

ARCTIC WARRIOR

August 7, 2015

www.jber.af.mil

Volume 6, No. 31

SMA visits troops in the Last Frontier

By Sgt. 1st Class Joel Gibson
USARAK Public Affairs

Sgt. Maj. of the Army Daniel A. Dailey visited the Last Frontier July 30 and 31 to give the Soldiers, Army civilians and families of U.S. Army Alaska an opportunity to address their concerns at the highest level, and to see how USARAK conducts some of its training.

First, Dailey visited Fort Wainwright and toured the Northern Warfare Training Center, where Arctic Warriors showed the Army senior enlisted adviser how they train to fight and win in high-altitude and extreme cold weather conditions and types of equipment used.

At both Fort Wainwright and Joint Base Elmendorf-Richardson, Dailey hosted town hall meetings in which he told Soldiers, Army civilians and family members of the SMA initiatives and explained their significance.

Dailey then opened the floor to questions, stating the concerns raised were being recorded and he would present them to the Chief of Staff of the Army.

At JBER, one of the immediate concerns was confusion over the Army online conduct policy.

“You can still have fun without hazing, without bullying and without sexually harassing,” Dailey said.

Soldiers also raised concerns about Army Physical Fitness Test standards and methods changing, as well as uniform regulations.

Dailey responded by saying there are predictive and combat-focused tests being considered which would be based on a Soldier’s military occupational specialty.

Also on the table are uniform updates like black socks with the improved physical fitness uniform, the Eisenhower style jacket with the Army service uniform, and unisex dress and drill sergeant headgear – which are receiving support in online polls.

In response to a question about why medical appointments require a long wait, Dailey said much of the wait comes from people missing appointments and rescheduling them.

“Should we charge Soldiers for missed appointments?” Dailey asked. The question was met with a resounding “hooah.”

After the town hall meeting, Dailey met with several USARAK agencies, stopping by the Sergeant First Class Christopher R. Brevard Noncommissioned Officer Academy, and meeting with Command Sgt. Maj. Ronald Ferdinand.

One of the major recurring themes in the NCO Academy visit was National Guard units using Regular Army training facilities – and vice versa – in an effort to save money spent on travel costs for Soldiers.

“He came down with extreme interest in the importance of what we’re doing with training here,” said Staff Sgt. Jason Hernandez, the quality assurance officer of the NCOA. “And not just smoothing over and giving you roundabout words, but a direct plan and a time line of when to expect results or changes.”

Staff Sgt. Sean Callahan of USARAK Public Affairs contributed to this story.



TOP: A truck explodes in a controlled detonation during joint-service training July 29. (U.S. Air Force photos/Alejandro Pena)
LEFT: An Army explosive ordnance disposal technician holds a charge for a controlled explosion on Joint Base Elmendorf-Richardson July 29. After learning about types of explosives, troops assigned to the 673rd Civil Engineer Squadron and the 65th Ordnance and the 716th EOD companies created and detonated various devices to better understand their effects.

JBER EOD troops get hands-on with IEDs



ABOVE: A Federal Bureau of Investigation bomb technician works with explosive ordnance disposal personnel from JBER. The combined-service training July 29 offered EOD personnel a chance to work with each other and try various explosives.
RIGHT: Army Staff Sgt. Clint Graves, a native of Weston, Idaho, assigned to the 65th Ordnance Company, 1st Stryker Brigade Combat Team, 25th Infantry Division, examines the aftermath of a controlled detonation during combined service explosive ordnance disposal training on Joint Base Elmendorf-Richardson July 29. (U.S. Air Force photos/Alejandro Pena)



JBER medical personnel see patients as family

By Airman 1st Class Kyle Johnson
JBER Public Affairs

So there you are, sitting in your doctor’s office and he says the words you’ve been expecting, but hoping would never come. “I think surgery’s your best option.”

There’s a brief moment of processing, then your heart decides to take up residence in your stomach.

Surgery can be daunting; many people are uncomfortable with the idea of trusting themselves to a stranger’s care while at their most vulnerable, but to highly-qualified surgeons and technicians at the Perianesthesia Unit in the 673d Medical Group, each patient isn’t a stranger – he is somebody’s family. “We keep families safer,” said Senior Airman Kristie Stenhouse, a medical technician at the Anesthesia Procedure Unit. “We can fix things that happen close to home, so family overseas don’t have to worry.”

The APU sees approximately 12 to 20 active duty, dependent, or veteran patients a day for everything from obstetrics to cataracts.

Like any other part of the hospital, a visit to the APU begins with a doctor’s appointment.

“At your appointment, you will discuss your concerns and have your questions answered regarding your planned surgery,” said Tech. Sgt. Danielle Gagne-Thibodeau, noncommissioned officer in charge of the APU.

The surgeon will then explain the procedure, the risks, the benefits, and alternatives to surgery.

“After all your concerns are answered,” Gagne-Thibodeau said, “The surgeon will sign the consent form with you.”

“Once that happens, the doctor puts the referral in for the pre-op clinic,” Stenhouse said. “The nurses meet with you and go over your medical history to make sure you are fit for surgery.”

Typically, the date of surgery will be decided at this point, but in some cases, surgery is performed the same day as the pre-op appointment, to ensure nothing changes between appointments, Stenhouse said.

“This is your opportunity to ask any questions you may have regarding your surgery,” Gagne-Thibodeau said. “Our nurse will tell you when you need to stop having food and drinks, when you should call for your show time, and what you need to bring

on the day of surgery.”

The APU is split into four main sections: check-in, preoperative, operating room, and recovery. Each of these serves a different, but essential purpose to ensure surgery is as smooth and comfortable for the patients as possible.

“You will be required to present your photo ID at check-in,” Gagne-Thibodeau said. “Here you will be asked to change into a gown, remove all undergarments, jewelry, glasses, dentures, and hearing aids.”

During this process, patients will be asked more questions regarding their medical history. There will be questions which need to be posed repeatedly to ensure nothing slips through the cracks prior to surgery.

See **FAMILY** • A3

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Fisher House expands

More rooms for service and family members undergoing medical care at JBER, VA hospitals
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TOP COVER: AIRMEN MAINTAIN AMERICA'S REMOTE INVISIBLE ARMOR

By Airman 1st Class Kyle Johnson
JBER Public Affairs

All around Alaska, and out into the Pacific, little white domes dot the mountainsides, coastlines, and islands – the only tangible evidence of America’s invisible armor.

The domes are operated 24 hours a day, 365 days a year by a small crew of mostly contracted civilian Airmen.

They drive up precarious, ice-covered slopes, braving 40 mile-per-hour winds in -40 degree temperatures with little to no medical support nearby as part of their daily work.

These are the Pacific Air Forces Regional Support Center, (PRSC) formerly known as 611th Air Support Group, long-range radar sites. Their mission: track aircraft through Alaska’s airspace and it’s borders.

The PRSC manages 21 installations across the Pacific which, due to their locations, cannot be accessed by normal means, said Lt. Col Robert Bartlow, 611th Civil Engineer Squadron commander.

The only way to get in or out is by plane or by barge.

In addition to constantly scouting the skies, some of the installations also serve as emergency airfields to which Air Force planes can divert should they need to make an unscheduled landing.

Others, like Wake Island, also serve as a halfway point, a gas station for planes to refill on their way to other Pacific locations.

“The missions at each one of those installations is a little bit different,” Bartlow said. “Eareckson Air Station serves as an airfield, but also has a Cobra Dane radar system which is essentially a space-tracking asset that supports Air Force Space Command and the Missile Defense Agency.”

Much like an air base wing would support its squadrons, the PRSC does the same with its three squadrons and one detachment, Bartlow said.

However, the difference is that the PRSC is a tenant unit, which means that they do not have their own base and infrastructure.

For that, the PRSC relies on the 673d Air Base Wing, and on the 3rd Wing for transportation to and from their sites.

It is this support from JBER units that enables the PRSC to ensure unauthorized aircraft do not come into American airspace.

The long-range radar sites are primarily run by contracted employees, with the maintenance being contracted as well. These contracts are accomplished through a partnership between the 766th Specialized Contracting Squadron and the 673d Contracting Squadron, with the 766th handling the larger contracts and the 673d providing construction and commodity contracts.

Because of its unique facilities



A C-12 passes over the Alaska Mountain Range on its way back from the Indian Mountain radar site. There are 21 sites around the Pacific, many in Alaska, which are inaccessible except by plane; supplies and fuel must be brought in regularly to support the mission of scouring the Arctic skies for threats. The remote sites also serve as emergency airfields to which Air Force planes can divert if they need to make an unscheduled landing. The highest mountain in the range is Mt. McKinley – 20,322 feet at its highest point. (U.S. Air Force photos/Airman 1st Class Kyle Johnson)



Long-range radar site personnel from Joint Base Elmendorf-Richardson visit the cabin on Indian Mountain where they often weather storms. At the radar site, recreation is limited, so the cabin is a popular place to relax when they’re not busy scouting the skies or providing for those who do. The Pacific Air Forces Regional Support Center, previously known as the 611th Air Support Group, maintains 21 installations across the Pacific which cannot be accessed except by plane or barge.

and mission, the PRSC offers opportunities JBER Airmen may not normally have, Bartlow said.

Airman 1st Class Joshua Quap, 673d Contracting Squadron, contracting specialist became one of those lucky few when he flew up to Indian Mountain to perform a final inspection for a boiler that was recently installed through his contracting squadron.

“It’s definitely a different place, it really is. It was awe-inspiring, to say the least,” said Quap. “It really shows Alaska for what it is.”

“We [also] partner with the 673d Civil Engineer Group,” Bart-

low said. “We exchange personnel from time to time to expand their experience. We’ve received support with a couple of their engineering assistants who have been helping us out for several months to augment our folks and go out to these sites.

“It’s great for us because we had more work than we could cover with the people we had,” he said. “It’s also great for them because it’s an opportunity to get out and see something different, and to have an opportunity to provide direct oversight on some very unique projects.

“It’s a win-win.”

The 673d Force Support Squadron manages all PRSC manpower; all of their funding goes through the 673d Comptroller Squadron, and the 673d Logistics Readiness Group provides vehicle maintenance to PRSC locations.

“There needs to be Air Force equipment and vehicles on those islands that need to have an air force maintainer to take care of, and they readily offer those folks up and they spend months out there,” Bartlow said.

“They do a lot of great work in making sure our equipment and

vehicles are squared away.”

The American military is made of several branches, each with unique missions and methods.

In the same way, JBER houses different units, each working separately for their own mission, but also together for a bigger one.

“We’ve got working relationships with all of them and are very pleased with the support they offer,” said Air Force Captain Ben Shearer, PRSC executive officer. “Our mission would absolutely not be possible without their support, they enable us every single day to do our jobs.”

August marks Army’s 5th Antiterrorism Awareness Month

By Maj. Gen. Bryan Owens
USARAK commander

The protection of our Soldiers, Airmen, civilians and family members is my greatest concern. Antiterrorism is a Department of Defense-directed program.

In order to increase awareness of the AT program, training, and suspicious-activity reporting procedures, Headquarters of the Department of the Army has designated August Antiterrorism Awareness Month.

The AT program is a collective, proactive effort focused on the detection and prevention of terrorist attacks against DoD personnel, their families, facilities and installation mission-critical infrastructure.

I expect a unified effort as we work together to instill antiterrorism awareness and vigilance essential to protecting our communities, operations, and infrastructure throughout the command.

I am directing U.S. Army Alaska to focus efforts on the following themes for this year’s antiterrorism awareness month.

This focus will guide commanders and managers on high-payoff tasks which

directly support the Army’s AT awareness program:

- Continued and heightened implementation of Army iWatch and eGuardian threat reporting.
- USARAK forces and tenants schedule and execute annual and pre-deployment AT exercises.
- Antiterrorism training with a focus on evolving threats such as active shooters and cyber security.
- Reinforce to our communities the need to practice positive operations security.

Terrorism remains an enduring, persistent and worldwide threat throughout the Pacific region and our homeland. Terrorism comes in many forms and can



happen at any time.

Remember, a vigilant effort of detection and prevention is our greatest weapon in the fight against terrorism, high-risk behavior and accidents.

I also want to emphasize the importance of maintaining our vigilance and situational awareness to guard against a multitude of ongoing threats. If you see something, say something. People, training, and equipment are the most basic ingredients of mission success. Our people are our most precious resource. I also believe the glue that bonds people, training and equipment together consists of leadership, teamwork and discipline.

Antiterror Tips

- Awareness of your surroundings is the first defense against any threat.
- Protect personal information at all times and avoid conversations (in public, email and phone and on social network sites) involving military missions or discussion about long-term separation.
- Maintain a proactive mindset about the security environment where you live, work and travel.
- Maintain a low profile, especially when overseas.
- Be cautious and prepared for the unexpected.
- Assess your home for security such as locks and lighting.
- Talk to your children about their safety and security such as what to do if they feel threatened and who they can trust.

If you see something suspicious, contact law enforcement, call iWarch Army at 384-0823 or 384-0824, or Air Force Eagle Eyes at 552-2256 or 552-4444.

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ARCTIC WARRIOR

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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.

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From **FAMILY • A1**

The technicians start an intravenous drip and make sure the patient is comfortable.

“I don’t want to cause my patients pain, so when I do IVs I like to do them fast and quick,” Stenhouse said.

As space becomes available and once the nurses on the pre-operative side are ready, patients waiting in the clinic’s main lobby will be rolled to that side of the clinic where the patient meets with their doctor and the nurse who will be in the operating room.

Here, information will be verified again to ensure there have not been any misunderstandings.

“We will verify your information frequently to ensure we meet the optimal safety and care you deserve,” Gagne-Thibodeau said.

They’ll explain the type of anesthesia to be used, the risks associated, and some possible side effects of the procedure.

In the operating room, the doctors use electronic nerve stimulators to ensure the patient is completely unconscious before beginning surgery.

“After [the procedure] is done you come out to the recovery area,” Stenhouse said.

“When they come out of surgery I want to make their pain tolerable,” she said. “Make them warm make them comfortable.”

Nurses in the recovery area ask patients to rate their pain on a scale of 0 to 10.

“Thats our way for adults to tell us their pain range,” Stenhouse said. “For kiddos we have little faces they can point to and say which one they are. It’s kind of cool. It lets the kids have more of a say with what’s going on with them.”

When patients are breathing well on their own and their pain is tolerable enough to move, they are escorted into the check-in area as they get ready to head home.

Be it a knee arthroscopy or a gallbladder removal, surgery can take a physical and emotional toll



ABOVE LEFT: A patient waits in the preoperative clinic at the Perianesthesia Unit in the JBER Hospital July 27 for her anesthesia administrator to come and explain the gallbladder removal surgery she is about to have, and answer any final questions. The APU handles many different procedures on a daily basis. (U.S. Air Force photos/Airman 1st Class Kyle Johnson)

ABOVE: Air Force Maj. Justin Clark, a 673d Medical Group general surgeon, scrubs in for surgery July 27 outside an operating room in the Joint Base Elmendorf-Richardson hospital. The operating rooms are clean areas and everyone must wear scrubs, foot covers, hair covers, and masks while in the room to ensure the area remains sterile.

LEFT: Air Force Capt. Heather Lewis rolls a patient out of the operating room and into the recovery area in the Perianesthesia Clinic of the JBER hospital July 27. Patients rest in the recovery area until they are able to go home with their escort.



on the patients.

There is also an emotional impact on the staff because the patients aren’t just seen as patients. They are people. This is particularly true when a miscarriage happens, she said.

“When you lose a child, it’s very emotional,” Stenhouse said. “It really brings you back to what we’re doing here.”

Each patient is in the APU for

a different reason, with a different history and background, but the men and women who work at the APU want them all to have the same story – success.

“I wouldn’t want someone to

take care of my family in Oklahoma and not provide them the best care,” Stenhouse said. “It’s just treating others like you want your family to be treated. Like you’d want to be treated.”

JTACs brush up on night qualification in Guam

By Staff Sgt. Alexander W. Riedel
36th Wing Public Affairs

ANDERSEN AIR FORCE BASE, Guam — Several thousand feet above ground, Air Force pilots see the birds-eye view of the battle field: every road, building and vehicle is laid out for them.

However, what happens hidden from view, under cover of foliage or buildings, eludes them.

Deploying in small teams to augment combat units, Tactical Air Control Party Airmen are battlefield experts who eliminate blind angles by efficiently linking ground troops to life-saving support from the air, as the eyes and ears for aircrews.

To practice their skills, TACPs assigned to the 3rd Air Support Operations Squadron from Joint Base Elmendorf-Richardson, recently made the long journey to Guam to train with a variety of units from Joint Region Marianas.

“Guam offers a different training environment and allows us to broaden our horizon as we work with different units in joint training,” said Master Sgt. Robert Pena, 3rd ASOS operations superintendent, who organized the training in cooperation with the 736th Security Forces Squadron here. “This keeps our teams from getting complacent and keeps sharpening their skills.”

For one week, the teams pursued a detailed counterinsurgency operations script and worked to eliminate designated simulated targets.

Responsible for navigation and weapons on a B-52 Stratofortress, Air Force Capt. Robert Vasey, 20th Expeditionary Bomb Squadron B-52 weapons and tactics officer, relies on the most accurate target information possible from the ground in order to make sure his crew hits the right target.

“We’re miles in the air at 20,000 to 30,000 feet,” Vasey said. “Up above, we get the overview, but the TACPs on the ground see a lot more detail. Having somebody on the ground is clearly beneficial, and they are experts at what they do.”

While B-52 and other aircrews regularly train for cooperation with ground troops, Vasey said many sorties only simulate radio contact. Having joint terminal attack controllers, or fully certified TACPs, on the ground responding in real-time offered a different dimension of realism that provided the aviators challenges and lessons learned.

“The training was quite successful,” Vasey said. “We learned a lot from the team and working with the experts on the ground is better than any simulation. We learned a few significant new details on how we can improve tactics when operating with our ground forces.”

From agile fighters to the flying behemoth of a B-52, TACPs are responsible to know each aircraft’s position in the airspace above, all while navigating difficult terrain evading hostile forces.

“A lot of TACPs are used to working with F-16 [Fighting Falcons] and similar close air support assets, but here we got some great exposure to training with the B-52s,” said Staff Sgt. Gary Russell, a 3rd ASOS JTAC. “You can’t replace this type of hands-on training. When you go downrange ... you don’t want to get into a situation without having trained for it.

“While training can’t duplicate battle exactly, you can definitely develop lifesaving skillsets.”



Tactical Air Control Party Airmen with the 3rd Air Support Operations Squadron based at Joint Base Elmendorf-Richardson, watch as an MH-60S Seahawk performs close air support attack July 23 at Naval Ordnance Annex, Guam. The team conducted essential night qualifications training for joint terminal attack controllers. (U.S. Air Force photo/Staff Sgt. Alexander W. Riedel)

Coming from Alaska, where summer nights may mean no darkness at all, the team also benefited from the opportunity of extensive night training under Guam’s star-studded skies, which allowed instructors to evaluate new JTACs on crucial night qualifications.

With support from the Navy’s Helicopter Sea Combat Squadron 25 and Andersen Air Force Base’s 36th Mobility Response Squadron, teams fast roped from helicopters and immediately began their operation in the hills of the Navy’s Ordnance Annex near Santa Rita, Guam.

“As soon as we get on the ground, we try to build our situational awareness,” Russell said. “We refer back to our map and graphics and orient ourselves with our surroundings. In the back of our minds we have to know which aircraft we have on station, where they are in the air and have to deconflict all air assets to make sure nobody gets hurt. Our main objective is always to keep everyone safe.”

Mere shadows moving silently through the night, the controllers were little more than small infrared lights visible only through the helicopter pilot’s night vision gear.

Speaking with clear, concise and confident instructions despite having sprinted or taken cover from simulated enemy fire, one JTAC after another took control of the aircraft above and guided them to simulated targets.

“The JTACs use the same standardized procedures we use,” said Navy Lt. Robert Knoerzer, MH-60S Seahawk pilot training officer assigned to HSC-25. “It’s a joint and common language. So when they provide all necessary directions to us, we have all the information we need to support the mission on the ground.”

In the dark skies above, HSC-25 aviators completed their own training requirements with a real-life twist.

“The training was a great opportunity to have our teams fly important training events and see how real-life JTACs actually operate on the ground without having to simulate it, which was great,” Knoerzer said. “It challenged us to work through scenarios the teams created for us and definitely gave us a new perspective on how we complete our missions. It was amazing how easy it was to have our training objectives meet one another and get whatever everybody needed in relatively limited time. We would love to have the 3rd ASOS back any time.”

After the mission, the teams disappeared again, as fast as they arrived, under the chopping sound of helicopter rotor blades in the dark.

Senior Airman Ronald Page, a 3rd ASOS TACP Airman in training, who used the training toward his certification as a fully qualified JTAC, led part of the advancing mission while experienced JTACs coached him through the real-life inspired scenarios.

“The helicopters provided overwatch of the area, warning us of any dangers ahead, while we translated their information to the ground commander,” Page said of the stressful exercises. “Communicating with HSC-25 was completely seamless. They are very efficient with their close air support, and there were no barriers in working with them at all.”

Back on the ground, the TACPs’ training focused on close cooperation with specially trained expeditionary security forces teams with the 736th Security Forces Squadron.

Select members of the unit graduated from the Army’s military police special reaction team course, a small unit urban tactics

training similar to those completed by police SWAT teams.

“A lot of people think of security forces as standing at the gate checking IDs, but there is a whole other aspect for us here at the 736th SFS,” said Staff Sgt. Charles Killebrew, 736th SFS fire team leader. “We use our training downrange outside the wire as we support the full spectrum of combat and humanitarian contingency missions.”

Running through a variety of fast-paced drills, trained on shooting stances and movements as a fire team, then covering one another through a variety of fire positions, the TACPs moved from one building to another and practiced how to move tactically in confined spaces and rooms, while maintaining a 360-degree security and awareness.

“The teams were very motivated and ready to listen,” Killebrew said. “We tried to get the operators spun up on what they could encounter downrange when it comes to clearing and navigating buildings with the Army. Everybody caught on quickly and performed the drills very well. It was a great opportunity to work with them.”

Airmen with the 736th SFS also provided key planning and logistical support to the team, from transportation to lodging, which helped significantly cut down cost of the training, Pena said.

“The units here go through some unique training and it was a great opportunity to tap into that,” he added. “Working together in training is vital. You never want it to be your first time when you work together downrange. You should know the ins and outs on how each aircraft and unit can benefit you on the battlefield.

“Whether it’s security forces, Air Force bombers or Navy helicopters, we train and work for a common mission.”

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 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.

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.

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.

Article 139 claims

A Uniform Code of Military Justice Article 139 claim is a claim against any service member for willfully damaging or wrongfully taking property while the service member is not on duty. Claimants are eligible to file an Article 139 claim whether they are civilian or military, a business, a charity, a state or local government. Claims covered by Article 139 are:

- Claims for damage to property inflicted intentionally, knowingly, purposefully, and without a justifiable excuse.
- Claims for property wrongfully taken. A wrongful taking in an unauthorized taking or withholding of property not involving a breach

of a fiduciary or contractual relationship, with the intent to deprive the owner of the property temporarily or permanently. Claims not covered by Article 139 are:

- Claims resulting from negligent acts such as normal “fender-benders” or other such accidents;
- Claims for personal injury or death;
- Claims resulting from acts or omissions of military personnel acting within the scope of their employment (these may be payable as a tort claim);
- Claims resulting from the conduct of Reserve Component personnel who are not subject to the UCMJ at the time of the offense;
- Subrogation claims. That is a claim where your insurance company pays you and then seeks reimbursement; and
- Claims for theft of services.
- Claimants should submit claims within 90 days of the incident from which the claim arose unless there is good cause for the delay. Your claim must be presented either orally or in writing. If presented orally, the claim must be reduced to a signed writing within 10 days after oral presentation.

Claims should be filed by branch of service. For claims against Army members, contact the Army claims office in Bldg. 600, Suite 313, at 384-0330. For claims against Air Force members, contact the Air Force claims office in the People Center, Suite 330 at 552-3048. Claims relating to members of any other branch may be made at the Army claims office and will be forwarded to the proper service.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, 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 information, call 384-7000.

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.

Fisher House receives additional rooms

By Airman Christopher R. Morales
JBER Public Affairs

A dedication for the Fisher House Annex was hosted at the Joint Base Elmendorf-Richardson Warrior Transition Unit July 28 in honor of the 22 new rooms providing shelter for service members and family in need of medical attention.

The WTU provided a wing of its building due to the high demand for shelter for families receiving care in the community.

“The people occupying these new rooms are active duty and their adult family members; parents, spouses, and high-risk pregnancies,” said Jenny Hall, Alaska Fisher House manager.

“The original Fisher House is used for our families with children and the veteran population.”

The Alaska Fisher House serves all branches of the military; Reservists, Guardsmen, retirees, veterans, and their family members, as it has for the past three years.

Coast Guard Commander David Landerau, from U.S. Coast Guard Base Kodiak, and his wife were given a room during the last two months of her pregnancy.

He was not able to be with her in the beginning, so she lived at the Fisher House without any family for a time – but she was not alone.

“It was nice to know the staff was there, like a home, and not only that, but the other people staying as well,” Cmdr. Landerau said. “There was a bond; they were all friends with each other.”

“When the time came, finding a hotel, particularly for a family, was very expensive and difficult,” he said. “We were able to go to the Fisher House as a family and take care of ourselves in a comfortable situation.”

Spc. Cory Caldwell, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, a food service specialist at Fort Wainwright, came to the JBER hospital for surgery.

“We came here July 1, and my surgery was planned for July 7, but was pushed back until July 21,” Caldwell said.

“We thought we were going to lose the room and everything, but were reassured the Fisher House would hold the room for us.”

“So far everything has been better than great, actually better than being at home,” Caldwell said. “Having the house here is completely convenient.”

Caldwell is staying in the new Fisher House rooms recovering from surgery and has a couple more surgeries to go.

In the meantime, he is taken



Visitors celebrating the dedication tour one of the newly renovated Fisher House of Alaska Annex rooms on JBER July 28. The Fisher House of Alaska is a lodging facility on JBER which provides a comfortable place for families to stay while service members or dependents are hospitalized. (U.S. Air Force photo/Alejandro Pena)

care of not by only the staff, but also his husband.

“This helps him and it makes it easier for me to take care of him because we have everything here, even food,” said Alex Ivanov, Caldwell’s husband.

The Fisher House is a non-profit organization, which functions on donations, contributions and volunteers.

“Volunteer support from our community is very important; whether it be from people

hosting meals, donating things like bottled water and toothpaste, or simply time to help out,” Hall said.

“We need all those things, and because we are a separate location we’re going to need double the help.”



The Fisher House Annex dedication was held July 28 in honor of the 22 new bedrooms inside the Warrior Transition Unit they have been authorized as of May 2015. (U.S. Air Force photo/Airman 1st class Kyle Johnson)



A string quartet plays the National Anthem at the Fisher House Annex dedication ceremony July 28. (U.S. Air Force photo/Airman 1st class Kyle Johnson)

Not your average wingman: MWD is family

By Senior Airman David C. Danford
374th Airlift Wing Public Affairs

YOKOTA AIR BASE, Japan — Every day as the sun rises above the horizon, Yokota Air Base’s defenders are already hard at work keeping the base safe. Their day begins when they are assigned a patrol car, protective equipment and their partner. Just like in civilian law enforcement, military patrolmen place their lives in their partner’s hands, forging bonds of trust and respect. The 374th Security Forces military working dog handlers take that bond to the next level; the dog isn’t just their partner, the dog is family.

Kennel masters across the Air Force diligently study personality profiles of their charges, human and canine, to form the best teams possible. Such is the case with Staff Sgt. Nicholas Galbraith, a 374 SFS MWD handler, and his partner, Topa.

“Dogs, just like people, have their own personalities, and Topa and I have the same kind of mentality,” Galbraith said. “He’s very high-drive. He’s the kind of dog that when he needs something he’ll go straight for it, and I understand that.”

As a Belgian Malinois, Topa doesn’t possess the jaw strength of a German shepherd, but makes up for it with his boundless energy and fighting spirit, according to Galbraith. Like all Air Force defenders, Topa was trained at Joint Base San Antonio-Lackland,

Texas, where that fighting spirit cost him half an ear during rough play with the other MWDs. He began to show signs of a dog-aggressive nature. This worked out perfectly for Galbraith.

“When I went back to Lackland for training, both dogs that were assigned to me showed dog-aggressive tendencies,” Galbraith said. “It’s almost like I was being trained to work with Topa from the start.”

According to Galbraith, the personalities of both the handler and the dog are important when forming teams. A large disconnect between the two can cause a pair of otherwise talented individuals to form a lackluster partnership. Learning how to read the emotions and mindset of the animal is just one way that handlers can work to bridge that gap.

“My boy has a lot of energy,” Galbraith said proudly, patting Topa’s head. “If he was placed with a more laid-back handler he’d either be really bored or walk all over that handler.”

High drive and energy isn’t solely Topa’s domain. Galbraith is a self-proclaimed fitness guru who practices martial arts, including muay Thai, as a form of stress relief and to maintain his physical well-being.

“Being physically, mentally, spiritually and socially fit is just as important for the dog,” Galbraith said. “The whole-Airman concept applies to them too because they have to deal with the same stressors we do



Topa, a 374th Security Forces Squadron military working dog, looks to his handler at Yokota Air Base, Japan, July 29. When not actively performing their duties, MWDs are trained to focus on their handler and await further instructions. (U.S. Air Force photos/Senior Airman David C. Danford)

and sometimes more.”

To be prepared for working with his four-legged wingman, Galbraith was given emergency field veterinary care training similar to the self-aid and buddy care taught to Airmen in basic military training. This is just one more way in which MWDs are comparable to their human counterparts. Despite all of these similarities, handlers must always remember their partner isn’t human.

“Sometimes it’s easy to forget that they really are just dogs and still do dog things like sniffing and marking territory,” Galbraith said. “It’s their pack mentality which makes the MWDs loyal to their handler

before anyone else.”

Topa is Galbraith’s first canine partner outside of training, and they have been working together for a year. Handlers in the Air Force are assigned a different MWD at each base they are assigned to, in contrast to the other branches of service where a team is only broken when one of the members separates from the military.

“Yokota is my first base as a K-9 handler, and Topa’s the first K-9 I’ve worked with,” Galbraith said. “I got lucky with him, he’s an awesome dog. I’m sure everyone says that about their dog but I truly believe I couldn’t have gotten a better partner.”



Staff Sgt. Nicholas Galbraith, a 374th Security Forces Squadron military working dog handler, praises his MWD partner, Topa, after performing vehicle checks at Yokota Air Base, Japan, July 24. Positive reinforcement is one of the primary means of training MWDs and encouraging good behavior.



Staff Sgt. Galbraith and his MWD partner Topa perform security checks on Yokota Air Base, Japan, July 24. Topa is Galbraith’s first canine partner outside of training, they have been working together for a year.

A cup of joe and a proverb to go

Commentary by Air Force Chaplain (Capt.) Angie Erickson
176th Wing Staff Chaplain

Visiting people in their work-space is exciting for me. I get a little intel into one’s personal life. Pictures, knick-knacks and perhaps some creature comforts from home are what most people use to create a home away from home.

If you were to visit my office you would quickly gather I like coffee and words.

Words? Yes, words found on signs, wooden cutouts and on my chalk board. They are words that encourage, strengthen and ignite hope and joy into my life.

Many of these words can be found in the Book of Proverbs – usually situated in the center of the Bible.

Credited to King Solomon, the wisest man to ever live, they are classified as wisdom literature and are intended to instruct the wise to become wiser and the simple-minded to avoid becoming a fool.

There are 31 proverbs – one per day, to give us insight into daily living. What sort of wisdom do they lend?

They show us how to become



Take time to enjoy a cup of coffee, a Proverb and some encouragement. Chaplain Erickson, located in Hangar 18, Room 230 stands ready to help brighten your day. (Courtesy photo)

skillful in honoring our parents and raising our children, how to manage our money and conduct our sexual lives, how to go to work

and exercise leadership, how to use words well and treat others kindly, how to eat healthy, and how to cultivate healthy emotions

within ourselves so we can have a right attitude about others, and so much more.

I have found that reading a

proverb a day is better than taking a vitamin – because this book mentors, equips and prepares us for not only the trials we will face, but also for the blessings from the Lord when we strive to live in obedience and put our faith into action.

I have several favorite proverbs – one on my business card is Proverbs 27:17. This verse reminds us “as iron sharpens iron, so one person sharpens another.”

We are called to mentor and be mentored by those around us – continually maturing and becoming the best that we can be.

Another favorite of mine, Proverbs 31, is one I use for marriage enrichment, which speaks of a wife of noble character. In verse 26 it states, “She speaks with wisdom, and faithful instruction is on her tongue.”

At the end of each month, my husband reads this entire proverb to me, and he calls me his P-31 bride.

How do you think this makes me feel? I will tell you I feel loved, blessed and encouraged. It causes me to always move and serve with a pep in my step.

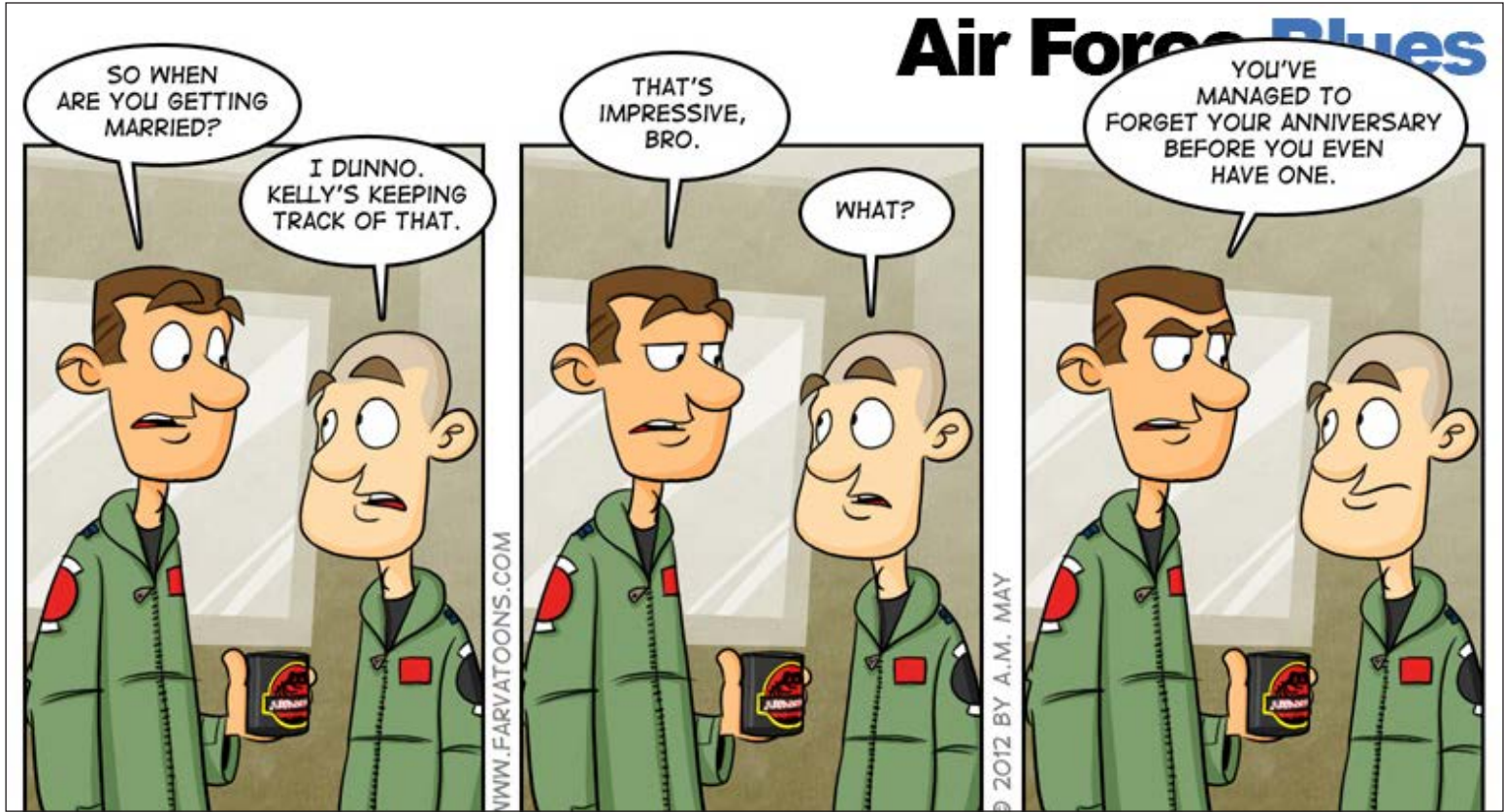
Having the most important person in my life pour God’s precious word into my heart and mind makes me want to be the best wife, mother and good neighbor I can be.

Having been a military spouse and a member of several chapel systems, I feel compelled to reach out to not only our service members, but also to their family members – serving as a resource and support especially during deployments.

Chaplains have been instrumental in helping my family, tour after tour, grow in our faith and love for Jesus and each other.

Indeed, I have been blessed to meet some remarkable chaplains and want to encourage you to reach out to your unit chaplain. The communication is 100-percent confidential and the wise counsel and encouragement are free.

I, like all of our chaplains, want to assist you with your spiritual maturity and resiliency. I want to help you with your struggles and offer you encouragement, so please stop by and see me and have a cup of joe and a proverb to go. My office is in Hangar 18, Room 230.



THROUGH AUG. 16
Big Wild Life running

Out-and-back courses start in downtown Anchorage and wend through the wooded greenbelt. There are several races to choose from — a 49K ultra-marathon, a Boston Marathon qualifier, a marathon walk, a 5K, kids' runs and more.

For information, visit bigwild-liferuns.org.

THROUGH AUG. 31
Gold Rush Inn closure

The Gold Rush Inn will be closed for business through August 31 to accommodate an Army Field Training Exercise. Both the Wilderness Inn and the Iditarod dining facilities will continue with normal operations and hours and will be able to meet customer demand.

For information, call 384-2793

FRIDAY
Kayak roll class

Designed for experienced kayakers, the roll class teaches how to roll right-side-up without exiting the kayak. The class takes place from 7 to 9 p.m. at the Elmendorf Fitness Center pool.

To register, call 552-2023.

SATURDAY
BOSS ATV trip

Grab your battle buddy or wingman and take an ATV trip to Jim Creek with BOSS. Trip departs the JBER-E Outdoor Recreation Center at 7:45 a.m. and will return at 5 p.m. Transportation and ATVs provided.

To sign up or for more information, call 384-9023.

RecOn Glacier ice climb

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

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

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

MONDAY THROUGH THURSDAY
Cultural cooking camp

Youth and teens, want to learn how to prepare foods from different cultures? The Two Rivers Youth Center hosts a cooking camp to teach you how all next week.

Youth, ages 9 through 12: 1 to 3 p.m. and teens, ages 13 through 18: 5 to 7 p.m.

For information, call 552-2266.

AUG. 14 AND 15
Mountain Bike camp

The Alyeska Resort hosts mountain bike skills camps for youths age 10 to 18. Certified mountain-bike coaches teach everything from the basics to advanced skills.

For information, visit alyeska-resort.com.

AUG. 15
Eagle River Challenge run

The Eagle River Nature Center hosts these 5K and 10K races on the Dew Mound and Crow Pass trails. Bib pick-up starts at 9 a.m.; for information, visit enrc.org.

THROUGH AUG. 27
Zoo animals

Staff from the Alaska Zoo bring a live animal to the Old Federal Building Thursdays for a discussion of biology. The event is free; bring photo ID for entry.

For information, visit alaska-centers.gov/zoo.cfm.

ONGOING
Anchorage museum tours

Visit the Anchorage Museum for a guided tour with a docent. Learn about the history of Alaska and Anchorage, the indigenous people, and art. These 45-minute tours are free with admission.

For information, visit anchorage-museum.org.

Alaska Outdoors hikes

The Alaska Outdoors group hosts easy hikes for beginners and families with small children Monday evenings, and moderate hikes Thursdays, year-round. Hikes start at 6:30 p.m.

For locations and information, visit alaska-outdoors.org.

Market and Festival

The largest outdoor market in Alaska happens every weekend through Sept. 6 at 3rd Ave. and E St.

More than 300 vendor booths, food, and entertainment are a good reason to get out from 10 a.m. to 6 p.m. Saturdays and 10 a.m. to 5 p.m. Sundays.

For information, visit anchorage-markets.com.

Guided nature walks

Join a docent at the Eagle River Nature Center at 1:30 p.m.

Wednesdays through Sundays for a 3/4-mile walk around Rodak Loop. Learn about the history and flora and fauna of the Eagle River Valley.

For information, visit ernc.org.

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.

Many outings are offered at deep discounts 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.

Quidditch scrimmage

Muggles 12 and up are invited for a scrimmage at the Park Strip at the corner of 10th Ave. and G St. every Wednesday from 7:30 to 9 p.m. throughout August. Bring your own broom.

For information, visit facebook.com/AlaskaQuidditch.

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 blend spiritual resiliency with fitness at the JBER-Elmendorf Fitness Center outdoor track. The chaplain prays for units and meets with unit members from 6 to 7 a.m. Aug. 10 through 14, 17 through 20, and Aug. 24 through September 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 arguing 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-

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)
Next service Sept. 4
5 p.m. — Heritage Chapel
Call 384-0456 or 552-5762

Religious Education

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

Richardson Housing Management Offices from 1 to 2 p.m.

These seminars explain 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.

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17 MILE BIKE RACE

FACEBOOK.COM/JBERFITNESS BLDG. 9510

AUGUST 14 // 12 P.M.

MEMBERS MUST PROVIDE OWN BIKE & HELMET (HELMETS MANDATORY)
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MALE & FEMALE
T-SHIRTS FOR FIRST 30 PARTICIPANTS

CALL US FOR MORE INFO FOR AGES 13 & OVER
// 552.5353



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FREE game of bowling to use on a future visit!



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552-4599 / 2023



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Sessions
Single • \$3.50 Ten • \$25 Twenty • \$40

Call for more information:
Buckner Fitness Center, Bldg. 690 • 384.1308

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Centers for Child Development



Denali 552.8304 | Sitka 552.6403 | Katmai 552.2697 | Kodiak 384.1510 | Talkeetna 384.0686

Fitness Fun Day!

August 14 • 3 - 5 p.m.

Parents are invited to participate in our fun filled day, as we teach our children the importance of being active and healthy.

Contact your center for more details.



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



FSS/MWR events & activities

Birth Announcements

ARCTIC WARRIOR

August 7, 2015 **B-4**

JULY 1

A son, Thomas Reed Smith, was born 21 inches long and weighing 8 pounds, 1 ounce at 11:37 a.m. to Julia Nicole Smith and Tech. Sgt. Adam Cory Smith of the 525th Fighter Squadron.

A daughter, Trinity Sara Carter, was born 19.5 inches long and weighing 7 pounds, 4 ounces at 1:34 p.m. to Air Force staff sergeants Brittney Nicole Carter of the 3rd Operations Group and Jason Eric Carter of the 673d Communications Squadron.

JULY 2

A daughter, Elliana Marie Sickles, was born 20 inches long and weighing 7 pounds, 7 ounces at 2:51 p.m. to Anna Marie Sickles and Air Force Staff Sgt. Raymond Patrick Sickles of the 3rd Aircraft Maintenance Squadron.

JULY 4

A daughter, Zoey Marilyn Huestis, was born 19.5 inches long and weighing 7 pounds, 4 ounces at 2:20 p.m. to Senior Airman Ashley Marie Huestis of the 611th Civil Engineer Squadron and Austin Paul Huestis of the 773d Civil Engineer Squadron.

JULY 7

A son, Aidan Joshua Adam Ray, was born 22.5 inches long and weighing 10 pounds, 13 ounces at 12:51 p.m. to Jessica Rayann Ray and Senior Airman Joshua Mitchell Charles Ray of the 773d Civil Engineer Squadron.

JULY 8

A daughter, Bailey Rose Defilippo, was born 20 inches long and weighing 6 pounds, 3 ounces at 7:16 a.m. to Kenna Renea Defilippo and Senior Airman Dillon Andrew Defilippo of the 673d Surgical Operations Squadron.

JULY 9

A son, Braxson Leigh Wil-

liams, was born 21 inches long and weighing 8 pounds, 2 ounces at 7:50 a.m. to ZJacquilyn Victoria Williams and Sgt. Nathan Cole Williams of the 49th Missile Defense Battalion, Fort Greely.

JULY 10

A daughter, Zamora Ruth Ward, was born 21 inches long and weighing 8 pounds, 7 ounces at 7:51 a.m. to Spc. Ellorain LaNaya Ward of the 8th Forward Surgical Team (Airborne) and Kilo Ward.

A son, Benjamin Freeman Vickery, was born 21 inches long and weighing 8 pounds, 8 ounces at 5:50 p.m. to Candace Franklin Vickery and Army 1st Lt. Raymond Daniel Vickery of Headquarters and Headquarters Company, 6th Brigade Engineer Battalion (Airborne).

JULY 13

A son, Eivin Reed Vukelic, was born 19.5 inches long and weighing 6 pounds, 11 ounces at 12:07 p.m. to Mollie LeAnne Vukelic and Army Staff Sgt. Reed Charles Vukelic of the Christopher R. Brevard Noncommissioned Officer Academy.

JULY 15

A daughter, Mia Elise Zamora, was born 20.5 inches long and weighing 8 pounds, 5 ounces at 3:03 a.m. to Kristen Nicole Zamora and Air Force Staff Sgt. Christian Renee Zamora of the 673d Medical Group.

JULY 18

A son, Vincent Michael Nelson, was born 20 inches long and weighing 7 pounds, 4 ounces at 2:56 a.m. to Christina Ann Nelson and Air Force Staff Sgt. Michael Christopher Nelson of the 3rd Operations Support Squadron.

JULY 19

A daughter, Harmony Reina Duarte, was born 19

inches long and weighing 6 pounds, 13 ounces at 6:54 p.m. to Breanna Michelle Staats and Pfc. Rodrigo Duarte of the 307th Expeditionary Signal Battalion.

JULY 22

A daughter, Michele Andrea Nkonyo Idiokitas, was born 20.5 inches long and weighing 7 pounds, 6 ounces at 7:57 a.m. to Surlita L. Idiokitas and Sgt. Carlos E. Idiokitas of the 1st Squadron (Airborne), 40th Cavalry Regiment.

JULY 24

A son, Ashton James Bryant, was born 20.5 inches long and weighing 7 pounds, 8 ounces at 7:40 a.m. to Air Force Capt. Rebecca Jean Bryant of the 673d Medical Operations Squadron and Matthew James Bryant.

JULY 28

A son, Keaton Lawrence Lehaul, was born 20 inches long and weighing 6 pounds, 12 ounces at 3:46 a.m. to Ashley Ann Lehaul and Air Force Staff Sgt. Peter Lehaul of the 3rd Aircraft Maintenance Squadron.

A daughter, Scottlyn Reign McKalpain, was born 20.5 inches long and weighing 8 pounds, 8 ounces at 8:05 a.m. to Nadine Jovan McKalpain and 1st Sgt. David Alan McKalpain, Jr. of the 725th Brigade Support Battalion (Airborne).

A daughter, Eleanor Rose Hall, was born 20.5 inches long and weighing 8 pounds, 3 ounces at 11:19 a.m. to Brittany Hall and Air Force Maj. Bryan Hall of the 673d Medical Group.

A daughter, LaNai Althea Jackson, was born 20.5 inches long and weighing 7 pounds, 2 ounces at 1:21 p.m. to Airman 1st Class LaDaysheia Jackson of the 673d Force Support Squadron and Charles Jackson.

A daughter, Harper Grace Webb, was born 21 inches long and

weighing 6 pounds, 13 ounces at 7:58 p.m. to Kylie Chanel Webb and Pfc. James Dalton Webb of the 6th Brigade Engineer Battalion.

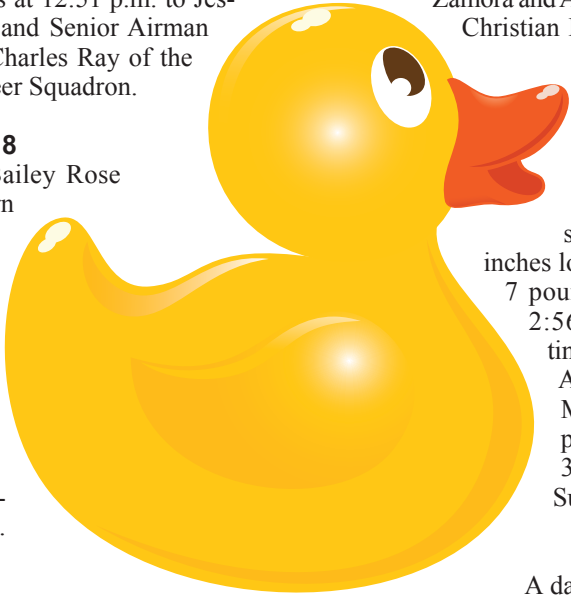
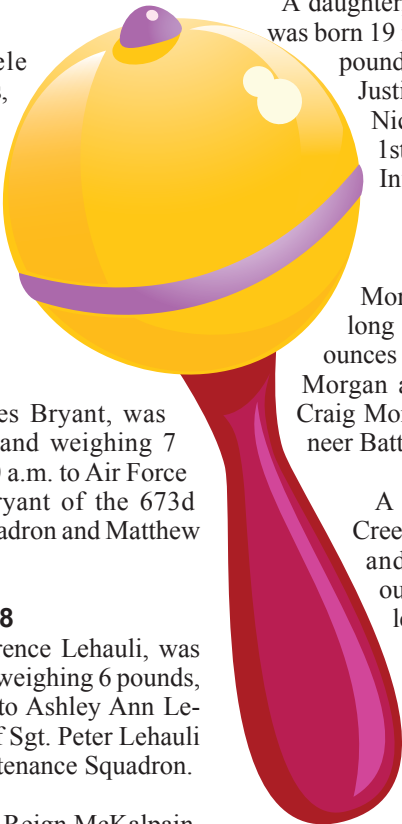
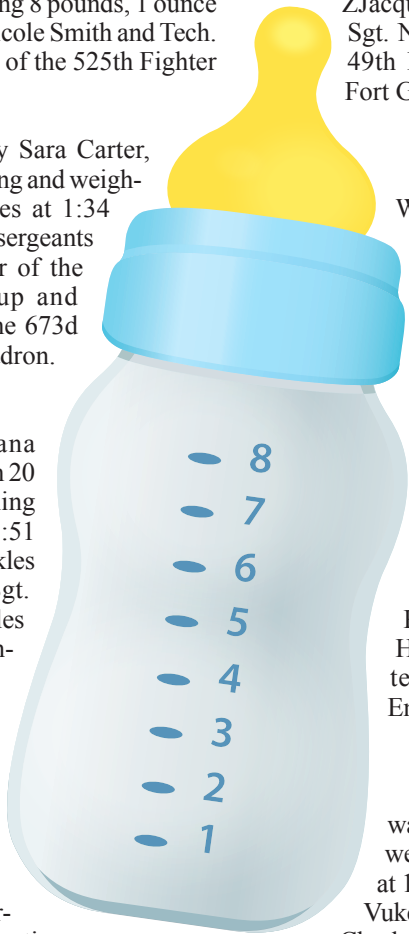
A daughter, Rian Evangeline Murray, was born 19 inches long and weighing 6 pounds, 9 ounces at 9:25 p.m. to Justina Marie Murray and Spc. Nicholas Ryan Murray of the 1st Battalion (Airborne), 501st Infantry Regiment.

JULY 31

A daughter, Juliette Adalyn Morgan, was born 20.5 inches long and weighing 7 pounds, 7 ounces at 7:58 a.m. to Jenna Austin Morgan and Sgt. 1st Class Joshua Craig Morgan the 6th Brigade Engineer Battalion (Airborne).

A daughter, Sadie Maddox Creek, was born 19 inches long and weighing 6 pounds, 15 ounces at 2:10 p.m. to Kathleen Vanessa Bell and Senior Master Sgt. Steven Glen Creek of the 673d Aerospace Medical Squadron.

A daughter, Brielle Michelle Curry, was born 20 inches long and weighing 7 pounds, 15 ounces at 11:44 p.m. to Mandy Maureen Curry and Air Force Maj. Michael John Curry the 611th Air and Space Operations Center.





Service members compete in the annual JBER Canoe, Run and Shoot challenge at Otter Lake July 31. The challenge is part of the Combat Cross-Country Series which provides service members an opportunity to have fun and build esprit de corps in five-person teams. During each event, competitors wear a 35-pound rucksack. The Canoe, Run and Shoot challenge was the third of a four-part series of competitions the Buckner Physical Fitness center hosts. The next challenge, a 10-mile relay, will be held on September 3 at Attu Hall on JBER-Richardson. (U.S. Air Force photos/Senior Airman Tammie Ramsouer)



Getting a rock-solid grip with the ORC

By Airman Christopher R. Morales
JBER Public Affairs

Sometimes life may have you between a rock and a hard place. When climbing, that hard place is the ground. The only thing stopping anyone from reaching the top is oneself ... or the end of the rope, whichever breaks first.

The Joint Base Elmendorf-Richardson Outdoor Recreation Center offers outdoor rock-climbing trips which provide tips and proper technique in all their activities.

“The reason rock climbing is available this year is because we have two people who are expert climbers,” said Dave Mazur, a guide with the ORC. “All of our guides have a lot of experience, and [are] trained in outdoor and wilderness medical procedures and first response.”

Mazur said there are a lot of trails along the Seward Highway making trips like these

very accessible to JBER residents, yet these other options to explore won’t be available without more customers taking advantage of the program.

One of these spots is Boy Scout Rock in the McHugh Creek State Recreational Area of Chugach State Park along the Seward Highway, the focus of most of the trips which has climbs ranging from beginner to more advanced trails.

“You can come here with climbing history and still be challenged,” Mazur said.

“We are hoping to grow this Outdoor Adventure program every year and by doing that we need to offer more stuff and give military members and their families a chance to see Alaska at a great price with a great group of people.”

Karl Lavtar, guide with the ORC, instructs the participants on proper terminology, climbing basics and tips.

The ORC provides a harness, helmet and

shoes fitted prior to the trip, though participants can bring their own.

Other necessities are available as well such as a first-aid kit, climbing rope and anchors.

“There are bolts anchored in Boy Scout Rock with hangers, which are checked manually throughout the season,” Lavtar said.

The ORC supplies webbing to better fortify the anchor, so if one component were to give out, the anchor doesn’t slip away.

Another handy tool is chalk.

“We do have a chalk bag. We use chalk if the rock is a little wet or your hands get sweaty,” Lavtar said.

Lavtar provides climbing tips, so beginning climbers start with a firm grounding.

“You should use your legs a lot and your hands for more balancing,” Lavtar said. “Sometimes you have to pull all your weight up with your arms. But if you use only your upper body, you will overwork

them really quick.

“When climbing, you want to have your hips closer to the wall,” Lavtar said.“It’s always good to have three points of contact and take small steps.

“If you’re using more muscle, you want to be efficient.”

“Come on out, support the rock climbing as well as other trips. They are geared for anybody and you don’t have to have experience at all,” Mazur said.

“We have different challenge levels for those who are more experienced and everything we do is challenge-by-choice. The goal is to have fun, allow you to do something and see Alaska for a little bit.”

Just like any event, the ORC wouldn’t be on these trips if people didn’t participate.

Not only do the trips provide a few hours of meeting new people, but a chance to see Alaska from a new perspective – like atop a big rock.



Guide Dave Mazur assists a climber on a difficult part of Boy Scout Rock in the McHugh Creek State Recreation Area of Chugach State Park July 9. Boy Scout Rock offers different climbing routes ranging from 15 to 30 feet in height. Mazur is assigned to the Joint Base Elmendorf-Richardson Outdoor Recreation Center. (U.S. Air Force photos/Airman Christopher R. Morales)



A student records veteran Lina Velar’s initial ascent up Boy Scout Rock in the McHugh Creek State Recreation Area of Chugach State Park July 9. The rock climbing trip is just one of the various fully-guided instructional outdoor adventure programs the JBER ORC offers which are are open to all Department of Defense identification card holders age eight and up.



Belay anchors, commonly used for rock climbing, allow a climbing rope to be locked off and stop a climber’s fall. This equipment, used for outdoor adventure programs, is offered through the Joint Base Elmendorf-Richardson Outdoor Recreation Center.