



JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

ARCTIC WARRIOR

July 24, 2015

www.jber.af.mil

Volume 6, No. 29

Alaska Guardsmen train at Talisman Sabre 15

AKNG Public Affairs
Courtesy story

ROCKHAMPTON, Australia — More than 20 Alaska National Guardsmen are supporting theater gateway operations for Exercise Talisman Sabre 15 in Australia through July 31.

Members of the 49th Theater Gateway, Alaska Army National Guard, are serving in Combined Joint Reception Cells at theater gateways in the Brisbane, Darwin, Rockhampton and Sydney areas.

Individuals from other Alaska Army National Guard units, as well as other active and reserve components, are augmenting the 49th Theater Gateway for the mission.

Theater gateways are the entry and exit points where all personnel must pass through before moving on to their respective areas of operation.

Lt. Col. Don Mercer, director of the 49th Theater Gateway, said the CJRC teams processed and accounted for more than 18,000 inbound U.S. personnel as of July 14.

These exercise participants arrived in small and large groups on regular commercial flights, military air flights, and contracted commercial charter flights.

“Our Alaska National Guard members track personnel and coordinate the transition of personnel from arrival in Australia, to their duty location for the exercise,” Mercer said. “This real-world training provides a tremendous opportunity to enhance our skills and ensure we’re prepared for our federal and state mission.”

While personnel specialists primarily serve in the CJRCs, transportation specialists at each location play a key role during operations.

In Rockhampton, Army Staff Sgt. Joseph Staunches, transportation noncommissioned officer, led the unique mission of assisting with processing passengers from an international charter flight landing at a domestic airport. Staunches explained this experience as an example of the movement coordination at Rockhampton.

He and the other members of the CJRC assisted Rockhampton Airport management with the arrival of nearly 350 personnel from 3rd Brigade Combat Team, 25th Infantry Division on the commercial flight from Hawaii on July 2.

They teamed with the Australian Defense Force and active-duty Soldiers from the 10th Support Group (Regional) and U.S. Army Alaska.

“Rockhampton Airport periodically sections off a special event zone to handle international services. Bringing a large group of infantry Soldiers through the process poses unique challenges,” said Staunches. “Prior to their arrival, we spent several days coordinating closely with airport managers and conducted rehearsals within our internal team. This prepared us to respond to issues quickly during the tedious process.”

The group guided the troops through the airport procedures from arrival, through baggage claim, customs and the quarantine area for agriculture inspection.

Once the service members and Department of Defense civilians cleared customs and quarantine, buses and baggage trucks moved the troops and their equipment to the nearby Australian military installation, Camp Rocky.

LIGHTNING LOAD CREW



Airman 1st Class Kenny Huynh (foreground) and Staff Sgt. Vincent Gleffe, assigned to the 525th Aircraft Maintenance Unit, transfer an inert AIM-9 Sidewinder missile during a F-22 Raptor load crew competition on Joint Base Elmendorf-Richardson July 17. During the timed competition, the crews safely and efficiently armed an F-22 Raptor according to a mock tactical order. (U.S. Air Force photo/Alejandro Pena)



Airman 1st Class Timothy Mackey, weapons loader with the 90th Fighter Squadron, breaks a sweat loading munition on an F-22 Raptor during the quarterly weapons load competition. Load crews contend in quarterly competitions – both to hone their skills and to determine bragging rights. (U.S. Air Force photo/Airman Christopher Morales)



Senior Airman Frankie Ayala Cedeno, from Toa Baja, Puerto Rico, assigned to the 525th Aircraft Maintenance Unit, prepares an inert AIM-9 Sidewinder missile for armament while participating in a F-22 Raptor load crew competition on JBER July 17. Ayala Cedeno and his teammates won the timed competition by safely and efficiently arming their F-22 Raptor. (U.S. Air Force photo/Alejandro Pena)

Joint Direct Attack Munition fact file

The Joint Direct Attack Munition Guided Bomb Unit 31/32/38 is a guidance tail kit that converts existing unguided free-fall bombs into accurate, adverse weather “smart” munitions. The tail section contains an inertial navigational system and a GPS guidance control unit. It improves the accuracy of unguided, general-purpose bombs in any weather condition.

JDAM is a guided air-to-surface weapon that uses either the 2,000-pound BLU-109/MK 84, the 1,000-pound BLU-110/MK 83 or the 500-pound BLU-111/MK 82 warhead as the payload. JDAM enables accurate strikes against high-priority fixed and relocatable targets from fighter and bomber aircraft. The navigation system is initialized by transfer alignment from the aircraft that provides position and velocity vectors from the aircraft systems.

Once released, the JDAM autonomously navigates to the designated target coordinates. Target coordinates can be loaded into the aircraft before takeoff, manually altered by the aircrew before weapon release, or automatically entered through target designation with onboard aircraft sensors. In its most accurate mode, the JDAM system will provide a circular error probable of 13 meters or less during free flight when GPS data is available. If GPS data is denied, the JDAM will achieve a 30-meter CEP or less for free flight times up to 100 seconds with a GPS quality handoff from the aircraft.

JDAM can be launched from very low to very high altitudes in a dive, toss and loft or in straight and level flight with an on-axis or off-axis delivery. JDAM enables multiple weapons to be directed against single or multiple targets on a single pass.

JDAM is currently compatible with F/A-22, B-1B, B-2A, B-52H, F-15E, F/A-18E/F, F-16C/D, and F/A-18C/D aircraft. Integration efforts are currently underway or planned to evaluate compatibility with the A-10, AV-8B, S-3, Joint Strike Fighter, and unmanned aerial vehicles.

Inside USCG Cutter Farallon arrives, A-4

Gas, gas, gas!

Air Force maternity leave gets extension..... A-2
Army seeks input on new uniform regulations..... A-2
FSS hosts kayak training.....B-1
Matters of Faith: Humility and baseballB-2
Sun’s out, bears out.....B-6

Soldiers of C Co., 307 ESB conduct chemical, biological, radiological and nuclear safety
Page A-3



POSTAL CUSTOMER
Publishing
Anchorage
PAID
U.S. Postage
PRSR-T-STD
EGRWSS

Marines in the mountains: 1st Recon Battalion in Alaska

Black Rapids site offers unique opportunities

By Staff Sgt. Sean Callahan
USARAK Public Affairs

BLACK RAPIDS TRAINING SITE, Alaska – From the snow-kissed mountains to the icy rumblings of melting glaciers, Marines from 2nd Platoon, Force Reconnaissance Company, 1st Reconnaissance Battalion, Camp Pendleton, California, along with instructors from U.S. Army Alaska’s Northern Warfare Training Center conducted military alpine operations at Black Rapids Training Site and Gulkana Glacier.

NWTC’s remote BRTS offers a wide variety of challenging terrain. Instructors provide training on navigating vertical icy terrain, various forms of rappelling, casualty evacuation, glacial travel and crevasse rescue.

NWTC’S mission is to provide cold regions and mountain warfare training to the U.S. military and designated personnel to enhance warfighting capabilities of the U.S. and coalition partners.

The center is also the Army’s cold-region training proponent.

As such, NWTC instructors are versed in all things high-altitude, mountainous and subarctic.

The instructors spend months preparing lesson plans and maintaining their high level of training to pass on.

Challenging terrain and deep blue glaciers aren’t the only things which bring these highly-skilled recon Marines to Alaska.

“Our philosophy is we need to be able to do deep reconnaissance in any clime and place,” said Marine Capt. Trevor Miller, commander of the platoon. “The training center here in Alaska presents a unique opportunity to train in the mountains, and especially in mountains that have glacial features.”

NWTC routinely conducts joint training operations with various Department of Defense agencies and government organizations.

The instructors are experts in their craft and offer both summer and winter courses designed to enable units to achieve fundamental skills in high-altitude mountain warfare training as well as cold weather operations.

“As the entire Department of Defense goes to a more joint outlook and joint operations, it’s very helpful for us to train with the Army,” Miller said. “The Army sometimes has different ideas than the Marine Corps and will only help us expand and grow as an organization.”

The unique location of the Black Rapids Training Site allows these organizations to conduct strenuous and realistic training, focusing on military mountaineering, over-snow mobility, and other types of cold-



Marines from 2nd Platoon, Force Reconnaissance Company, 1st Reconnaissance Battalion from Camp Pendleton, Calif., along with instructors from U.S. Army Alaska’s Northern Warfare Training Center, conduct military alpine operations at Black Rapids Training Site and Gulkana Glacier July 18. (U.S. Army photos/Staff Sgt. Sean Callahan)



weather operations.

Miller said the cadre at NWTC have been very accommodating. The instructors opened their training catalogs and allowed the Marines to pick and choose training

directly related to the unique mission sets of a reconnaissance unit.

NWTC also offers standardized courses, like any other school house, but it’s the flexibility and tailor-made training curricu-

lum which sets it apart from other military schools. This is extremely important when students from other services, countries, and state and federal agencies come to Black Rapids to conduct training.

Army requests Soldier input on potential uniform alterations

By Lora Strum
Army News Service

WASHINGTON — Soldiers should check their emails in the coming weeks for the chance to provide input on possible revisions to aspects of the Army uniform and wear policy.

Senior Army leaders, including Sergeant Major of the Army Daniel A. Dailey and Army Chief of Staff Gen. Ray Odierno, have authorized an online survey across all major commands to receive feedback on several uniform topics.

“The Soldiers are the ones who actually wear these uniforms. The senior leaders like to be informed by as many Soldiers in the field as possible [on uniform changes,]”

said Sgt. Maj. James H. Thomson of the Institute for Noncommissioned Officer Professional Development.

Survey questions include opinions on gender-specific headgear for drill sergeants. Since 1972, female drill sergeant campaign hats have featured a raised brim and, as of 1983, a deeper green color.

The survey, designed to cross-cut a large section of Soldiers, will ask if there should be a single campaign hat for both male and female drill sergeants.

Consideration of a gender neutral aesthetic is not limited to drill sergeant attire.

The service cap is also being considered for conversion to a gender-neutral version.

Today, the male service cap features a wide bill, while its female counterpart has a raised brim on either side. The survey asks Soldiers whether or not they see merit in continuing the distinction.

The survey additionally seeks input on prescribing the service cap as required headgear for senior noncommissioned officers and above, in lieu of the black beret, when wearing the Army Service Uniform.

Dailey has suggested an optional “Eisenhower jacket” to be added as a more appropriate indoor alternative to the black windbreaker jacket.

Named for President Dwight D. Eisenhower and designed in the late-1930s, the jacket is waist-

cropped, includes additional pockets and does not require many adornments.

The last modification of the shortened, British-inspired jacket was seen in 1965. The survey asks Soldiers’ opinion of a version of it for all ranks.

Outside of formal dress, the survey also asks for Soldiers’ thoughts on black socks with the physical training uniform.

The suggestion came up at several town hall meetings Dailey conducted, and is now being sent out across various commands for evaluation.

“We’re hearing from the force, and we want to hear a little bit more,” Thompson said.

The cost environment for the

latest potential uniform changes is unknown, but the fiscal impact on both the individual Soldier and the Army will be considered before any decisions are made.

The results of the survey will provide Army senior leaders valuable information on what uniform changes should be considered.

As a joint effort of the U.S. Army Training and Doctrine Command and the Army Research Institute, the uniform survey will be conducted in the coming weeks with results expected in early August 2015.

“The one thing about Soldiers is that they all have their opinions and like to share them when it comes to the uniforms,” Thompson said.

Dwell time, PT exemptions for Air Force mothers increase to a year

By SECAF Public Affairs
News release

WASHINGTON — The six-month deferment for female Airmen to accomplish their fitness assessments following childbirth will be increased to 12 months to align with recent changes to the deployment deferments, Air Force officials announced July 14.

The deployment deferment policy, as part of the Air Force’s 2015 Diversity and Inclusion initiatives, increases the deferment from deployment, short tour or

dependent-restricted assignment, and temporary duty to one year, unless waived by the service member.

“The goal is to alleviate the strain on some of our talented Airmen who choose to leave the Air Force as they struggle to balance deployments and family issues, and this is especially true soon after childbirth,” said Secretary of the Air Force Deborah Lee James.

The one-year deferment applies to female Airmen who gave birth on or after the effective date of March 6, 2015, to provide pre-

dictability with minimal disruption to Airmen and the deployment process.

As dwell times for deployment, permanent change of station and TDY increase, so too will the exemption from the current fitness assessment for female Airmen following pregnancies lasting 20 weeks or more (delivery, miscarriage, etc.). The service does not anticipate significant mission or readiness impacts associated with extending this action.

“Like many other programs announced earlier this year, such

as the Career Intermission Program, we recognize the potential retention benefits associated with providing our female Airmen options that allow them to serve and support their family without having to choose one over the other,” James said.

Air Force Guidance Memorandums will be available detailing the changes to both policies in the coming weeks.

The Air Force continues to research opportunities, in conjunction with the Department of Defense, to extend the maternity and

convalescent leave period, similar to the recent changes announced by the Secretary of the Navy.

Airmen currently receive six weeks (42 days) of maternity leave, in line with the Department of Defense policy. By direction of the president, federal agencies can advance up to six weeks of paid sick leave to federal employees with a new child.

“We want to make sure we develop an equitable policy that supports all of our Airmen and also maintains the ability to execute our mission,” James said.

ARCTIC WARRIOR

The *Arctic Warrior* is published by Wick Communications, a private firm in no way connected with the Department of Defense, the Department of the Air Force or the Department of the Army, under exclusive written contract with the Joint Base Elmendorf-Richardson Public Affairs Office.

This civilian enterprise newspaper is an authorized publication for members of the U.S. military services. Contents of the *Arctic Warrior* are not necessarily the official views of, or endorsed by, the U.S. government, Department of Defense, the Department of the Air Force or the Department of the Army.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by U.S. government, the Department of Defense, the Department of the Air Force, the Department of the Army, or Wick Communications of the products or services advertised. Everything advertised in this publication shall be made

available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

To advertise in the *Arctic Warrior*, please call (907) 561-7737. Editorial content is edited, prepared and provided by the *Arctic Warrior* staff.

Editorial office and mailing address: JBER Public Affairs, 10480 Sijan Ave., Suite 123, Joint Base Elmendorf-Richardson, AK 99506; telephone (907) 552-8918.

Send emails about news stories and story submissions to david.bedard.1@us.af.mil.

Deadline for article and photos is 4:30 p.m., Monday, for the week of publication. Articles and photos will be published on a space-available basis and are subject to editing by the *Arctic Warrior* staff. Submission does not guarantee publication.

JBER Public Affairs Chief
Maj. Angela Webb (USAF)

Deputy Public Affairs Chief
1st Lt. Michael Harrington (USAF)

Acting Public Affairs Superintendent
Tech. Sgt. Vernon Cunningham

Arctic Warrior staff
David Bedard - senior editor
Chris McCann - editor
Jeremiah Erickson - community editor
Justin Connahee - photo editor
Ed Cunningham - webmaster

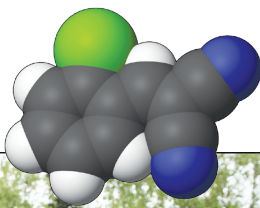
**Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander**
Col. Brian R. Bruckbauer (USAF)

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

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

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

IT'S GOING TO BE A GAS



LEFT: Spc. Jose Incleramos, a chemical, biological, radiological and nuclear specialist from Cabo Rojo, Puerto Rico, assigned to C Company, 307th Expeditionary Signal Battalion, vaporizes CS capsules while preparing for CBRN sustainment training on Joint Base Elmendorf-Richardson July 16. (U.S. Air Force photos/Alejandro Pena)

BELOW LEFT: Pfc. Quintin Beck, assigned to C C/307th ESB, checks to ensure his M40 field protective mask is functioning properly. The training exercise culminated with masked Soldiers entering a sealed chamber filled with CS gas, also known as tear gas, then removing their protective gear and exercising to promote confidence in their abilities and equipment.



ABOVE: Spc. Jose Incleramos delivers a safety brief to fellow Soldiers before they conduct CBRN training July 16. Soldiers revisit the “gas chamber” on a regular basis to maintain confidence in their equipment. (U.S. Air Force photos/Alejandro Pena)

BELOW: Spc. Jose Luis Rios, assigned to C/307th ESB, exits the gas chamber. While inside, Soldiers removed their protective masks and did jumping jacks and other drills. While uncomfortable, CS gas is not dangerous, and helps troops overcome fear.



CG Cutter Farallon arrives in Valdez, replacing the Long Island

By PA3 Meredith Manning
Coast Guard District 17 Public Affairs

After more than 9,000 miles and 46 days underway, the 110-foot Coast Guard Cutter Farallon finally arrived at its new homeport in Valdez July 13.

Crewmembers aboard the Farallon said goodbye to their family members and left San Juan, Puerto Rico, May 27 to deliver the cutter to Valdez where it replaces the Coast Guard Long Island. Through five foreign nations and a hurricane, they experienced exotic locales and danger on the high seas.

The Farallon’s port calls included Cartagena, Columbia, Cabo San Lucas, Mexico and Bocas Del Toro, Panama, where the crew had the opportunity to explore beautiful beaches and go zip lining through the rain forest.

“It was great experiencing other cultures and places and I was able to do it with an awesome crew,” said Petty Officer 3rd Class Julio Ruiz, an engineer on the Farallon.

It was during their transit through the Panama Canal the night of June 6 that the Farallon crew passed the Cutter Long Island, as it transited to the Atlantic Ocean.

Ordinarily, the occasion of two cutters passing one another would bring both crews onto the decks to render honors to one another. However, navigating the canal at night required careful attention and both crews put safety first while making the challenging trip.

The crew met another challenge on the way to Cabo San Lucas when they encountered Hurricane Carlos. The storm created 15-foot seas and 50-mph winds that tested the abilities of the crew and prepared the cutter for the kind of weather it might en-



The Coast Guard Cutter Farallon rests at a pier in Cabo San Lucas, Mexico, June 14. The stop was one of eight port calls the crew made on their journey to Alaska. (U.S. Coast Guard courtesy photo)

counter in Alaska.

“Those were the worst seas I think we have seen in my year aboard the Farallon,” said Petty Officer 1st Class Nathaniel O’Connell, operations petty officer.

While the first half of the trip brought on some unique challenges and enjoyable foreign port calls, pulling in to San Diego was especially rewarding for the crew as it represented being back in the United States.

Moments after the ship moored at Point Loma Naval Base in San Diego, crewmembers immediately called loved ones for the first time in almost a month.

After reconnecting with loved ones in San Diego, the crew made their way north

to San Francisco where they said goodbye to their commanding officer, Lt. Nolan Cain, during a change of command ceremony.

His departure represented the first of many to come for the San Juan-based crew. With a new commanding officer, Lt. Lee K. Crusius, the Farallon continued the transit north to Valdez.

Following port calls in Victoria, B.C., and Ketchikan, the Farallon crew began the final leg of their transit.

As the cutter eased into the Gulf of Alaska, the weather was calm and welcoming, a huge relief to the crew after the challenging sojourn.

As the cutter approached the Valdez

Narrows, Seaman Mathew Huber raised the national ensign on the mast signifying that the Farallon had made it to Valdez.

“It was definitely a long transit and a learning experience for me, but I am honored to have been part of this homeport shift and this crew,” said Ensign John Ramirez, operations officer aboard the Farallon. “Over the past 46 days we came together as a family and I would serve with any of these guys again. Not many ensigns can say they sailed a ‘110’ from Puerto Rico to Alaska.”

Over the next few days, Farallon crewmembers will begin departing to their new units as the Long Island crew takes charge of the new Valdez cutter.

AETC weaves core values into Air Force DNA through recruiting, training

AETC Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — In 2012, the Air Education and Training Command launched an aggressive oversight initiative to protect Airmen in training following the discovery of unprofessional behavior within the basic military training environment.

Through this initiative, Air Force leaders help ensure better transparency and accountability and gather information necessary to proactively shape professional expectations for Airmen.

The central body responsible for this new oversight authority is the Recruiting, Education and Training Oversight Council, one of three significant AETC initiatives since 2012, which help sustain a culture of mutual respect, strength of character and pride.

The Profession of Arms Center of Excellence and Airmen’s Week are also foundational components of shaping Airmen of character.

In 2013, the scope of RETOC was extended beyond BMT to the entire AETC enterprise, sparking an increased expectation and level of accountability for how the Air Force recruits, trains and educates Airmen.

The RETOC, based out of Joint

Base San Antonio-Randolph, but composed of members throughout AETC, systematically analyzed the command’s recruiting, technical training, flying training and education mission areas.

The analysis formed the beginning of a cycle of improvement designed to inspire Airmen and create a healthier organizational culture.

“Simply put, our goal is to produce technically competent Airmen well versed in our core values and rich heritage,” said Gen. Robin Rand, the AETC commander.

“It’s important our Airmen are being shown what ‘right’ looks like,” Rand said. “The true health of an organization is measured by how it responds to adversity. Within AETC, we’ve taken and will continue to take proactive steps to shape positive change across the command as well as throughout the entire Air Force.”

The RETOC provides a mechanism through which AETC can make changes to correct and safeguard against potentially harmful conditions.

It has already proven to be successful as RETOC initiatives provided gains in essential support to military training instructors at BMT, including improved manning levels, morale and welfare, work hours, stress levels and fam-

ily life.

As RETOC expanded from analyzing BMT issues into a review of AETC’s entire technical training portfolio, results showed improvements in a host of areas.

Improvements were noted in the selection, development and training of instructors, higher visibility on instructor misconduct allegations, improved mentorship, and better attention and understanding of student-on-student misconduct.

Following the technical training review, a team of experts was assembled to assess AETC’s flying training culture.

Team members conducted group discussions and interviews with more than 300 people at several AETC flying training installations, including instructor pilots, students, family members, commanders, chaplains, and inspector general offices.

The groups examined topics ranging from abuse of authority to coercion, resourcing, student isolation and reporting channels.

These observations led to 16 recommended improvements and changes to profession of arms training within AETC, all of which are now tracked and assessed by the RETOC body.

Next, the RETOC reviewed Air

Force Recruiting Service operations across the U. S.

This analysis yielded numerous actions to transform and consolidate recruiting units, eliminate one-person offices and improve oversight, effectiveness and quality of life for recruiters.

Currently, AETC is reviewing operations at the Air University campuses.

The Air University provides professional military education and professional continuing education courses and programs aimed to ensure the proper balance of lessons in Airmanship, the art of war, leadership and the profession of arms, and meet specific professional development requirements.

“RETOC ensures that the lessons we teach on leadership and professionalism in our courses are practiced in our dealings with students and with one another,” said Lt. Gen. Steve Kwast, Air University commander. “Professionalism is as central to our developmental mission as warfighting – it’s just that important.”

Born out of the momentum of the RETOC and devised as a way to connect professional development opportunities throughout the entirety of an Airman’s career, the Profession of Arms Center of Excellence was established in

March 2015.

Also in March 2015, the addition of Airmen’s Week to BMT created a place to reinforce core values and character development for new enlisted Airmen.

These are important new initiatives aimed at shaping better Airmen, and a better service and future.

These initiatives underscore AETC’s commitment to Air Force core values.

These values serve as a compass for the command’s journey, only possible through hard work and commitment.

“By focusing on sustained quality in manning, resources and leadership, we can help remove some of the institutional challenges that allow programs to slip below our Air Force values,” Rand said.

“The key to effective recruiting, education and training programs throughout AETC relies on the leadership of those responsible for accomplishing our mission, quality leaders shaping quality Airmen.

“Through the oversight of the RETOC, direct engagements with commanders, and a heightened expectation for superior leadership, AETC is shaping a better future for our Airmen and our Air Force,” Rand said.

Disposition of effects

Army 1st Lt. Westin Reuter, of Headquarters and Headquarters Company, 725th Brigade Support Battalion, is authorized to make disposition of personal effects of Spc. Frederick Jenkins of HHC, 725th BSB, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Reuter at (720) 299-6087.

ASD early enrollment

The Anchorage School District offers early enrollment for families new to the area or those who need special assistance, Saturday from 10 a.m. to 2 p.m. at the Education Center at 5530 E. Northern Lights Blvd.

For information about what to bring, call 742-4000 or visit *asdk12.org*.

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; 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.

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*, 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 appointments 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. Service members must provide a copy of their orders for furniture.

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*.

Utilities upgrades

As part of Doyon Utilities’ improvement of 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. Doyon is working during off-peak periods. If an outage occurs, crews will act quickly to restore service.

FSS hosts kayak training



CLOCKWISE FROM TOP LEFT: Chief Master Sgt. Craig Olson (left), chief enlisted manager with the 673d Logistics Readiness Squadron, helps Sgt. Jorge Portell, with B Battery, 2nd Battalion, 377th Parachute Artillery Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, with an assisted rescue at the Elmendorf Physical Fitness Center June 30 during a kayak safety course hosted by the Force Support Squadron. The assisted rescue is the preferred method to getting back into a kayak once on the water. (U.S. Air Force photos/Airman Christopher R. Morales)

Karl Lavtar (right), instructor, and volunteer instructor Jesse Mead (left), demonstrate proper posture and seating during a kayak safety training course at the Elmendorf Fitness Center June 30. The kayak safety course provides tips like how to rest one's legs.

Sgt. Jorge Portell, with B Battery, 2-377th PFAR, prepares to enter the water during a kayak safety training course at the JBER-Elmendorf Physical Fitness Center June 30.

A bilge pump sits by the pool during the kayak safety training course at the JBER-E gym June 30. A bilge pump is a safety tool used to quickly drain water from a kayak.

Air Force 2nd Lt. Shantal Bouthillette, 673d Inpatient Squadron clinical nurse, attempts a single-person rescue with a separate flotation device during kayak safety training June 30. The single-person rescue is the most difficult. Instructors teach additional techniques during the course if time permits.

Karl Lavtar (left), kayak safety instructor at the JBER Outdoor Recreation Center, speaks to a class at the JBER-Elmendorf Fitness Center June 30. Service and family members must pass the kayak safety course before renting a kayak from the ORC.



Enjoy summer sports, but keep safety in mind

By Air Force Staff Sgt.
Sheila deVera
JBER Public Affairs

As summer progresses, the days are getting shorter. But there are still plenty of outdoor activities to do in Alaska.

With the 2015 Critical Days of Summer campaign in full swing, summer sports safety should be a concern for all service members and families.

Summer is one of the most dangerous seasons for sport injuries because there are more opportunities and choices for people to play outdoor, said Tech. Sgt. Ray Otero, noncommissioned officer in charge of installation safety.

“A lot of common types [of sports-related injuries] you see are sprains, strains, knee injuries, shin splints, and groin pulls,” Otero said. “You also see a lot of people [get hurt] who have preexisting injuries they didn’t know about.”

While players are in competitive mode, Otero said they lose sight of their surroundings.

“When players are very competitive, they ignore the risk assessment they have made,” the New York City native said. It all goes out the window when competition kicks in; we have human factors which contribute to mishaps.”

In some situations, sports injuries can also be attributed to wearing the wrong footwear.

“If you are playing basketball, wear the appropriate shoes,” Otero said. “The most common shoes worn are tennis or running shoes. These shoes do not have the ankle support, and players tend to twist their ankles.”

Otero also emphasizes hydration. “As the temperature cools down, you still have to continue to hydrate,” the 16-year veteran said. “Don’t let the temperature fool you.”

From July 1, 2014 to July 1, 2015, JBER had 50 reported mishaps in sports, recreation and individual fitness activities both off and on duty. “Preventive maintenance for sport injuries starts with knowing your limits,” said John Limon, Buckner Physical Fitness



Summer is one of the most dangerous seasons for sports injuries. Children and adults should properly prepare for and ease into summer sports such as football to prevent injuries. Summer sports safety can be narrowed down to three essentials points: hydration, stretching and conditioning, and the wear of proper gear. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

Center director.

“Always examine the sport or event and realistically compare how your own expectations and athletic standing fit together. I am not saying that being out of shape is a disqualification for participating in sports, but creating the right mindset toward the level of competitiveness during the sport or event is key.”

When injured, the basic recovery model is RICE – rest, ice, compression and elevation, as well as getting an assessment of the injury from a professional.

For example, the course of action for a minor sprain would be to get off of it, apply a cold compress, and snugly wrap it with an elastic bandage to control swelling and stabilize the joint. Elevate the injured area above the level of the heart and take it easy.

Light stretching, range-of-motion exercises and strength training can resume as early as 24 hours post injury, Limon said.

“From a training perspective, there are two often-overlooked pieces to the recovery pie,” Limon said.

“First, do not take the injury as an excuse to do absolutely nothing [to aid healing]. Recovery does not happen simply by thinking about needing to get better. Second, examine your routine and fix the weaknesses in it.”

He said that light aerobic activity to promote blood flow, followed by stretching, foam rolling or massage can help speeds up the recovery process.

Over-the-counter, such as nonsteroidal anti-inflammatory are also commonly used to reduced inflammation. The anti-inflammatories are best used immediately after injury,

before swelling occurs.

“Stay active and use your head,” Limon said. “The Performance Triad is a helpful tool for military members and experts are available on base to help. The American College of Sports Medicine and the National Strength and Conditioning Association are also fantastic resources.”

Summer sports safety can be narrowed down to three essentials points: hydration, training and conditioning, and the wear of proper gear.

Many sports-related injuries are inevitable and unavoidable, but many can be prevented simply by wearing the proper protective gear, properly training and conditioning your body for the activities in which you intend to partake, and educating yourself on how to prevent injuries.

Service before self, humility and baseball

Commentary by Air Force Chaplain (Capt.) Brian Musselman
673d ABW Chaplain

I believe one of the most difficult of our Air Force Core Values is “service before self.”

It is one thing for a person to plan for times to help others as a method of service before self (operative word being “plan”), but it is altogether a different animal for a person to drop everything she’s doing – in the blink of an eye and with deadlines to meet and office work to complete – in order that another person might be helped.

Just the other day, I had the fortune of practicing this core value.

Believe me, contrary to public opinion, this core value doesn’t come automatically to Chaplains. It must also be learned, honed, and practiced time and time again.

A military member riding her bike across a parking lot fell within ear shot of where I was walking. The first thing I heard was a glass bottle shattering. I turned to see what the noise was and witnessed the falling of a helpless person.

She rose to her feet, walking toward the chapel looking for assistance, and all that I could see was blood running out of her forehead



Baseball can teach lessons such as teamwork and service before self. (Courtesy photo)

and down her arm onto her uniform. Half an hour later, she was getting stitched up at our hospital and soon thereafter released.

Believe me, it was not planned that I help her. I had a ceremony to attend to in 45 minutes, and I didn’t have the time to practice serving others before serving myself, but the right thing needed to happen, which was to drop everything and help an innocent person.

Needless to say, the right thing was done. My foot-stomp point is this: service before self can be very challenging.

I’ve heard it said that humility is not thinking less of yourself, but thinking of your self less.

Think about how this attitude and putting humility into action will positively transform your relationships, friendships, and professional careers and

personal satisfaction.

Spiritually speaking, as a Christian, I am challenged yet inspired to practice humility as I ponder the words in James 4:6 which says, that God “gives a greater grace. Therefore, it says ‘God is opposed to the proud, but gives grace to the humble.’ Practicing humility has never been easy, and I can’t say that I’ve figured it out.

Another passage in the Bible

that encourages my faith is from 1 Peter 5:5, “and all of you, clothe yourselves with humility toward one another.”

I don’t understand the DNA of humility and how it positively affects our activities of daily living, but through personal experience I’ve seen humility in practice work towards transforming relationships.

When we begin to think of ourselves less, it’s not that our self respect disappears or that we lose our identity, but that the window of opportunity opens to focus on the needs of others – this, at least, I’ve witnessed.

I’m the head coach of an Anchorage baseball team. Recently, we held practice and I began the practice with this question: ‘Which position is the best one on a team?’

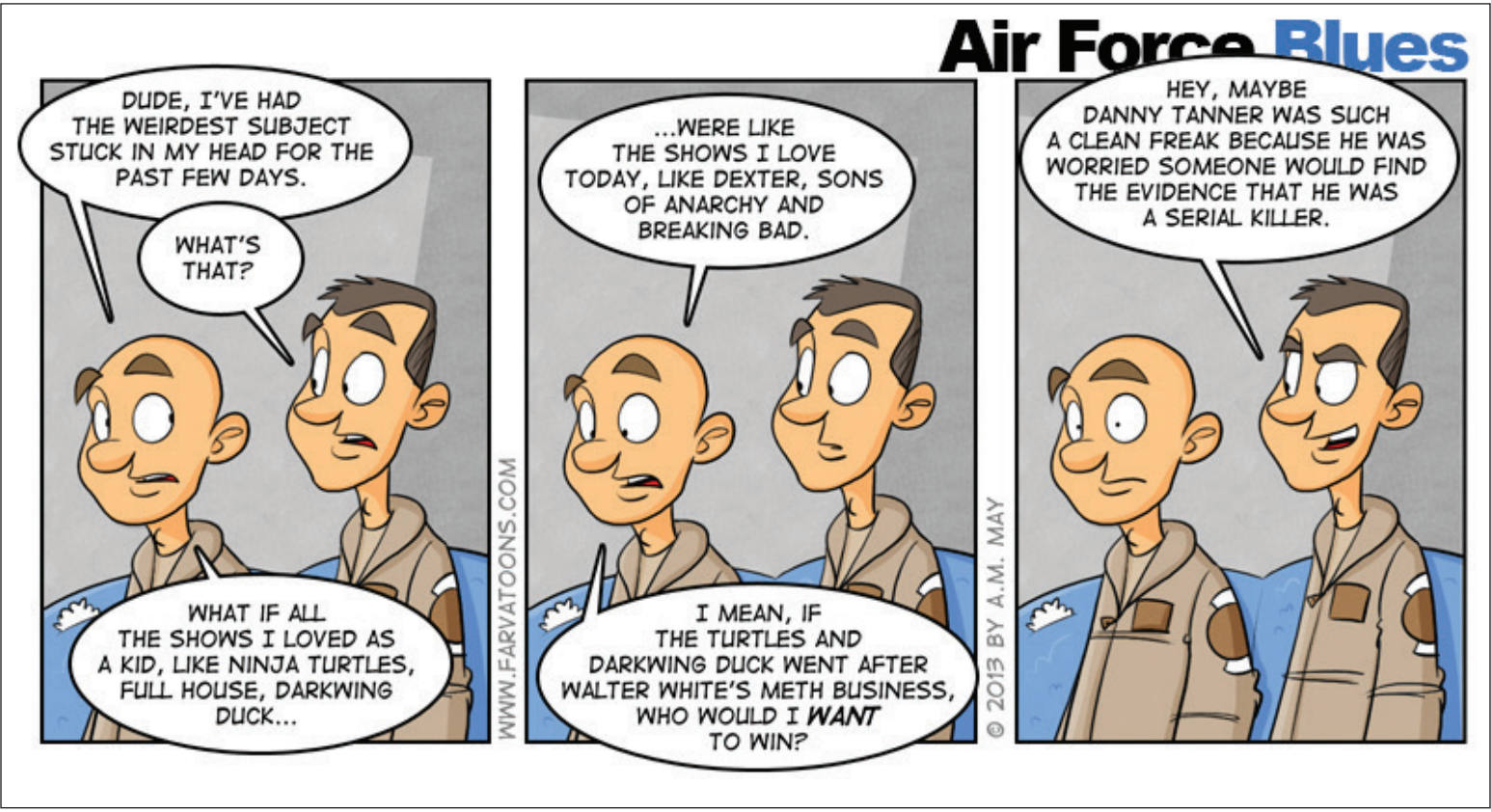
After a few moments of gazing into the eyes of some puzzled young eleven and twelve-year-olds, I heard this answer from them: “The pitcher, yeah...the pitcher.” I shook my head as if answering ‘no’ and responded with, “Take a lap.” (We were practicing on the older kids’ field ... larger and longer. They ran around it). They returned from their lap, exhausted, huffing and puffing. I asked the same question once more.

After conferring with one another for a longer period of time, the answer came, in the form of a question: “the catcher, because he gets to see all the players and all the plays?” My response: “take a lap.” I was quickly becoming their worst coach.

This exchange went on two more times. When finally asked a fourth time; the kids were more hesitant to answer. After a long pause, a few of them shouted ... “no one – there is no best player; we all are players on one team.” Ecstatic, I shouted, “Yes, practice over!”

What about you? Do you see yourself as a team player or team member?

Perhaps by inviting humility into our thinking, acting and doing, together we will experience a greater effect of being a team player. Serving others before ourselves isn’t easy, but it is often the right thing to do.



FRIDAY
Youth movie night

Youths ages 9 to 12, come enjoy a free movie night from 5 to 7 p.m. at the Two Rivers Youth Center. A current G or PG movie will be shown in the computer lab. For information, call 384-1508.

SATURDAY
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.

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.

Table tennis tournament

Come on out to the Warrior Zone starting at 2 p.m. for a ping-pong tournament. Prizes awarded for first through third place winners.

For information, call 384-9006.

SATURDAY AND SUNDAY
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>.

SUNDAY AND MONDAY
Missoula Children's Theater auditions

Auditions will be held for the Missoula Children's Theater's presentation of the Pied Piper for children in first through twelfth grade from 10 a.m. to noon at the Frontier Theater on JBER-Richardson with the performance taking place Aug 1 at 3 p.m.

For information, call 384-1508.

MONDAY
Mat-su Miners military appreciation night

Take in a free baseball game

at the State Fairgrounds where the Mat-su Miners will face the Anchorage Glacier Pilots. Gates open at 4:30 p.m., first pitch at 6 p.m. Free admission for all veterans, service members and families.

For information, call 761-6712.

TUESDAY
RecOn kayak training

Looking for some new outdoor skills? Learn the ins and outs of kayaking in Alaska with this kayak training course offered by the Outdoor Adventure Program at the Elmendorf Fitness Center pool from 6 to 8 p.m.

This course is part of the RecOn program which provides discounted trips and services to service and family members.

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

THURSDAY
Kayak training

Looking for some new outdoor skills? Learn the ins and outs of kayaking in Alaska with this kayak training course offered by the Outdoor Adventure Program at the Elmendorf Fitness Center pool from 5 to 7 p.m.

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

Captain's class

Thinking about renting a boat from JBER Outdoor Recreation? This class, taking place from 5 to 7 p.m. at the JBER-Elmendorf Outdoor Recreation Center along with completion of the Alaska Boater Safety Education Course (available free online from boat.us.org) is required to rent boats that will be used on the ocean.

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

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 from 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 positions open to get you started.

Visit nafjobs.org to search for current openings.

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 has committed to praying for units and meeting with unit members from 6 to 7 a.m. on the following days: July 27 through 31, Aug 3 through 6, 10 through 14, 17 through 20, 24 through 27 and July 31 through Sep 4.

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/msmre.

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.

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.

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.

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

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

673d FORCE SUPPORT SQUADRON

MISSOULA CHILDREN'S THEATRE

The Pied Piper

FREE!

Conceived and Written by:
JIM CARON

Music by: **BOB HUBLEY**

Additional Music by: **MICHAEL MCGILL**



Auditions will be at the Frontier Theater on July 27 + 10 a.m - 12 p.m.

Performance will be at the Frontier Theater on August 1 + 3 p.m.

Sponsored By:



No federal endorsement of advertisers intended

Andy Curts | 384.1508

July 27 - August 1

Portage Lake Kayak Trip
July 25 • 8 a.m. - 4 p.m.
\$80





Call 552.4599/2023 to sign up or for more information.



JULY 25 • 2 p.m.
FREE Event

PING PONG TOURNAMENT

1st Place \$75

2nd Place \$50

3rd Place \$25



BLDG. 655 • 384.9006

JBER Combat Cross-Country Series



Canoe, Run & Shoot

July 31

Held at Otter Lake

For more info or to sign-up:
Buckner Fitness Center
Bldg. 690 | 384.1304

Sign-up Day of Event: 1 - 1:30 p.m.
Weigh-in / Organizational Meeting: 1:30 - 2 p.m.
Competition Starts: 2 p.m.

5 PERSON TEAMS

- Minimum 35lb Ruck
- Military Uniform
- Combat Boots


Jim Creek ATV Trip Special
July 25 • 8 a.m. - 5 p.m.
~~\$150~~
now only \$89






Call 552.4599/2023 to sign up or for more information.

Kayak Training
Elmendorf Fitness Center
July 30 • 6 - 8 p.m.
\$35





Call 552.4599/2023 to sign up or for more information.



Stop by and see us!
www.facebook.com/JBERLIFE
www.jberlife.com

Pedaling for the peak with Outdoor Recreation

By Airman Christopher R. Morales
JBER Public Affairs

Sometimes you have to grab life by the handlebars and pedal to the peak. Some people need training wheels to start and others only need to be guided down the right trail.

The Joint Base Elmendorf-Richardson Outdoor Recreation Center offers guided mountain-biking trips to both Kincaid Park and Hillside Trail this summer. The guides provide tips on the local wildlife and proper technique in all their activities.

Karl Lavtar and Dave Mazur are experienced mountain biking guides and are trained in outdoor and wilderness medical procedures as well as first aid.

Bears and moose are the biggest threats to mountain bikers in the Anchorage area, especially during the summer when it is ideal to be outside in Alaska.

“Moose are generally more aggressive than bears,” Mazur said. “They are very territorial so we will try to move out of the moose’s way if possible.”

Luckily, the moose are used to us being around here and allow us in their bubble a little bit, but we will definitely be careful.”

Bears are dealt with in a different manner.

“If we run into a bear, Karl and I have bear spray on our bikes,” Mazur said. “Generally what we

want to do when we see a bear is group up, stand our ground, and look bigger than the bear.”

Other dangers to be mindful of are plants, and two plants in particular are common on Alaskan trails, Lavtar said.

Due to the difficulty of mountain biking, falling is sometimes inevitable for novices and so it is recommended to avoid these plants.

“We have cow parsnip; if you brush up against the big, wide leaves, it’s not necessarily a big deal,” Lavtar said. “But if you break the stem and the leaves, there’s this milky white substance. You will blister if the white substance is hit by the sun’s rays on your skin.”

Another one is devil’s club. Similar to cow parsnip, it has big leaves on it. “The underside has little thorns, while the stalk has millions of thorns. It’s worse than raspberry bushes,” said Lavtar.

“[Fat-tire] bikes are great for all conditions; you can ride in the winter and in the snow,” Lavtar said. “It’s a full-suspension bike, great for more downhill stuff.”

The ORC provides fat-tire bikes for the guided trips only.

Both guides provide many general cycling tips for safety and performance.

“Remember to give space to the people in front of you on the trail,” Mazur said.

“It is very important to look



Mountain bike instructors Karl Lavtar (far left) and Dave Mazur, Joint Base Elmendorf-Richardson Outdoor Recreation Center, speak with students before riding the Kincaid Park trail in Anchorage, June 24. The mountain biking program allows service members to ride either the Kincaid Park or Hillside trail after work the first and third Wednesday each month. Equipment can be rented from Outdoor Recreation or participants can provide their own. (U.S. Air Force photos/Airman Christopher Morales)

ahead of you, so you can see what’s coming up next, like a turn or a berm.”

When turning into corners Lavtar has some pointers.

“When going around corners, pick up that inside foot,” Lavtar said. “If you have the pedal on the inside down, it could hit the ground, tripping the rider. And be hesitant on some turns because

there might be a jump or somebody.”

Mazur provides guidance for riding up and down hill.

“Try to be in the gear you want to be before getting to the hill,” Mazur said. “Remember to lean forward going uphill so you don’t fall backward and same thing when going downhill, lean back.

“When going downhill, most of your weight is in the front, so use 80 percent front brake and 20 percent back. Don’t just slam on the front brake because you will fall over, and if you use all your back brake it will lock up and you will just slide and be out of control.”

One mountain biking trail available is called ‘Middle Earth,’ an intermediate trail in Kincaid Park in Anchorage.

It has a wide range of paths, and branches out into separate, more difficult trails.

“The first part of the trail will be narrow and have bumps, berms and roots; just get comfortable with it,” Lavtar said. “There will be some hills and berms you can get just roll over or get some air; but be mindful of anyone in front of you and don’t slam on the brakes when you land.”

This trail is not only for moun-

tain biking, because there is a lot of nature to observe.

“Since this is a two-way trail, when we have climbers, they usually have the right-of-way,” Lavtar said. “If you want to take it a bit slower, you can ride in the back of the group. We are not racing, we just want a good time.”

Like all outdoor trips hosted by the ORC, the goal is to have fun while being safe.

“Going through the outdoor rec for the mountain biking trip was fantastic,” said Tech. Sgt. Angela Warren, noncommissioned officer in charge of plans with the 18th Logistic Readiness Squadron based at Kadena Air Base, Okinawa, Japan, who was here on temporary duty. “The trail [‘Middle Earth’] was intense, but doable. The scenery was beautiful and we had great, patient guides. I will definitely do it again next time I’m in Alaska!”

The biking trips are available all season long through the ORC. Like most of the ORC’s programs, anyone with base access can sign up and register. These trips are geared to all experience levels from beginner to expert.

For more information, contact JBER-Elmendorf Outdoor Recreation Center at 552-2023.



The JBER Outdoor Recreation Center offers various outdoor adventure programs like mountain biking a 1,500 acre wooded park in Anchorage with more than 30 miles of rolling trails.

The sun is out, and so are the bears

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Summer is in full swing at Joint Base Elmendorf-Richardson and with it come some unique challenges the JBER community should bear in mind.

A wide variety of wildlife calls JBER home and, depending on the season, risks of an encounter can vary.

During the summer, bears are considerably more active, which can increase the risk of bear-related incidents.

In order to ensure healthy cohabitation with JBER’s bear life, Jim Wendland, a wildlife conservation officer on JBER, briefs newcomers as they arrive on base.

There are two types of bears on JBER: black and brown bears.

Black bears typically den between October and April, whereas brown bears den from November to March, Wendland said.

There are three primary ways to determine whether the bear in

front of you is a brown or black bear; color, size, and ears, he said.

Brown bears are lighter in color, have short, rounded ears and are generally larger than black bears.

The first step to bear safety is preventing an incident from occurring in the first place. For the best chances of success, adhere to

Wendland’s advice below:

Travel in groups and make noise; store food in bear-proof containers; carry bear deterrent and be proficient in using it, and make noise to avoid surprising a bear.

If a bear encounter happens, it is important to act accordingly.

Don’t approach bears, but slowly leave the area, and never run from a predator.

They are more likely to attack defensively rather than offensively, said Dave Elliott, research associate at the wildlife conservation center on JBER. This means they feel threatened in some way, and are trying to eliminate the threat. If this happens, play dead after

the bear makes contact with you. It will assume the threat has been eliminated and move on.

If the bear has been stalking you, it may see you as food. In this case, it could be an offensive attack. To deal with an offensive attack, fight back in any way you can, Elliot said.

“If you are knocked down, your best option is to play dead,” Elliott said. “Very rarely will there be an offensive attack.”

Feeding the bears is a finable offense and creates a dangerous situation for both the bears and the JBER community.

It’s for this reason it is important to keep food waste out of open garbage bins around base so as to not train the bears they can find easy meals in residential areas. Store food in a bear-safe container at all times, even at home.

Leaving grills, smokers and trash in accessible places can result in an unwanted bear encounter.

If you see bears near residential trash bins, parks, and housing locations, contact security forces at 552-3421.



This brown bear, a resident of the Anchorage Zoo, shows its intimidating side. If you encounter bears in the wild, on or off the installation, keep a safe distance and carefully vacate the area. If you see bears near residential trash bins, parks, or housing locations, contact security forces at 552-3421. (Courtesy photo)



A black bear basks in the summer sun outside Anchorage. After hibernating all winter, bears are very active in the summer as they prepare for the next winter. By practicing proper bear safety, Alaska residents can reduce risk of unwanted bear encounters during their active period. (U.S. Air Force photo/Staff Sgt. Sheila deVera)



Black bears are common on and around JBER. This one, a cub from the previous year is more than likely on its’ own for the first time. Bears that frequent areas in close proximity to humans can become habituated to people, vehicles, unattended coolers, barbecue grills and trash. Once bears find food not normally obtained through natural sources, they will return to the source – creating a dangerous situation for themselves and humans. (Courtesy photo)

Soldiers matriculate at newly-opened ‘ArmyU’

By C. Todd Lopez
Army News Service

WASHINGTON — The Army is consolidating Soldier education under “one roof” as part of the “Army University” concept, Sgt. Maj. of the Army Daniel A. Dailey said.

The Army University, officially abbreviated “ArmyU” for short, is administered by the Combined Arms Center, on Fort Leavenworth.

While not a “brick and mortar” university, ArmyU will maximize the educational experience which Soldiers are already getting in the Army through the U.S. Army Training and Doctrine Command.

The plan for ArmyU is to organize the Army’s professional military education programs into a university system to increase academic rigor, create greater opportunities for accreditation, and enhance the quality of the force, according to CAC leaders.

ArmyU will integrate the education already provided in the Army for enlisted Soldiers, officers, warrant officers and Army civilians of all components.

Included in ArmyU are all the Army “centers of excellence”: aviation, cyber, fires, intelligence, maneuver, maneuver support, mission command and sustainment.

ArmyU also includes the U.S. Army Sergeants Major Academy, Defense Language Institute, the Western Hemisphere Institute for Security Cooperation, Army Management Staff College, Warrant Officer Career College, U.S. Army Command and General Staff College and the Army Press.

“We will work with them, and we are looking at how we can make the instructors better, and make the curriculum as relevant and as current as possible, plus meeting the need of the operating force,” said Col. Michael J. Harlan, with the CAC.

While not part of ArmyU, the new university will coordinate with the U.S. Military Academy at West Point, New York, the U.S. Army War College, Cadet Command, initial military training, U.S. Army Reserve Schools, Army National Guard Schools, Army Medical Department Center and School, Judge Advocate General Legal Center and School, and the Special Warfare Center and School.



The Army is consolidating Soldier education as part of the “Army University” concept, officially abbreviated “ArmyU” for short. The school is administered by the Combined Arms Center on Fort Leavenworth. (U.S. Army photo/ Sgt. Kimberly K. Menzies)

Universal Transcript

Dailey said ArmyU will be nationally accredited, and will eventually provide a “universal transcript” to make it easier for civilian colleges and universities to understand the education and training Soldiers have received in the Army, and help them build a degree program.

Right now what the Army and other military services offer is a Joint Services Transcript, which provides to civilian universities a description of military schooling and work history in civilian language. Dailey said the JST will not be eliminated, but will be augmented with a transcript from Army University.

“Our goal is to have the Army transcript have the same value as any other university in America,” Dailey said. “It’s long overdue. The Soldiers are excited about this too.”

Harlan said a universal transcript, along with ArmyU accreditation, will mean that many, though not all of the types of training Soldiers receive in the Army will be able to convert into civilian education credits.

One of the goals of ArmyU is to ensure that the training provided across the Army meets the rigor required in the civilian academic world. This will make it easier for ArmyU to provide accredited

courses, which in turn means it can provide universal transcripts of Soldier education that document coursework credits that civilian universities will be more willing to accept. When that happens, the education Soldiers complete in the Army will save them both time and money when they transition out of service.

“When they walk in to that school, they have this universal transcript from the ArmyU that shows legitimate accredited credits, and they can take those and apply them towards a degree program of their choosing,” Harlan said. “It’ll save them money ideally if that Soldier, now a civilian, doesn’t have to pay a second time for training they already possess.

The other thing is it may get them a degree faster because they don’t have to take as many classes, because they have already gotten that training and experience and the civilian university will acknowledge it.”

Harlan also described what he called a “degree engine,” which would be part of ArmyU.

The degree engine would use the universal transcript and compare it to the requirement for getting a particular degree at a particular university, and could help Soldiers determine what other courses they would need to take to achieve that degree, and even

possibly the cost of attaining that degree.

“It’s a tool to help that Soldier understand how close they are to getting a degree they want from an institution they want,” Harlan said.

Credentials for a Career

Another goal of ArmyU is to find ways for Soldiers to earn private-sector equivalent credentialing for the work they do in the Army, so they don’t need to be re-credentialed when they go look for private-sector work.

Soldiers, who may serve in the Army now as drivers, electricians, metal workers, plumbers, or even medical workers, will first need to be credentialed first before they can move their skills to a paying job in the private sector. The goal of ArmyU is to provide credentialing for every military occupational specialty, or MOS.

Helping those Soldiers get credentialed in their skill set is important to both the Soldier and the Army because it proves “an individual is an expert in their particular area,” Harlan said.

Dailey said the Army has already been partnering with industry at places like Fort Polk, Louisiana, Fort Hood, Texas and Joint Base Lewis-McChord, Washington, to help transitioning Soldiers get the right training and credentialing to move into work in

the private sector.

As an example, he said, “they bring in their equipment and materials and they are certifying them on a technical trades, including HVAC, pipefitting and welding.”

Dailey said that credentialing transitioning Soldiers to work in the private sector on the same jobs they held in the Army is difficult, because credentialing requirements vary from state to state. Sometimes, he said, requirements vary within regions within the same state.

He said the Army is working with state governments to help make things easier for Soldiers. ArmyU will be a part of that.

In a tri-signed letter by Army Secretary John M. McHugh, Army Chief of Staff Gen. Ray Odierno, and Dailey, Army leadership said the creation of ArmyU is the next “logical step” in the continued professionalization of the Army.

“Understanding the historical importance of this effort, we are committed to transforming one of the largest academic systems in the United States into a premier university system that harnesses the tremendous energy, experience, and intellectual capacity in our Army to produce the professionals that the nation will need for a complex and uncertain world tomorrow,” Army leaders said.