual summer," said Air Force Staff Sgt. Timothy Wallace, 3rd Operations Support Squadron weather forecaster. "So far this summer, we have hit 82 degrees two days in a row, so we should see a few more hot days in the next few weeks."

The temperature changes drastically throughout the year as the amount of daylight fluctuates – especially in some areas where 24 consecutive hours of daylight is present.

Although July is the hottest month in Alaska, it's important to remember that sunburns occur due to UV rays, independent of heat, Wallace added.

"The hottest time of the day is going to be after the sun has reached its peak, but before it begins to set, which could block some of its rays," Wallace said. "Even with cloudy skies, it is very possible to get burned. The longer days increase the amount of UV exposure, so even if it cools off for a week, applying sunscreen or wearing sun protec-



The 673d Medical Operations Squadron Dermatology clinic provides tips to prevent the onset of skin cancer like generously applying sunscreen that is SPF 30 or higher, wearing protective clothing, seeking shade when the sun's rays are the strongest between 10 a.m. and 4 p.m.; and monitoring any changes in your body. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

tion is critical." According to the American Cancer Society, more than 1 million Americans are diagnosed each year with skin cancer, the most common form of cancer. In 2015, an estimated 73,870 of these will be invasive melanomas, with about 42,670 in males and 31,200 in women.

Skin cancer affects people of all colors and races, although those with light skin which sunburns easily have a higher risk. It is estimated that one in five Americans will

develop skin cancer in their life. But when caught early, skin cancer is highly treatable.

Moles are usually harmless, but not always, so it is important to know your skin very well and recognize any changes on your body.

If the moles are asymmetrical – one spot does not match the other; if they are uneven, scalloped or notched, or have borders, irregular patterns of colors, a size larger than a pencil eraser, or evolve over time in size, shape, color, or elevation, these can be early

signs of melanoma.

"If they notice a mole that stands out or looks different, especially if it's changing over time, then it should be looked at," said Air Force Lt. Col. Michael Michener, 673d Medical Operations Squadron chief of dermatology.

Skin cancer often develops on areas of the skin exposed to the sun's rays.

"If you are going to be outdoors for a long period of time, you will have significant sun exposure," said Michener.

Sunscreen is not recommended for children less than six months old, so try to avoid having them in direct sunlight as much as possible. The hours between 10 a.m. and 4 p.m. have the highest concentration of UV rays, so protect your skin from the sun as possible, hats that shade your face, ears and neck especially during that time, as well as long sleeves and pants to help protect against insects and changing weather.

Ideally, look for sunscreen that is SPF 30 or higher, with broad spectrum and water resistance. Apply generous amounts to exposed areas and reapply every two to three hours. Sunscreen with broad spectrum can help protect you from UV-A and UV-B light which can cause skin cancer.

If you think you may have a suspicious 'mole,' make an appointment with your provider or by calling the medical appointment line at 580-2778.

For information on skin cancer, visit [www.cancer.org](http://www.cancer.org)



# Consider a fast to focus on spiritual needs

By Air Force Chaplain (Capt.)  
Brian Musselman  
673d Air Base Wing

“The dog ate my paper!”

Ever hear those words coming from someone’s mouth? Have you ever used it as an excuse ... uh, I mean, has it happened to you? It happened to me during my last year of seminary ... all joking aside.

I had finished my paper on fasting and it was 16 pages long. Printing out a hard copy, my goal was to scan it and look it over for errors and punctuation mistakes – the normal things a student does.

I had plenty of time and was confident that I had produced a good assignment. In my haste, leaving the house to run some errands and go out to dinner, I left this sixteen-page paper on the living room table.

At the time, my wife and I were staying at her parents’ house along with their two friendly, loyal yet puppyish, adult-sized golden retrievers. One was dominant, reserved and king, while the other one was a rambunctious queen who loved to chew all things in her path.

We left and the queen went to work. She ate my paper. Yes, that’s right. My paper was about one thing: fasting. (Please humor me a little.)



Needless to say, Gracie – the queen – could have practiced some restraint and self-control, although I didn’t see this principle until after I stopped laughing at the irony.

So, why would I be writing to you about fasting? Before I answer that question, let me have you chew on something first.

I am reading through Richard Foster’s “Celebration of Discipline.” Sound like a militant title? It may seem it, but it is quite

the opposite.

It is a book written from a Christian perspective for a Christian audience in order to encourage healthy spiritual practices, although this shouldn’t prevent anyone from reading it.

For example, Foster encourages fasting and gives reasons for this from a biblical perspective.

The book moves me to think about

the ways in which we celebrate discipline throughout our careers. Basic Military Training, enacts rigor, training, and discipline to produce growing leaders for our nation’s military.

Once graduation happens, there is a celebration. Consider what college students go through as they work through two to four (or more) years of academic training, then graduation commences, and then there is a celebration.

The discipline of working hard to earn an associate’s, a certification, an apprenticeship, bachelor’s or other culminates in celebration. One celebrates discipline.

But, what does a culture like that one look like? In one of many ways, we are doing this as a military culture. Physical training is a part of who we are – it is part of our identity.

I have a good friend who has celebrated discipline as an NFL player after winning two Superbowl championships. Very few of us will experience this.

But Foster isn’t talking about the discipline to become an NFL player, or to always get an ‘excellent’ on our physical fitness test.

One day, I will not be a part of the military (I hope it is a long way off from now), so I can’t pursue PT ‘just’ because I’m required to do so; I want to do it because it’s good for me and I enjoy it.

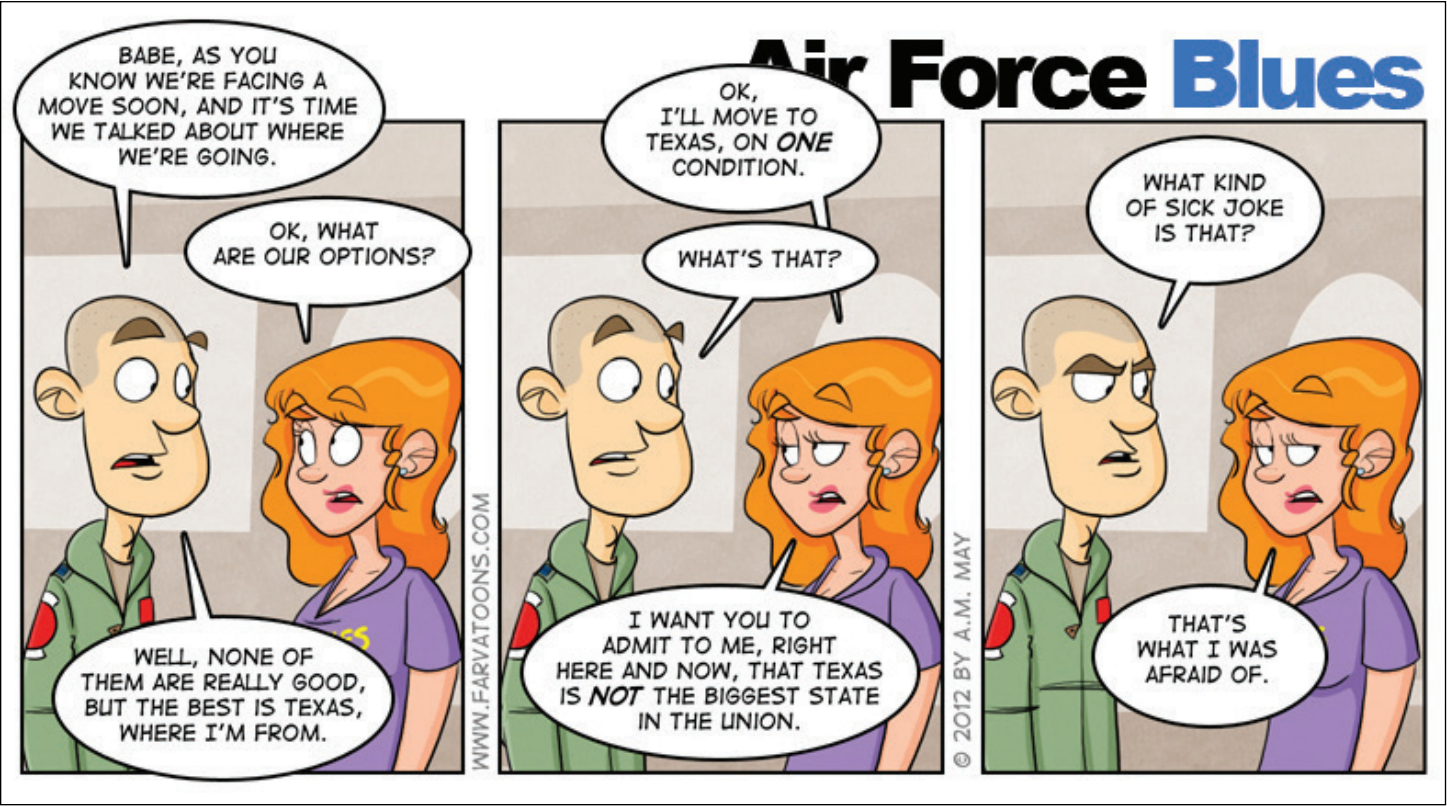
Foster describes fasting as that which “refers to abstaining from food for spiritual purposes.” I have practiced this spiritual exercise many times and, as a Christian, I have had to check my motives for why I’m doing it.

Some may fast to lose weight, while others may practice it in protest of an event. My desire is to align my thinking with what is written by Foster – who said abstaining from food forces us to draw strength on the sustaining power of God, replacing this physical need (for a period of time with a beginning and an ending) with a spiritual need.

The great thing about this spiritual exercise is that it doesn’t always have to be abstaining from food or drink.

What about a technology fast? How about a television fast? Maybe we could motivate ourselves to do a media fast? (A friend of a friend once joked that she did a fast from stairs.)

So, my final thought is actually a question: If you were to do a fast (i.e., to abstain from something in order for a greater good, or in my case, fasting to stretch my allegiance to, and faith in my relationship with, God), what would you fast from for a period of time? Why not do it now?





# Community Happenings

July 10, 2015

ARCTIC WARRIOR

B-3

## SATURDAY

### Bear Paw Grand Parade

The greatest parade in Eagle River starts 11 a.m. and follows the Old Glenn Highway, Business Boulevard and Centerfield Drive in downtown Eagle River.

For information on this and other Bear Paw Festival events throughout the weekend, visit [www.bearpawfestival.org](http://www.bearpawfestival.org).

## MONDAY

### Irish folk dancing

Come give Irish folk dancing a try from 6:30 to 8 p.m. at the Lousac Library in Anchorage.

The dances are like a European version of square and contra dancing. No partner or experience needed.

All ages welcome, but please contact the instructor before bringing small children.

For more information, call the library at 343-2893.

## JULY 17

### Kayak roll class

Learn how to safely operate a kayak and recover from a rollover.

Sign up at JBER-Elmendorf Outdoor Recreation Center.

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

## JULY 19

### Women's half marathon

The Her Tern Women's Half Marathon begins 9 a.m. at the Delaney Park Strip.

For registration information, call 274-7222.

## JULY 22 AND 23

### Transition summit

Join the U.S. Chamber of Commerce Foundation's "Hiring Our Heroes" hiring fair and transition summit. The summit, which starts at 10 a.m. at the Denalena Center in Anchorage, will feature workshops, panel discussions, and a hiring fair — all focused on improving competitive employment for service members, veterans, and their spouses.

For information or registration, visit: [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or call (202) 463-5807.

## JULY 23

### Paddle board class

Looking for some new outdoor skills? Learn the ins and outs of stand-up paddle boarding in Alaska with this training course offered by the Outdoor Adventure Program at Otter Lake from 5 to 7 p.m.

For information or to register, call 552-4599 or 2023.

## JULY 25

### Hatcher Pass ATV trip

Take a day trip and head to Hatcher Pass 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.

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

## JULY 25 AND 26

### Historical Tent City

Celebrate the 100th anniversary of Anchorage at the Delaney Park strip 10 a.m. to 5 p.m. July 25 and 11 a.m. to 5 p.m. July 26.

The two-day festival will host a reenactment of the original land auction, rides, activities, food, games and amazing sights. Enjoy live music and an abundance of Anchorage history.

For more information visit <https://anchoragefairsandfestivals.org>.

### Portage Lake kayak trip

Paddle along the northern shore of Portage Lake 8 a.m. to 4 p.m.

Sign up at JBER-Elmendorf Outdoor Recreation Center.

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

## AUG 1

### Jim Creek ATV trip

Take a day trip and 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.

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

## AUG 6

### Outdoor rock climbing

Scale rocks along the Seward Highway 5 to 9 p.m.

Sign up at JBER-Elmendorf Outdoor Recreation Center.

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

## AUG 8

### Glacier ice climb trip

Traverse Matanuska Glacier from 8 a.m. to 5 p.m.

Sign up at JBER-Elmendorf Outdoor Recreation Center.

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

## ONGOING

### Golf clinic

New to the game of golf or

want to brush up on your skills?

The Moose Run Golf Course offers golf clinics for adult beginners through advanced players every Monday, Wednesday and Friday.

For information, call 428-0056.

### Single Airman Program

Single service members, are you interested in getting out and enjoying all that Alaska has to offer? Take a trip with the JBER Single Airman Program.

There are a plethora of outings offered at deeply discounted prices such as guided halibut and river fishing charters, mountain biking, white-water rafting, and rock climbing.

For more information, call 552-8529 or stop by the Arctic Oasis.

### Family golf

Every Tuesday after 3 p.m. is Family Golf at the Moose Run Golf Course.

Get a free bucket of balls, hot dog, chips and fountain drink with each purchase of a 9-hole round.

For information, call 428-0056.

### FSS summer jobs

Looking to earn some extra cash to fuel your summer adventures? The JBER Force Support Squadron has multiple job openings to get you started.

Visit [nafjobs.org](http://nafjobs.org) for more information.

### Family golf clinic

Learn another way to enjoy Alaska's midnight sun. Bring your family out to Moose Run Golf Course every Tuesday 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.

### Keystone meeting for teens

Keystone Club is a leadership development experience providing community service opportunities for young people ages 14 to 18.

Meetings take place every Wednesday at 5 p.m. at the Two Rivers Youth Center.

For information, call 384-1508.

### Hour of prayer power

The 176th Wing Chaplain's Office invites all to participate in 40 days of spiritual resiliency coupled with fitness at the JBER-Elmendorf Fitness Center outdoor track.

During this "Hour of Prayer Power" the 176th Wing chaplain will commit to praying for units and meeting with unit members

from 6 to 7 a.m. on the following days: July 13 through 16, 20 through 24 and 27 through 31 and Aug 3 through 6 and 10 through 14.

For information, call 551-0268.

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

For information, call 753-7467.

### Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesday and 1 p.m. Saturday in the basement of Matanuska Hall, Room 35.

Anyone interested in model railroading is invited.

For information, call 552-4353, or visit [trainweb.org/msmrre](http://trainweb.org/msmrre).

### Eat and play weekdays

What goes great with lunch? A free game of bowling.

Present your receipt at the front counter totaling more than \$5 from Ten Pins or Topios (located inside the Polar Bowl) between 11 a.m. and 1 p.m., Mon., Thurs., or Fri. and receive one free game.

For information, call 753-7467.

### Storytime for Toddlers

Pre-school-aged children can join zoo staff for stories about an animal, followed by meeting animals featured in the story, starting at 10:30 a.m. Mondays at the coffee shop.

For information, email [camp@alaskazoo.org](mailto:camp@alaskazoo.org).

### Help for homebuyers

JBER Volunteer Realtors and Mortgage Lenders present an hour-long home buying seminar every Wednesday alternating between the JBER-Elmendorf or JBER-Richardson Housing Management Offices from 1 to 2 p.m.

These seminars are intended to support service members interested

## 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

#### July 10

5 p.m. — Joint Religious Operations Center

Call 384-0456 or 552-5762

### Religious Education

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

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

**OTTER FEST 2015**

**CAMPING SUMO SUITS SPEEDBALL INFLATABLE JOUSTING FOOD & DRINKS PADDLE BOAT RACES KIDS COLORING BOUNCY HOUSES**

**JULY 11**  
**NOON - 7 P.M.**  
*Everything is FREE!*  
Otter Lake • 384.6245

**Eco Challenge Biathlon**

**4.4 Mile Trail Run & 9 Mile Bike Race**

**Begins at Hillberg Parking Lot**

**July 17 12 p.m.**

**Sign-up for FREE at Elmendorf Fitness Center Bldg. 9510 • 552.5353**

**FREE t-shirt to 1st 30 participants to sign-up!**

**PRIZES for fastest combined time for 1st & 2nd male/female finishers!**

Must be at least 16 years-old to participate.

**Jim Creek ATV Trip Special**  
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# Soldiers finish strong in grueling Seward race

By David Vergun  
Defense Media Activity

SEWARD — The Army Special Operations Recruiting Battalion Team finished strong in the 378-mile Expedition Alaska Adventure Race, Sunday.

The team crossed the finish in fourth place out of 20 teams in Seward, after seven days of ocean and flatwater kayaking, pack-rafting raging rivers, mountain biking and traversing multiple glaciers and high-mountain snowfields of the Kenai Peninsula — using just map and compass to guide them.

Completing the race were Maj. J.D. Eskelson, training officer, 76th Operational Response Command, Salt Lake City; Capt. Amanda Rankin, group assistant intelligence officer, 7th Special Forces Group (A), Eglin Air Force Base, Florida; Sgt. 1st Class Josh Cowin, small-group leader for the Civil Affairs Senior Leader Course, Fort Bragg, North Carolina; 1st Sgt. Ron Flick, first sergeant for the Special Forces Senior Leader Course at the U.S. Army John F. Kennedy Special Warfare Center and School, Fort Bragg.

“The most important goal of Expedition Alaska isn’t just winning. It’s finishing together as a team,” said Flick, the team organizer. The goal is to “go into it as teammates and come out of it still as friends. That’s what we have definitely done here.”

“So that’s a big win regardless of what the podium looks tomorrow afternoon,” said the self-described “avid adventure racer” July 4, a day before the race ended.

Another important goal, he said, was to “show Expedition Alaska that Soldiers are mentally and physically tough and can endure it.”

Although it’s summer, the team experienced brutal cold and gale-force winds crossing glaciers and mountain ridgelines, Flick said. They had to press on in these conditions at night in total darkness to try and stay ahead of the other teams.

At times, Rankin said she felt she might die, particularly when climbing the glaciers and falling. “Josh has caught me. I’ve caught Josh. J.D. has grabbed onto me multiple times,” she said, describing how she and her teammates relied on each other not just to finish the race but to keep each other alive.

“Josh fell into a crevasse,” Flick said. “JD and Amanda stopped him from falling to his death with their rope.”

That was in the middle of the night, after



**The Army Special Operations Recruiting Battalion Team gets fourth-place medals at the Seward Military Resort Pavilion Sunday. The Army-run resort also hosted a lunch for competitors from all teams. (Courtesy photo)**

20 hours of traversing the treacherous terrain of the Eklutna Glacier with no sleep.

“We still kept our wits about us, and that wasn’t the most harrowing moment either,” he added, not discussing the worst.

It’s the same way in Iraq and Afghanistan, Flick said. When you’re out in remote areas, there’s no one there to help you out except your teammates. You have to have a really strong bond to do that.

When one person is suffering, it’s the other teammate’s job to “build that person up and get them to the finish,” Flick said.

Everyone has their own particular struggles and challenges, he continued. Some fear heights, others raging rivers, some may be weak on the biking portion. Then “you have physical highs and lows and you have mental highs and lows in this kind of race. You overcome all those through teamwork.”

Rankin said she realized she had a fear of heights when looking down a 60-degree slope she was free climbing without ropes

and not seeing the bottom. She also admitted to never having traversed a glacier and never scrambling across category five mountain ridgelines. Glaciers traversed were the Eagle, Milk and Eklutna.

“At times we were free-climbing and gripping rocks only with our fingertips,” she said. “There was no room for failure and that was stressful. You had to be willing to unconditionally trust your teammates to keep you safe.”

The Army team came to the race at a distinct disadvantage. Flick said that they only put together the final team roster a month before the race and a lot of their equipment was mailed to them just days prior.

“It’s rare for a rookie team to finish an expedition adventure race in this extreme environment because the odds of that happening are not very high and stacked against them right from the start,” Eskelson said. “However, to officially finish in fourth place is unheard of.”

Eskelson has been adventure racing for more than 13 years and said he is really proud of his new teammates and their “ability to persevere through all the highs and lows ... all the way to the finish line.”

He noted that expedition-length racing is considered any race taking longer than five days.

Flick summed up the personal challenge: “You learn a lot about yourself out there. When you hit your low points, you do a lot of self-reflecting.”

The pride of the team’s accomplishments in this race is the same type of pride they feel as being part of the Army team.

The team was proud to announce that at least one Soldier assigned to Joint Base Elmendorf-Richardson, who also participated in the race on a different team, spoke with them about their experiences in special operations and said he is now committed to attending Special Forces Assessment and Selection.



# Reduce financial stress in your relationships

Military OneSource news release

Imagine you won \$50. How would you spend your prize? Now imagine that there’s a catch with this prize: before you can claim it, you must agree with your spouse on how to spend the money. Deciding how to spend the \$50 may seem a little more complicated if you and your spouse have differing ideas on how to spend it.

**Understanding financial stress**

On a much grander scale, you may find that your relationship, either with your spouse or with your children, feels a strain during a time of financial stress. Children can often sense a parent’s stress, which can cause a child to worry or misinterpret the stress as anger. It can also be frustrating for parents and children alike when parents want to save money, and children want to spend it – as children often can’t understand why saving for something currently intangible, like retirement or an upcoming move, is so important. It can be difficult for children to understand the concept of saving for the future or for large purchases. Often, any money they earn burns a hole in their pocket.

Child-parent relationships aren’t the only ones that can feel strain in the midst of financial stress. Tension between spouses may be even more common since both have a say in how and when to spend money. This shared role in family finances can be complicated since many times a couple is comprised of a spender and a saver. You may want to save as much of the income as possible while your



Courtesy graphic

spouse is itching to spend.

**Communicate with your spouse**

Complications can also arise if both you and your spouse are both spenders by nature without the drive to save. In relationships with two spenders, you may frequently find yourself in financial stress because your money runs out before the next payday and you’re forced to turn to credit, which can create a debt cycle that is hard to escape from.

Spouses often prioritize expenses and wants differently, and both of you will need to make sacrifices on occasion to eventually reach a compromise. One way to improve your financial situation, and ease any tension it may cause in your relationship, is to create a spending plan.

Sit down with your spouse and create the plan together so both of you can see exactly how much money you start with and where the majority of your money goes. You

may find areas to cut back and increase the amount of money you can put away each month.

**Get your children involved**

Involving children in the family spending plan can help them learn about financial limitations and better appreciate the financial decisions you must make for the family. You might ask your child to share his or her priorities. Perhaps he or she would be willing to cut back on entertainment to allow for a larger clothing budget.

If your child has an allowance or other income, consider helping your child create a simple spending plan to help him save for a special purchase.

Having a spending plan of his own can help your child relate to decisions about the family’s spending plan.

Keep an open line of communication about money in your family. Be sure to hear everyone’s concerns and opinions, and use your family’s spending plan to determine what can be done to meet the needs – and occasional wants – of each family member.

**Reach out for help**

There are many resources you can reach out to for financial advice. Contact your local Military and Family Support Center for advice. You can also learn about managing your finances on Military OneSource. Reach out to Military OneSource for no-cost financial counseling. Less financial stress leads to happier and healthier families, so don’t hesitate to ask for help.

# Pointers for connecting with others after move, deployment

Military OneSource new release

It’s easy to become socially isolated after a move to a new installation or when your spouse or partner is deployed. But staying socially connected is an important part of your good health and well-being.

Here are some suggestions for connecting with others:

- Get out. It’s often easier to stay home and watch TV or get on the computer when you feel isolated, but if you want to connect with others, you have to put yourself into situations where that’s likely to happen. Something as simple as taking a walk or going to the grocery store can broaden your

opportunities for positive contact with others.

- Be approachable. It takes courage to approach someone new, so make sure you are making it easy for others. Simply smiling can go a long way toward making new friends.
- Maintain a positive attitude. Even if you are less than thrilled about your new location or a recent deployment, try to keep a positive attitude. Sitting inside and complaining won’t solve anything. Getting involved can erase some of those negative feelings and provide you with the support you need to feel good again.
- Take a second look. If you already work out at the gym or

attend religious services, take a second look for social opportunities you may have missed. Often times there are others who would love to make a new friend, but perhaps they aren’t sure how to approach you.

- Reach out to other kids’ parents. If you have children, they have done some of the work for you. Take the time to reach out to their friends’ parents. Shared play dates can make for great adult time. Take your kids for a walk or to the park for a picnic; there’s a good chance you’ll run into other parents who would welcome a good conversation.
- Take up something new. For almost every hobby or interest,

there is a club or organization full of people with similar interests. It’s easy to say you don’t have time, but finding a social outlet can help relieve stress and build happiness.

- Volunteer. There are many military programs that can use volunteer help, and this is a great way to meet other military families. When you feel good about what you’re doing, it often translates into other aspects of your life.
- Go online. A quick search on the Internet can turn up a local group or an organization that you may be interested in joining. You may be able to find a running group or a book club that meets in your local area.

- Take advantage of available programs and services. This might mean reaching out to military support groups such as family readiness groups or getting involved in the civilian community through a church group or another social outlet of your choice.
  - Use your installation resources. Morale, Welfare and Recreation and Force Support Squadron programs provide an abundance of recreational opportunities including sports programs, fitness centers, performing arts programs, libraries, single service member programs, tours of local attractions and much more.
- The more connected you are to others, the better you’ll feel.





Neil Viens (right), Alaska Mission Operations Center soccer team, collides with 3rd Munitions Squadron goalkeeper Nick Peapea, during a June 30 soccer match at Buckner Field. Athletes of 3rd MUNS defeated AMOC 4-2. (U.S. Air Force photos/David Bedard)



ABOVE: Kyle Brown (right), AMOC, puts pressure on Clayton Flores, 3rd MUNS.  
LEFT: Nathaniel Hawkins, team captain of the AMOC, talks to his team.