

Royal Thai Air Force CCTs train at JBER

By Air Force Staff Sgt. Wes Wright
JBER Public Affairs

Fliers and ground crews got used to a lot of foreign accents throughout Red Flag Alaska 15-3. However, for U.S. and coalition C-130 Hercules pilots, one unique accent that routinely pierced the steady droning noise of their Pratt and Whitney motors came from Royal Thai Air Force combat controllers.

Going by their call signs, RTAF combat controllers “Nok” and “Piglet,” Flight Sgt. 1st Class Saknarong Wongin and Flight Lieutenant Phongsakron Namjit, worked with side-by-side with a U.S. Air Force air mobility liaison officer, Capt. Michael Spanogle from the 3rd Air Support Operations Squadron, to drop common delivery system bundles and paratroopers from the back of coalition aircraft in simulated combat.

“This was a very unique opportunity for both parties,” Spanogle said. “Just to see how their special forces and combat controllers operate is helpful. There are a lot of parallels when it comes to passing nine-lines, radio operations and things of that nature.”

While there are vast differences and scopes of responsibility between not only AMLOs and CCTs, one constant is the ability to be a one-man air traffic controller in an austere location.

“Whenever there is an air drop, my job is to go out and survey the area, make sure it’s safe for operations, and coordinate with the users,” Spanogle said. “My job is to go out as a single resource, which is what I normally do, or, in this case, working with the Royal Thai Air Force to help train them.”

The U.S.-Thai ground team focused on improving radio plat-



A COMMON LANGUAGE

Flight Sgt. 1st Class Saknarong Wongin, Royal Thai Air Force combat controller, and U.S. Air Force Capt. Michael Spanogle, 3rd Air Support Operations Squadron air mobility liaison officer, coordinate an airdrop during Red Flag Alaska 15-3. (U.S. Air Force photo/Staff Sgt. Cody Ramirez)

form integration and streamlining communication.

“It was good working with the Americans to learn new communication techniques and procedures,” Wongin said. “It was fun. [Spanogle] taught us a lot. We will use the lessons we learned in the future for improved cooperation.”

While the U.S. AMLO and Thai CCT personnel were working to improve their craft, 3rd ASOS technicians, took the opportunity to install radio equipment onboard a Humvee. They were then able to test and demonstrate the improved voice and digital radio capabilities to the Thais.

According to Tech. Sgt. Mike Whiteman, 3rd ASOS support superintendent, the capabilities, tactics, techniques and procedures demonstrated to the RTAF CCT members shows how an improved radio platform can increase communication with both ground and air resources.

The combined efforts are representative of the learning processes required from international forces during large operations and continue to prove how crucial these events are to conducting streamlined operations for future exercises and real world operations, Whitman said.

In addition to radio communication, Spanogle, Nok and Piglet worked together to set up point-of-impact markings and landing zone panels to guide aircraft. They also shared techniques on recording data and how to best pass that information to an inbound aircraft.

“It’s absolutely critical,” Spanogle said. “From a flying standpoint, when integrating with other nations, you see a lot of dynamics and aspects come together. From the ground sense, it’s a very unique opportunity. Learning how they think and operate is awesome. It teaches us how to make things more streamlined and safe. That

way, if we do go to combat, those lessons will make us more effective when we integrate.”

While the Thai CCT personnel and U.S. AMLO had operational duties to perform together, the same amount of effort was put into solidifying their personal relationships.

A common understanding among participants at Red Flag was if you went near the Thai aircrew area around lunch time, you’d be invited to stay for food, according to several aircrews.

“Personal relationships are huge,” Spanogle said. “That first day you get to meet someone really sets the tone for how things are going to go. I have nothing but accolades to sing for them.

“They were very professional and kind. They were here for more than to just drop things out of the back of an airplane. They were here to build a relationship with our forces.”



Coast Guard saves cruise passenger near Juneau

JUNEAU, Alaska — A Coast Guard Station Juneau boat crew responded to and medevaced a 61-year-old man who was experiencing symptoms of a heart attack aboard the cruise ship Star Princess in Lynn Canal, approximately 20 miles north of Juneau, Wednesday.

The Juneau station’s 45-foot Response Boat-Medium crew transported the man from the Star Princess to awaiting emergency medical services in Auke Bay.

Watchstanders at the Coast Guard Sector Juneau command center received a report from the captain of the cruise ship Star Princess regarding the ailing passenger.

The duty flight surgeon recommended medevac via response boat.

The watchstanders then directed the launch of the response boat.

“During the summer months, there is increased activity on the water, and our crews stand watch around the clock,” said Lt. j.g. Thomas Kennedy, a Coast Guard Sector Juneau command duty officer. “We train for situations such as this in order to assist and transport mariners in distress.”

The weather at the time of the medevac was reported as light and variable winds with calm seas.

Pacific Airlift Rally brings 14 nations to JBER

By Air Force Staff Sgt. Edward Egerton
176th Wing Public Affairs

The Alaska Air National Guard’s 176th Wing began hosting the week-long Pacific Airlift Rally here Monday, working with forces from 14 allied Pacific nations to sharpen coordination for future humanitarian airlifts.

It marks the first time that the biannual event has been hosted in North America, and the first time it has been hosted by an Air National Guard unit.

Sponsored by Pacific Air Forces, the PAR is a multinational military-airlift symposium for nations in the Indo-Pacific region.

The symposium includes informational seminars, a command-post exercise which focuses on humanitarian assistance and disaster relief, and then a field training exercise which builds upon the command-post scenario.

“It is an honor to co-host this training with the Pacific Air Forces,” said Lt. Col. Tom Bolin, commander of the 176th Operations Group, in an opening statement at the event. “These opportunities are few and far between and are important for us and our partners in the region, because it allows us to build on the capabilities to better assist in humanitarian efforts around the Pacific region.”

This year’s PAR is scheduled to last until Friday, and is the first time that it has been hosted in one of the 50 U.S. states.

Participants of the exercise include Australia, Bangladesh, Cambodia, Canada, Indonesia, Malaysia, Maldives, Mongolia, Nepal, Philippines, Singapore, Thailand, Tonga, United States and Vietnam.

See RALLY • A4



TOP: Japanese Ground Self-Defense Force soldiers recover their gear and parachutes after conducting high altitude-low opening jump training over Malemute Drop Zone on JBER Monday.
ABOVE: Pvt. Richard Kellogg gathers his parachute after the jump.



Pvt. Richard Kellogg, a native of Atlanta, Ga., assigned to 1st Battalion (Airborne), 501st Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, descends during a practice jump over Malemute Drop Zone on Joint Base Elmendorf-Richardson Monday. Japanese Ground Self-Defense Force and U.S. Army paratroopers jumped from Royal Australian and U.S. Air Force aircraft as part of Pacific Airlift Rally 2015, a biennial, multilateral tactical military symposium designed to enhance military airlift interoperability between nations of the Pacific region. (U.S. Air Force photos/Alejandro Pena)

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School partnership

Soldiers, Airmen mentor students in schools around JBER

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USARAK commander sets out priorities for readiness

Editorial by Army Maj. Gen. Bryan Owens
USARAK commanding general

Greetings to the arctic warrior family. I am thrilled to lead this team and be counted among the cold weather, cold region experts of U.S. Army Alaska. I’ve been told my family arrived in Alaska during the best time of year, and I have to say I agree completely.

The Alaska community has made us feel extremely welcome, and we look forward to experiencing all the amazing landscapes, activities and culture this state has to offer.

Today, I want to share my priorities for the arctic warriors during my command. Over the coming months, I will be out meeting and

talking to our Soldiers, civilians and families to reinforce and expound on these priorities.

My top priority is to provide our Army and our nation with trained and ready forces to accomplish our current and future missions. To do this, Soldiers, and especially leaders, must develop and sustain a field mentality. Exercising field discipline will help Soldiers collectively overcome many of the challenges they face.

Earlier in my Army career when we went to the field, there were only five times we were permitted to remove our helmets.

Those five allowances were during after-action reviews, religious worship, and designated chow, sleep and personal hygiene times. That was it. But it wasn’t

about the helmet; it was about discipline, a key tenet of our profession and being a professional Soldier. Our leaders enforced the standards, and we learned discipline.

Just as my leaders enforced our unit’s helmet standard, I expect all USARAK leaders to steadfastly enforce our standards every day to help instill the necessary level of discipline and through that discipline gain and maintain the trust of the American people.

Thus far, I have been very impressed with the quality of U.S. Army Alaska’s arctic tough leaders, the training facilities on our installations and the unique environmental opportunities we have here on the Last Frontier. To live up to our moniker as America’s

Arctic Warriors, we must always continue to fine tune our skills as the best cold-weather, cold-region combat troops on the planet.

An essential element of achieving a high state of readiness is trust. I view trust as an equation: credibility + reliability + intimacy (the effort and involvement with getting to know those you lead) divided by the perception of self interest. We’ve got to maintain trust in each other.

A lot of big changes are coming to our Army, and we don’t have a clear sight picture yet. There is a lot of conjecture and rumor about where our Army is heading and especially what will happen here in Alaska. As I get more information about USARAK’s future, I will pass it along to our Soldiers,

civilians and families.

You are all winners in my book and have my complete trust until you violate that trust. I ask that you in turn trust your leaders. As we move forward in training our units to fight and win our nation’s wars, I am confident we will balance our readiness requirements with the force-reduction challenges ahead.

We are working through a very deliberate mission analysis, and we will work closely with our partners to continue achieving the same high training and readiness standards while caring for our Soldiers and families.

I ask that you all continue to be patient, focus on the mission, look out for each other and always give your very best.

Arctic warriors, arctic tough!

Airman, Soldier who thwarted attack honored by services

National Guard Bureau
News release

WASHINGTON — Spc. Aleksander Skarlatos, one of three Americans who subdued a heavily armed gunman on a Paris-bound train, will be awarded the Soldiers Medal – the Army’s highest award for acts of heroism not involving actual conflict with an enemy.

Senior Army leaders announced Tuesday that Skarlatos, a member of the Oregon Army National Guard’s 41st Infantry Brigade Combat Team, will receive the award after reviewing information submitted by the National Guard Bureau.

Skarlatos was traveling from Amsterdam to Paris when a gunman emerged from a train lavatory carrying an AK-47 and a Luger pistol.

After hearing the sound of gunfire, Skarlatos called to others on the train to act, then charged the gunman.

He then “forcefully wrestled the two firearms from the gunman’s possession,” according to the award submission. “As the gunman fought relentlessly, wielding a box-cutting razor, Spc. Skarlatos seized the assailant’s own rifle to employ as a blunt weapon,” knocking the gunman unconscious, then securing him “with makeshift restraints.”

“Specialist. Skarlatos’ actions that day epitomize what we mean by a Soldier of character - one who lives by a personal code where dedication to duty and taking care of others is sacred,” said Army Secretary John M. McHugh. “His actions, and those of his fellow serviceman and passengers, exemplify the highest standards of selfless service. We are proud to count him in our ranks.”

Skarlatos and two of his childhood friends, Airman 1st Class Spencer Stone and Anthony Sadler, were on vacation traveling from Amsterdam to Paris on the train.

He is being awarded the Soldier’s Medal “for extraordinary heroism above and beyond the call of duty” and the citation reads, in part, that “Specialist Skarlatos distinguished himself in a courageous manner, voluntarily accepting risk to his own life,” and his “brave actions prevented a potentially catastrophic loss of life.”

“On behalf of our Army, I commend Spc. Aleksander Skarlatos for his heroic actions Friday that saved hundreds of lives by awarding him the Soldier’s Medal,” said Army Chief of Staff Gen. Mark A. Milley.

“His extraordinarily heroic effort, at the risk to his own life, truly exemplifies our Army values. I am proud to call you a hero and a Soldier.”

Stone has been similarly nominated for the Airman’s medal, the U.S. Air Force’s highest non-combat award.

On Monday, Skarlatos, Stone, Sadler and a British businessman received the Legion d’Honneur – France’s highest recognition – presented in Paris by French President Francois Hollande.

“While the investigation into the attack



Airman 1st Class Spencer Stone is interviewed in Paris Aug. 23 following a foiled attack on a French train. Stone was on vacation with his childhood friends, Spc. Aleksander Skarlatos and Anthony Sadler, when an armed gunman entered their train carrying an assault rifle, a handgun and a box cutter. The three friends, with the help of a British passenger, subdued the gunman after his rifle jammed. Stone’s medical background prepared him to begin treating wounded passengers while waiting for the authorities to arrive. Stone is an ambulance service technician with the 65th Medical Operations Squadron stationed at Lajes Field, Azores. (U.S. Air Force photo/Tech. Sgt. Ryan Crane)

is in its early stages, it is clear that their heroic actions may have prevented a far worse tragedy,” President Barack Obama said in a statement.

“We often use the word hero, and in this case I know that word has never been more appropriate,” said Jane Hartley, the U.S. Ambassador to France. “They are truly heroes. When most of us would run away, Spencer, Alek and Anthony ran into the line of fire, saying ‘let’s go.’ Those words changed the fate of many.”

News reports indicate that after opening fire in an adjacent car, the attacker stopped to reload.

That’s when Skarlatos spotted him emerging from the lavatory.

Stone described the scene: “I was asleep with my headphones on and my friend, Alek, was sitting to the left of me and Anthony was sitting to my right across the aisle. I wake up and I see Alek moving around saying ‘Oh crap! Oh crap!’”

Skarlatos motioned to the gunman, who had entered the cabin brandishing an AK-style rifle.

“I kinda turn around and see the guy,” Stone said, “and he’s got the AK, he’s trying to charge it. I just throw my headphones off and turn around in my seat, get low and kinda look around.”

At that point the gunman had passed Stone and Skarlatos. It was at that moment

their lives changed.

“Alek taps me on the shoulder and says ‘go get ‘em!’ and that’s when I got up and I sprinted at him.”

For Skarlatos, it was a split-second decision to act.

“It wasn’t a conscious decision,” he said. “We didn’t even have time to think about it. We just acted.”

Stone reached the attacker first, tackled him and began to grapple.

“I was feeling for the gun and couldn’t find it,” Stone said. “I felt it a couple times but he kept taking it away. So I just put him in a rear naked choke to protect myself and my friend, Alek, came up and took the [rifle].”

Stone was injured when the attacker slashed him with a box cutter, nearly severing Stone’s thumb and causing him to lose his grip on the attacker.

Skarlatos, Stone and Sadler then were able to surround and finally subdue the attacker, Stone said.

“If it wasn’t for Alek and Anthony, I’d be dead,” Stone said. “I wouldn’t have been able to do it by myself. He definitely would’ve got me.”

“He seemed like he was ready to fight to the end,” Stone said. “So were we.”

Once the gunman was down, the trio began assessing any other threats in the area, as well as providing medical atten-

tion to a passenger who had been injured by the attacker.

Officials said the actions of Skarlatos and Stone would be reviewed and the two would be presented with any appropriate U.S. awards for their actions.

Awards aside, others were glad somebody intervened in the attacker’s plans.

“It’s fantastic that no matter who it was, someone stepped up to stop such a horrific event,” said Maj. Stephen Bomar, a spokesperson with the Oregon Army National Guard. “We’re absolutely proud that it happened to be someone from the Oregon Army National Guard.”

“These men are true heroes. The Oregon National Guard is very proud of Specialist. Skarlatos,” said Brig. Gen. Michael E. Stencel, acting adjutant general, Oregon. “His quick reaction, his courage, and his bravery undoubtedly saved many lives, for which we are thankful beyond words. He is a true citizen Soldier who displayed the courage each of us would hope to find in ourselves.”

“Specialist. Skarlatos is a model citizen soldier,” said Lt. Gen. Timothy Kadavy, director, Army National Guard. “His willingness to risk himself to save others represents the very best of the Army National Guard.”

(Editor’s note: Air Force Tech Sgt. Ryan Crane contributed to this article.)

Air Force to extend SAPR services to civilian employees

SECAF Public Affairs
Air Force News Service

WASHINGTON — The Air Force released a policy memo Monday allowing Air Force civilian employees who are victims of sexual assault to file restricted and unrestricted reports with their installation’s sexual assault response coordinator.

The policy is effective immediately and allows SARC’s and sexual assault prevention and response

victim advocates to assist Air Force civilians who report sexual assaults by providing crisis intervention and advocacy services 24 hours a day, seven days a week.

“Our civilian Airmen are valuable members of our team, and we’re going to support them,” said Secretary of the Air Force Deborah Lee James. “While this is a huge win for the Air Force and our civilian force, we will continue to work at all levels to prevent sexual assault.”

The Department of Defense recently signed an exception to policy, granting the Air Force the authority to extend SAPR services.

Air Force civilian employees will now receive the same services as those already eligible to use SARC services, with the exception of legal and non-emergency medical services, which are restricted by law.

Prior to this exception, only civilian employees at overseas locations and their dependents 18

years old or older were eligible to use SARC services, and they could only file unrestricted reports.

SARC’s and SAPR victim advocates will assist in contacting the appropriate law enforcement agency for Air Force civilians who choose to file unrestricted reports, to ensure those reports are properly investigated and prosecuted.

They will also be able to help civilians identify and contact additional off-base support organizations as needed.

“Our SARC’s and victim advocates provide invaluable support and assistance to our uniformed Airmen who have suffered from this horrible crime,” said Maj. Gen. Gina Grosso, the Air Force SAPR director. “We knew we could do more to help our civilian Airmen, so we sought an exception to policy to allow the Air Force to extend the same care and support to civilian victims as we do to our military Airmen – and their families.”

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ARCTIC WARRIOR

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Dock workers at the Port of Anchorage load military vehicles and equipment from the 1st Stryker Brigade Combat Team, 25th Infantry Division, onto the ship “Black Eagle” Aug. 19 for shipment to Japan for Exercise Orient Shield 2015. The exercise will take place from Friday to Sept. 25 in and around Ojojihara Maneuver Area, Miyagi Prefecture. Orient Shield is an annual, bilateral exercise co-sponsored by the Japan Ground Self-Defense Force and U.S. Army Pacific. After Orient Shield, the Arctic Wolves will continue on to the Korean Peninsula where they will participate in the 2nd Infantry Division’s combined warfighter exercise with the Republic of Korea’s Army. Participation in both exercises is part of U.S. Army Pacific’s Pacific Pathways initiative. (U.S. Army photos/John Pennell)



From **RALLY** • A1

“By practicing various humanitarian assistance and disaster relief responses in a multilateral environment,” Bolin said, “the U.S. and the Indo-Pacific nations will be better prepared to effectively deal with future natural disasters in the region.”

In the command-post portion of the exercise, participants focus on the logistical and planning portion of hypothetical disaster and humanitarian-assistance scenarios.

This planning portion also further enhances the participants’ abilities to coordinate and communicate with one another in a multinational, joint environment.

The field portion of the exercise consists of airborne operations, supply and equipment drops, search-and-rescue missions, hoist operations, and high-altitude air refueling operations.

Aircraft utilized in the field exercise include C-130 Hercules, C-130J Super Hercules, HC-130 Kings, C-17 Globemaster III’s, and HH-60 Pave Hawk helicopters.

Along with the Alaska Air National Guard and active duty Air Force participants, the Royal Australian Air Force will also be flying missions during the FTX.

“We’re proud to be a part of this,” said Bolin. “We look forward to the good lessons that will be learned together in this exercise, and partnerships it will build.”



Paratroopers assigned to 1st Battalion (Airborne), 501st Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska board a C-130J Super Hercules, assigned to the Royal Australian Air Force No. 37 Squadron on Joint Base Elmendorf-Richardson Monday. Japanese Ground Self-Defense Force and U.S. Army paratroopers conducted a parachute jump from Royal Australian and U.S. Air Force aircraft as part of Pacific Airlift Rally 2015, a biennial, multilateral tactical military symposium designed to enhance military airlift interoperability and cooperation between nations of the Pacific region for future humanitarian missions. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

Army recommends opening cannon careers to females

By David Vergun
Army News Service

WASHINGTON — Army leadership has recommended field artillery military occupational specialties 13B (cannon crewmember) and 13D (automated tactical data systems specialist) be open to women, the Army’s chief of field artillery said.

“We are waiting on a Department of the Army decision in reference to Field Artillery MOS 13F [fire support specialist], which is specifically tied to the Infantry Career Management Field [CMF] 11 and Armor CMF 19, which currently remain closed,” said Brig. Gen. William A. Turner, chief of field artillery and commandant of the U.S. Army Field Artillery School on Fort Sill, Oklahoma.

The Army’s chief of staff recently stated the Army will not ask for a waiver to keep cannon MOSs closed to female Soldiers, said Lt. Col. Donald S. Potoczny, branch chief for Field Artillery Enlisted at Hu-

man Resources Command on Fort Knox, Kentucky.

“This continues the effort of the field artillery branch toward full gender integration,” Potoczny said.

Last year, all operational assignments were opened for female field artillery officers, he said. “In short time, women have served in every possible assignment, including as fire support officers in combat in Afghanistan.”

Two years ago, the Army opened rockets artillery units to women, Potoczny said. Both multiple-launch rocket system, or MLRS, crew member (13M) and MLRS operations fire direction specialist (13P) were fully integrated.

The Fires Center of Excellence on Fort Sill presently trains female Soldiers for these MOSs, he said. Drill sergeants and

instructors will soon be prepared to train the cannon MOSs. Female platoon sergeants are serving, and are “postured to provide mentorship.”

Currently-serving Soldiers may be able to reclassify into 13B and 13D if their MOSs are over-strength, he said.

“Opening these positions ensures the Army is properly managing talent of all our service members, balancing readiness and the needs of a smaller force, and positioning all Soldiers for success with viable career paths,” Potoczny said. “Human Resources Command is prepared to continue to assist the recruiting, training, and assigning of all our Soldiers to meet future challenges.”

“Each of our Soldiers makes tremendous contributions to our Army and the nation’s defense, regardless of gender or ethnicity,”

Turner said. “This is about increasing opportunities for all. If the Soldier possesses the necessary qualifications, they will be given the opportunity to perform that job. This will only make our Army stronger.”

“We are in the business of recruiting the best Soldiers for the job,” he said.

Serving in the Army’s field artillery is nothing new for American women, Potoczny said.

Women have been in the artillery since before the nation earned independence from Great Britain. Mary Ludwig, also known as Molly Pitcher, fought at the Battle of Monmouth in 1778. When her husband fell, she continued operating his cannon through the battle, Potoczny said.

In the 1970s and 1980s, women served in Pershing and Lance missile units. Over the past few decades, they filled supporting roles in artillery units. As field artillery surveyors, they provided accurate unit locations and they gave accurate weather data as meteorological specialists.



Disposition of effects

Air Force 2nd Lt. Jonathan Quinlan, 3rd Munitions Squadron, is authorized to make disposition of personal effects of Senior Airman Ethan Wayne, 3rd Munitions Squadron, as stated in Air Force Instruction 34-244.

Any person or persons having claims for or against the estate of the deceased should contact Quinlan at 552-6562.

JAG law school programs

The Office of The Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program. Up to 25 active-duty officers will be selected to attend law school while on active duty and at government expense beginning in 2016.

The program is open to lieutenants and captains. For information and eligibility requirements, visit www.jagcnet.army.mil/sites/jaro.nsf or call 384-2434.

Drug takeback event

Joint Base Elmendorf-Richardson hosts a prescription drug take-back event Sept. 26 from 10 a.m. to 2 p.m. at the JBER BX.

Several JBER agencies join forces with the Drug Enforcement Agency to safely dispose of unneeded or expired prescription and over-the-counter medications.

For more information about drug takeback, visit dea.gov or call the DEA hotline, (800) 882-9539. For information about the installation event, call 384-1418.

Munitions inventory

The 3rd Munitions Squadron will be conducting a semiannual inventory of the munitions stockpile Sept. 3 through 12. All munitions users must schedule requests for munitions issue or turn-ins around the inventory.

During the inventory, only emergency requests will be processed, after written approval by the group commander or equivalent. For information, contact Munitions Operations at 552-3098 or jber.fv5000@elmendorf.af.mil.

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 provides 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 busi-

ness cards, letterhead, invitations and programs. The Equipment Management Solutions Program provides 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 PCSing. For more information, call 375-5540.

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 more information, call 552-9203.

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.

Giant Voice testing

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

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

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

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.

JBER units partner with local schools

By Senior Airman
Tammie Ramsouer
JBER Public Affairs

Last Wednesday, sneakers, boots and other footwear moved across pavement and hallways as hundreds of children made their way back to school, returning to the education that will help them in the future. Service members wanting to contribute to that future have the opportunity to do so through the Joint Base Elmendorf-Richardson School Partnership Program.

The partnership between JBER and the Anchorage School District began in 2009 with U.S. Army Alaska and expanded to the 673d Air Base Wing in 2011.

“The program is a way to provide positive role models in the school setting and [is] a way to give back to the local community,” said Adele Daniels, 673d Force Support Squadron school liaison officer.

In previous years, more than 200 service members have volunteered their time and knowledge to multiple elementary, middle and high schools throughout the Anchorage area.

“Depending on what the principal of each school is interested in having the student body learn, they may have service members participate in career days for the members do in each of their jobs.”

The service members express their gratitude by providing a look into military life.

“I heard about the program three years ago,” said Sgt. Matthew Macarah, a 3rd Battalion (Airborne), 509th Infantry Regiment paratrooper and a volunteer at Gruening Middle and Alpenglow

Elementary schools. “We had just come back from a deployment. It was a perfect opportunity for me to work with kids again. My excitement stemmed from being back in the school setting and sharing the daily training activities of a paratrooper.”

Macarah has a background in school administration and teaching in the Los Angeles education system.

Although the units stay the same, the personnel volunteering for the program come and go each school year.

“The only difference we have every year is the points of contact for each of the units,” Daniels said. “They typically go to another duty location or have decided to put another individual in charge of the program for their unit for that school year.”

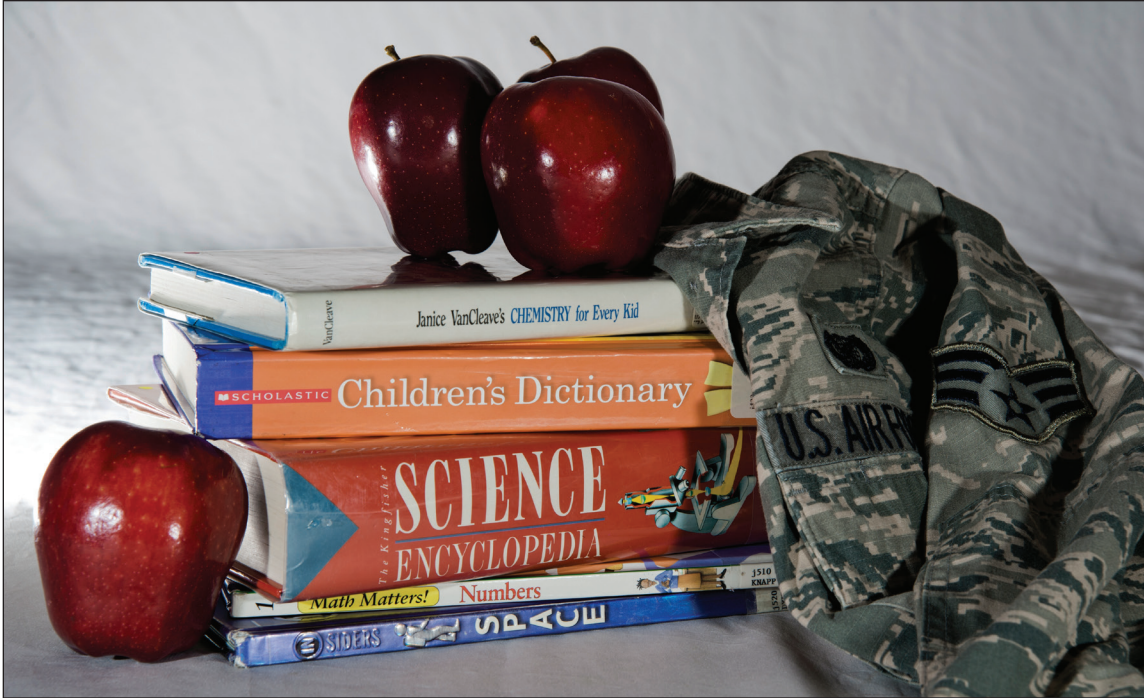
“We always have new volunteers helping and showcasing what they do in their jobs,” said Wendy Brons, Ursa Minor Elementary School principal.

Brons added that the program is an excellent way for service members to see how different the curriculum is now compared to when they were going to school.

“Even if the individual volunteering is a young Soldier, there is so much information that is new in the school system they never even knew about while going through elementary school,” Brons said.

Macarah said the interactions between the Soldiers, faculty and students have been very rewarding.

“Several of the volunteers have aspirations to become teachers,” he said. “By volunteering at [the local schools], the faculty is able to help



The School Partnership Program between Joint Base Elmendorf-Richardson and the Anchorage School district began in 2009 with U.S. Army Alaska and expanded to the 673d Air Base Wing in 2011. The program allows service members to show students what they do on a daily basis in their jobs and on JBER. “The program is a way to provide positive role models in the school setting and a way to give back to the local community,” said Adele Daniels, 673d Force Support Squadron school liaison officer. (U.S. Air Force photo/Senior Airman Tammie Ramsouer)

show the Soldiers exactly what to expect in their future careers.”

Service members participate in the many activities at each school, by reading to students and working out with the students during physical education. For those who do not want to directly volunteer with students, there are other ways to get involved.

“We have so many different opportunities for a wide range of volunteers who don’t feel comfortable being with the students,” Brons said.

These opportunities can be helping the librarian put books

away, or by helping teachers get ready for each class.

Throughout the program, service members and students create lasting impacts.

“I think the program creates connections between the students and the service members on a level that isn’t like any other,” Brons said. “When these Soldiers walk into the classrooms with their uniforms on, the students react in a positive manner.”

Both military and civilian students have the opportunity to speak with service members and understand what they do on a daily

basis, Macarah said.

Brons said she hopes the program will last and keep the connection between the military and school districts.

“I think this program is great, because it gets the adults in the community to come in and get a realistic view of what really goes on at school,” Brons said. “I hope this partnership goes on so we keep that connection of parents and the school system alive.”

For more information about this program or other school-affiliated programs, contact the School Liaison Office at 384-1505.

Guardsmen participate in international biathlon event

By Sgt. Marisa Lindsay
Alaska National Guard Public Affairs

Staff Sgt. Jamie Haines, an Airman with the 212th Rescue Squadron and Spc. Tadhg Nakada, a Soldier with the 207th Aviation Battalion, competed in South American Military Ski Championships and International Ski biathlon Competition at the Army of Chile Mountain School in Portillo, Chile, last week.

The biathlon event is considered one of the most challenging winter sports, combining cross-country skiing and rifle shooting. This particular competition, which was hosted within the Andes mountain range at an elevation of more than 9,000 feet, consisted of four separate races, at various distances, that tested the speed, endurance and precision of each biathlete, as individuals and as teams.

Thanks to a weather delay due to a winter storm and eight feet of new snow, the Guardsmen were granted time to acclimate to the elevation prior to the event.

“The high altitude conditions and deep snow make for a challenging and rewarding race venue,” Nakada said. “I’ve gained much confidence in my skiing and shooting ability, in addition to the many friends that I’ve met.”

The U.S. National Guard team consisted of Haines and Nakada, as well as Spc. Jordan McElroy with the Vermont Army National Guard and Chief Warrant Officer 4 Derek Lindberg with the Minnesota Army National Guard. They were led by Tech. Sgt. Travis Voyer with the Vermont National Guard and Lt. Col. Stephen Wilson with the Alaska Army National Guard.

The countries that were represented in the competition were Argentina, Brazil, Chile, the People’s Republic of China, and the United States.

“The opportunity to compete and build friendships in these international biathlon races is immeasurable; I’ve met athletes from more than a dozen countries,” stated Haines.



Alaska National Guardsmen Staff Sgt. Jamie Haines, an Airman with the 212th Rescue Squadron, Spc. Tadhg Nakada, a Soldier with the 207th Aviation Battalion, and their fellow teammates are awarded third place medals in the 25-kilometer patrol race during the South American Military Ski Championships and International Ski Competition at the Army Mountain School in Portillo, Chile, Aug. 8. The biathlon competition, which was held in the Andes mountain range, consisted of four separate races, at various distances, that tested the speed, endurance and precision of each biathlete, as individuals and as teams. (Courtesy photos/Army Lt. Col. Stephen Wilson)

“The demonstration of sportsmanship, skiing and shooting technique, along with host-nation hospitality, builds great camaraderie and athletic skills.”

The event marks the fourth international competition both Guardsmen have competed in this season, which includes trips to Canada, Italy and Sweden.

After a grueling and challenging week, the U.S. National Guard team took 4th place overall. “We have a young and developing team, and they are improving with each

competition,” Wilson said. “It’s experiences like these, at competitive venues, that make our team better and stronger.”

The National Guard biathlon team is actively seeking female competitors to strengthen their competitiveness and encourage female athletes to participate in the challenging sport.

“There is only one female competitor on the National Guard team, and we earn zero points for female events that we are not able to compete in, which are calculated into

overall team scores,” said Wilson.

The National Guard biathlon program provides an excellent opportunity for biathlon athletes to compete and hone their skills while they represent the National Guard nationally and internationally.

The development of biathlon skills – marksmanship and skiing – has played an important role in winter warfare and military defense, and provides excellent training and fitness opportunities to participating Guard members.



Members of the United States National Guard Biathlon Team, including their coach, gather for a photograph during the South American Military Ski Championships and International Ski Competition at the Army Mountain School in Portillo, Chile, Aug. 8. The biathlon, which was held in the Andes mountain range, consisted of four separate races, at various distances, that tested the speed, endurance and precision of each biathlete, as individuals and as teams.



Members of the United States National Guard Biathlon Team gather after finishing third in the patrol race during the South American Military Ski Championships and International Ski Competition at the Army Mountain School in Portillo, Chile, Aug. 8.

Confession of secrets can heal soul, body

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

As a chaplain, I hold the honor of bringing peace to sometimes chaotic situations just by listening.

Service members come and see me and will often comment, “it is just good to get these things off of my chest and to have someone just listen to me.”

When I hear these words what comes to mind is confession. This was a moment for someone to confess to a safe person what otherwise would have been kept silent.

The New Testament shares that Christians are to “cast their cares onto Christ for he cares for them” (1 Peter 5:7) The word picture Peter had in mind is throwing one’s luggage onto a donkey, a sort of off-loading, and letting it carry this weight.

Myself included, Christians are encouraged to off-load their worries and anxieties to Jesus Christ because he cares. He will simply listen. He can restore peace.

If this is not your word picture, then what comes to your mind when you think about confession?

Perhaps, you think confession happens in a monastery; something others do in private. Maybe you’re

under the impression that it is only a part of Catholic doctrine. Others, I presume, believe it is a religious act that is holy yet unattainable.

As I have worked through understanding confession a bit more, perceiving that off-loading is good for our souls, minds and hearts, I have learned that regular confession can have positive effects on our physical bodies, giving us a much-needed sense of freedom.

Matt Woodley wrote: “Two diverse sources – ancient Christian monasticism and modern psychology – agree on at least one thing: keeping dark secrets can destroy us, and confessing them can set us free.”

The fifth-century Christian spiritual leader John Cassian claimed that ‘as soon as a wicked thought has been revealed [to God and at least one other Christian] it loses its power.’ The demonic stronghold of sin is ‘drawn out, as it were, into the light from its dark and [deep] cave by the power of the confession ... for [Satan’s] harmful counsels hold sway in us as they lie concealed in our heart.’

As I see it, there is good power – which demands our attention – and there is bad power, which has an unhealthy stronghold on us.

The good power could be a



Chaplains are willing and ready to “just listen.” (Courtesy photo)

supervisor (e.g. giving suspense dates, accountability, and evaluation). The bad power could be housing bitterness in our hearts for months on end until an attempt is made to resolve it.

This latter type of power can have a negative effect on us if it is not dealt with – if it is not confessed.

Woodley continues, “Nearly 1,500 years later, a contemporary textbook on psychology reached a similar conclusion. The book *Coping with Stress* claims that “people who tend to keep secrets have more physical and mental complaints, on average, than people who do not ... [including] greater anxiety,

depression, and bodily symptoms, such as back pain and headaches.”

Like Cassian, the book also argues that finding healthy places to share our secrets leads to freedom: “The initial embarrassment of confessing is frequently outweighed by the relief that comes with the verbalization of the darker, secretive aspects of the self.”

The writer of Psalm 32 shows the reader that lack of confession can be physically depleting.

He wrote, “When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

“Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the Lord. And you forgave the guilt of my sin.”

The language of ‘bones wasting away’ due to silence and ‘strength was sapped’ just as a person experiences being parched in the heat of a desert summer are indications that confession can redeem, restore, and even renew.

Personally, I practice confession so that my relationship to God is as open and unhindered as possible so that I may hear him clearly and set my sights on the path he has marked out for me.

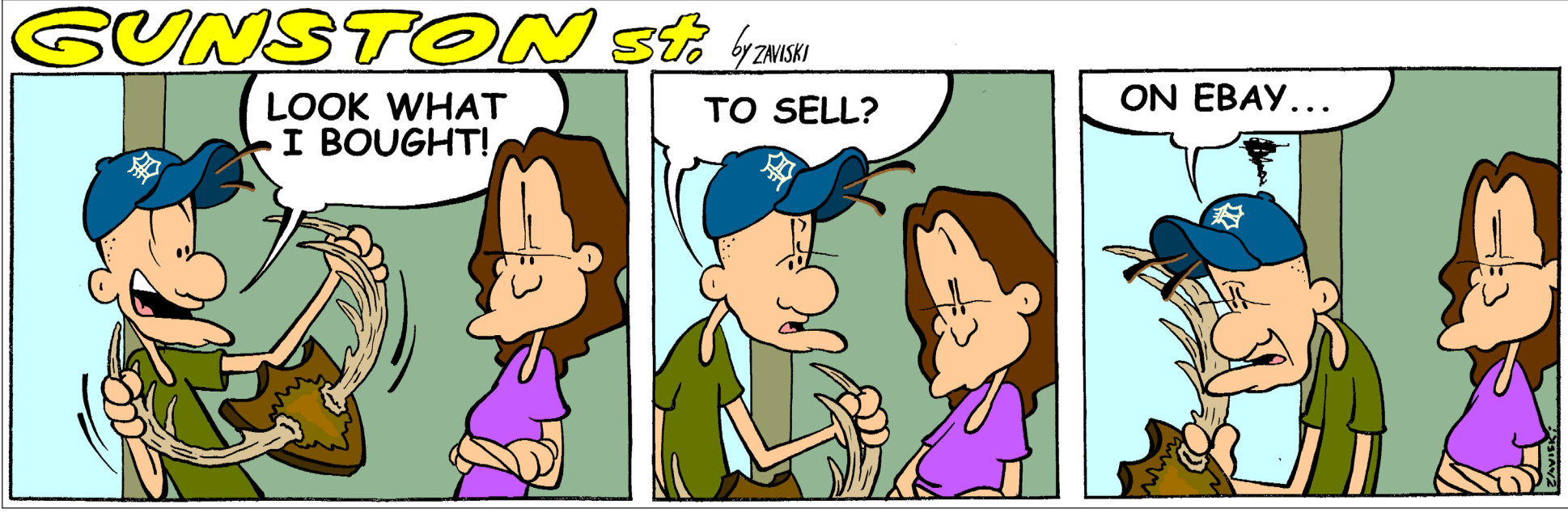
Theologian Richard Foster said that “confession is not only ‘psychologically therapeutic,’ but it is so much more.

“It involves an objective change in our relationship with God and a subjective change in us. It is a means of healing and transforming the inner spirit.”

This sort of transformation would certainly not exclude growing in the area of resilience.

When’s the last time you confessed to a good friend, your spouse, God or someone else you’d deem safe and appropriate for you?

Maybe it’s just what you need right now.



Community Happenings

August 28, 2015

ARCTIC WARRIOR

B-3

THROUGH MONDAY Gold Rush Inn closure

The Gold Rush Inn will be closed for business through Monday 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

THROUGH SEP. 7 Alaska State Fair

The 79th annual Alaska State Fair still features the things first Alaskan colonists started with – agriculture, produce, friends and family.

There are also concerts by Lee Brice, Skillet, the Bellamy Brothers and other big-name groups.

Enjoy an evening with comedian Jeff Gaffigan, or just experience the giant vegetables, exciting carnival rides and much more at this end-of-summer extravaganza at the Palmer Fairgrounds.

For information, visit alaskastatefair.org.

THROUGH SUNDAY Girdwood Fungus Fair

Autumn in Alaska means mushrooms – morels, tree ears, and much more. Take a guided mushroom tour with a mycologist, use fungi to dye fibers, and learn to identify species. Events take place in the Girdwood Community room, starting at 1 p.m. Friday.

For information, visit fungus-fair.com.

FRIDAY Meet the artist

Ever wonder what it takes to make a living as an artist? Head to the Anchorage Museum from 6:30 to 8 p.m. and find out how with Alaska artist Jerry Silavuq F. Lieb, Jr. whose spirit masks, drums and carvings are featured in the museum shop.

For information, visit anchoragemuseum.org.

SATURDAY Glacier ice climb trip

Traverse Matanuska Glacier with the Single Airman Program from 8 a.m. to 5 p.m. The SAP offers a plethora of outings to single service members at deeply discounted prices.

Sign up at JBER-Elmendorf Outdoor Recreation Center.

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

SUNDAY RecOn Eklutna ATV trip

Head to Eklutna on a guided ATV tour from 9 a.m. to 5 p.m. Sign up at JBER-Elmendorf Outdoor Recreation Center. Helmet and transportation will be provided; bring weather-appropriate clothing and lunch.

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

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

THROUGH TUESDAY Basketball/cheer leading

Registration deadline is Tuesday for JBER Youth Programs basketball and cheer leading for ages 5 to 14. Season begins September 21 and runs through November 21. All participants must be registered with Youth Programs and have a current sports physical. Register at Kenecott or Two Rivers youth centers.

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

WEDNESDAY Parent Advisory Board

For all parents of Child Development Centers and Family Child Care. Join the Parent Advisory Board to stay informed about what's going on and where the programs are headed.

Meeting will take place in Bldg. 600, Room B170 from noon to 1 p.m.

For more information, call central registration at 384-7483.

ONGOING Kids in the Kitchen

The Two Rivers Youth Center hosts this event Tuesdays from 4:30 p.m. to 6 p.m.; learn to help out by preparing meals.

For information, call 384-1508.

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 anchoragemuseum.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 anchoragemarkets.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.

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. Monday 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.

673d FORCE SUPPORT SQUADRON



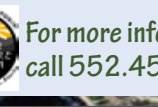
Kayak Training
Held at
Elmendorf FC Pool
September 1
6 - 8 p.m.
\$35

For more information or to sign up,
call 552.4599/2023/3812

RecOn: Eklutna ATV Trip
August 30 • 9 a.m. - 5 p.m.
\$40



REC★ON
FEED YOUR RUSH



For more information or to sign up,
call 552.4599/2023

**COMBAT
CROSS
COUNTRY
10 MILE RELAY RACE**

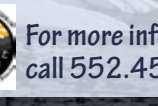
September 3
2 p.m.

Call Buckner FC
for more info:
384.1308

10 mile relay with 35 lb rucksack
Sign-ups and weigh-ins are from 1 - 1:30 p.m.
Located at Attu Hall on the Davis Highway
Ages 18 and up welcome



Matanuska Glacier Ice Climb
August 29 • 8 a.m. - 5 p.m.
\$5



For more information or to sign up,
call 552.4599/2023/3812



FREE Movie Night!

September 4 • Talkeetna Theater
Show starts 6:30 p.m.
doors open 5:30 p.m.
JBER - Elmendorf

Cash only concessions!
No outside food or beverages.



Want weekly updates on
your favorite
facilities & events going on
around JBER?

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www.jberlife.com



FSS/MWR events & activities

You don’t have to see it to believe it

By Airman Christopher R. Morales
JBER Public Affairs

Walking into the optometry clinic may seem strange with what seems like alien technology able to probe an eye at the cost of a staring contest with a flashlight. For the doctors, it’s just another normal day.

The 673d Medical Group optometry clinic has cutting-edge technology, to efficiently provide corrective lenses and treatment.

The clinic also offers comprehensive and routine eye exams for many ocular injuries.

“We take care of the eye and everything to do with it,” said Air Force Capt. Davis Staley, 673d Medical Group optometrist.

Before turning to the tools, the optometrists need clues to what they are looking for, like dark spots in your vision, dry eye, sensitivity to bright lights, etc.

Then, after the formalities, the real evaluations can begin.

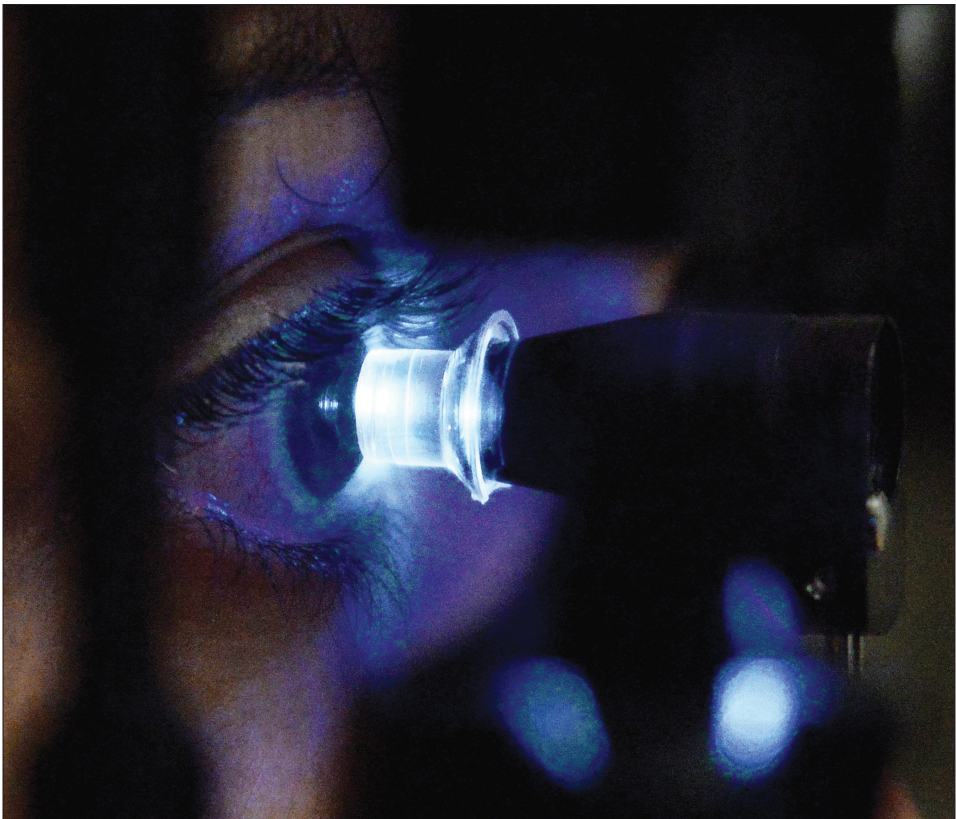
“We have good technology in the clinic like our retina scans for pictures and corneal topography which [lets] us to rule out a lot of eye conditions,” Staley said.

“It really allows us to do our job the best we can, and we have everything we need.”

Entrance testing usually involves pupil and eye-muscle reaction with the transilluminator. This is a specialized flashlight with a thin curved top, which is also used to better see ocular tumors, cysts, or hemorrhages within or on the eye.

Slit lamps are one of the many tools the optometry clinic use in exams. These lamps shine a concentrated light on the sides of the eye.

The machine is also used in conjunction with a biomicroscope. All the patient needs



Edma Antuna, spouse of Coast Guard Chief Warrant Officer Marty Antuna, sits through a slit lamp exam at the Joint Base Elmendorf-Richardson hospital Aug. 11. Slit lamps are used like a microscope to examine patients’ eyes. (U.S. Air Force photos/Airman Christopher R. Morales)

to do is set their chin in place and not blink.

“Without dilating the eye, I just look at the anterior structure (outside) of the eye with the slit lamp,” said Air Force Capt. Lauren Funder, 673d Medical Group optometrist.

Optometrists can use dilation drops to have a wider range of vision to easily see

the back of the eye during slit lamp exams.

Another tool used is the binocular indirect ophthalmoscope, a set of binoculars worn on the optometrist and a hand-held magnifying glass to create a detailed image of the eye.

This allows optometrists to evaluate health of the interior of the eye by viewing

the retina (back of the eye) and vitreous humor (filling in the eye) and identify structural abnormalities.

Phoropters allow technicians to check and adjust lenses for the patient to see most clearly.

During a prescription update, the optometrist plugs in the previous prescription and alters the lenses according to how well the patient can read letters on the opposite wall.

Once the correct lens curvature is found, the optometrist can match it on a trial frame for the patient.

The clinic serves all service members, dependents and retirees. Eye exams are always the first step to solving visual issues a patient may have.

The optometry clinic can only order glasses and gas mask inserts for active duty service members, but can provide prescriptions for all.

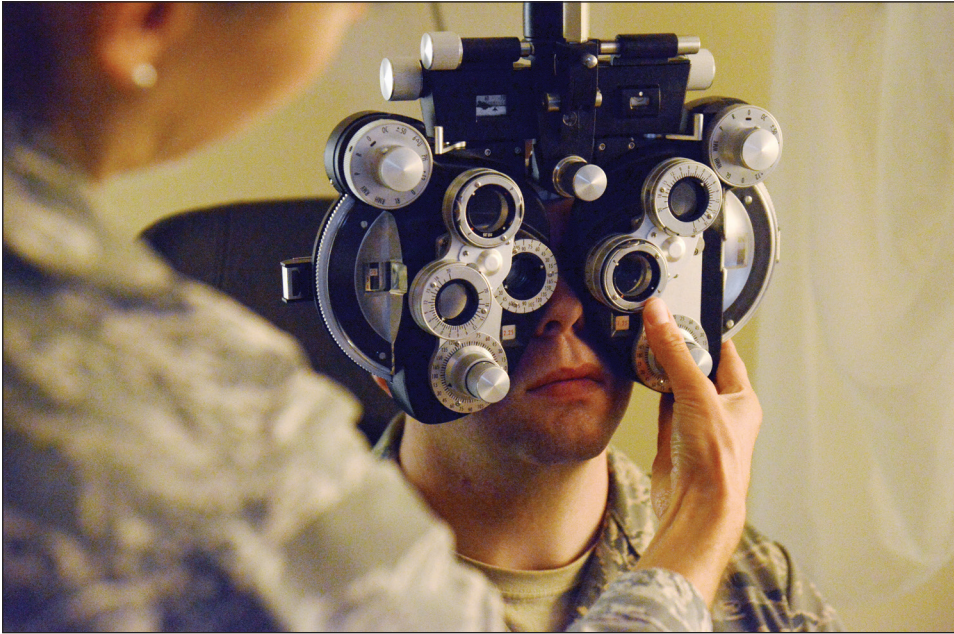
Blasts and falls may cause traumatic brain injury – and corneal scarring. The optometry clinic treats these cases too.

In mild cases, TBI, can cause binocular dysfunction, but in moderate to severe cases could cause all sorts of visual impairment like loss of field of vision, visual acuity and special perceptual deficits, according to brainline.org.

“After some cases of TBI the patients may be more sensitive to light,” Daley said. “We issue a multitude of tinted glasses, about 20 [per] week.”

There are several optometrists available on the installation, between the hospital’s optometry and ophthalmology clinics, and the Fort Richardson Troop Medical Clinic.

For more information, visit the JBER hospital or call 580-1150.



Air Force Capt. Lauren Funder (left), 673d Medical Group optometrist, adjusts a phoropter to determine a patient’s prescription at the Joint Base Elmendorf-Richardson hospital Aug. 11. The phoropter allows the optometrists to try different prescriptions for a patient by adjusting many lenses within the device.



Air Force Capt. Davis Staley (right), 673d Medical Group optometrist, performs a preliminary eye exam on Edma Antuna, spouse of Coast Guard Chief Warrant Officer Marty Antuna, at the Joint Base Elmendorf-Richardson hospital Aug. 11. Many exams are used to determine eye health of any patient.

Building leaders of the future

Women’s Equality Day commemorates past strides, looks to the future

By Amaani Lyle
Defense Media Activity

WASHINGTON — Women’s Equality Day, Aug. 26, not only commemorates the ratification of the 95th anniversary of the 19th Amendment – which solidified women’s voting rights – but it also coincides with current milestones for women in service, a Pentagon official said in an Aug. 24 Department of Defense News interview.

Juliet Beyler, the officer and enlisted personnel management director, who oversees department-wide policies that include promotions, assignments, separations, force management, and awards and decorations, said casting a wider net for talent and diversity across the force is critical.

“Remembrance and recognition of the 19th Amendment serves as a reminder of the need for gender equality,” Beyler said.

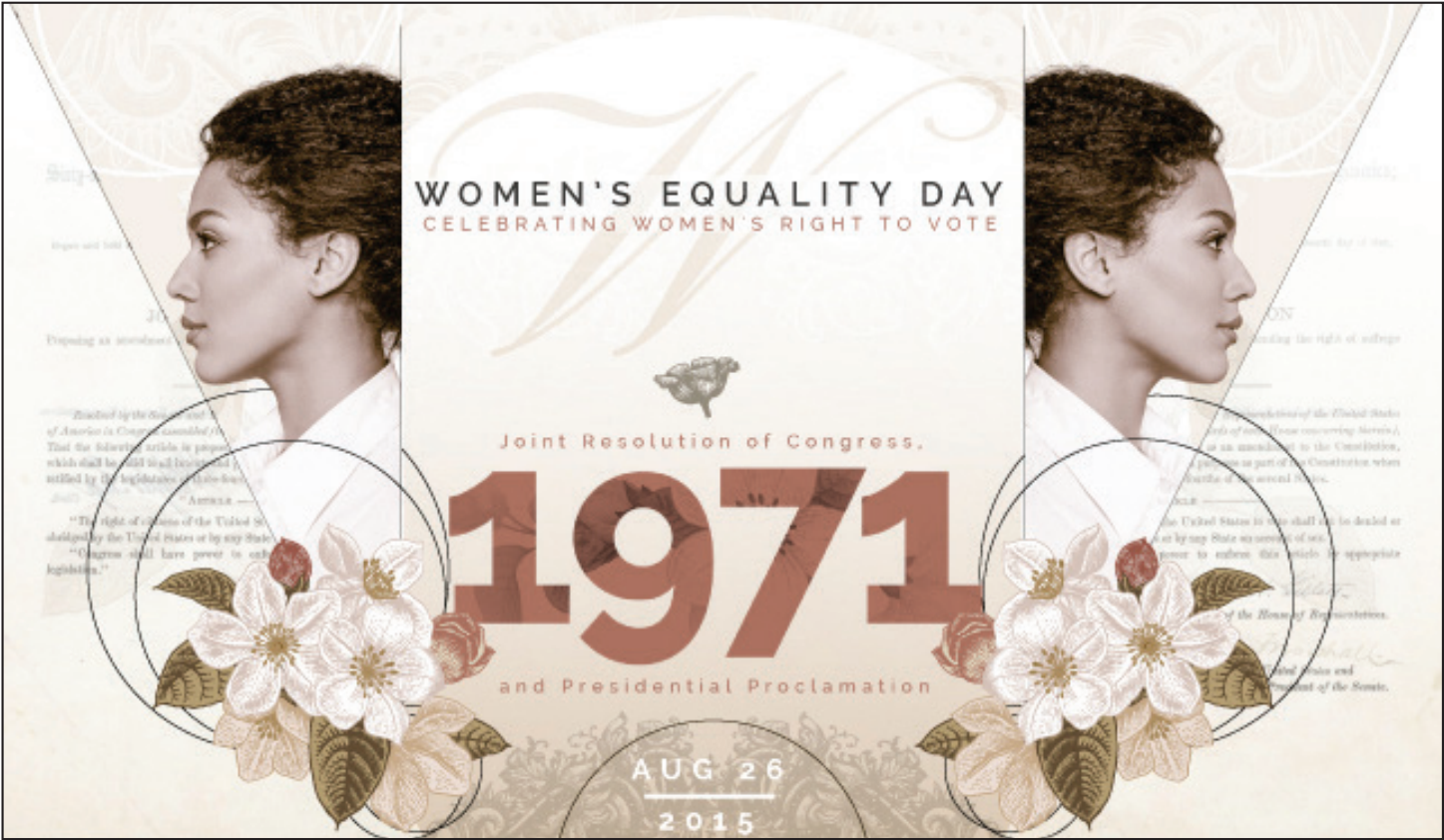
“Keeping our eye on it will only help ensure that our women continue to have opportunities to go as far as their talents will take them.”

Women in service review

As the Defense Department primes to announce its Women in Service Review final integration decisions for remaining closed positions and any potentially approved exceptions to policy in January 2016, once-prohibited occupations in armor, artillery, infantry and special operations can emerge as unprecedented career options for women, who compose at least 14 percent of the military, she said.

The Women in Service Review stems from the 2013 decision by former Defense Secretary Leon Panetta to rescind the 1994 direct ground combat definition and assignment rule, Beyler explained, and since 2013, the DoD has worked closely with the services to implement the decision which, to date, has opened more than 110,000 positions to women.

The move signifies sweeping progress



(U.S. Air Force graphic/Brandon DeLoach)

from less than a century ago, an era that predated women’s voting rights and spurred advocates such as Susan B. Anthony, Elizabeth Cady Stanton and Ida B. Wells to dedicate decades of effort to affect equality.

But Beyler noted progression often builds upon previous strides, and the 19th Amendment is no exception.

Building on achievements

“Hopefully, the women in uniform today will continue to build on those achievements and future leaders will continue to look to the past for lessons learned,” she said.

“By removing those old, outdated, gender-based barriers to service [we can] strengthen the total force and enable us to select the best service members for the job.”

The DoD, Beyler added, has also rolled out other initiatives to help service members with work-life balance, including the Career Intermission Program and the recent Navy announcement of extended maternity leave.

Beyler recounted that one of her roles as joint officer policy oversight manager entails the exploration of factors that help develop senior leaders in a modern force.

“We need to mature our thinking; we need joint-qualified acquisition officers, cyber officers, logistics and intelligence officers,” Beyler said, noting that the breadth of skills can only improve the joint force.

Beyler said her decision to join the Marine Corps at age 17 gave her the sense of purpose, discipline and direction she would carry throughout her career and higher education endeavors.

Army Ranger School graduates

Notably, from both a policy and personal perspective, Beyler said the two recent Army Ranger School graduates represent a major milestone for women in uniform.

“It’s a significant step for the Army because we’re leading up to the final recommendations ... and it’s part of the larger effort to validate the standards for all of our occupations but I think we just cannot ignore that milestone we saw last week,” she said.

The director expressed personal pride in the Army’s retention of its high Ranger School standards and conveyed confidence that the women graduates met the rigors of the course.

“Nobody associated with the effort – women or men – wanted to see a standard reduced, so I think we’re all very proud of their achievement,” Beyler continued.

With about 30 years of military and civilian experience under her belt, Beyler shared that a multitude of role models inspired her drive, but perhaps her most significant influences were also the most genuine and successful not in spite of their personalities,

but because of them.

“They knew who they were and they knew what they wanted to do,” she said. “When I was a young corporal and sergeant, I thought that in order to succeed I had to be like everybody else.”

Over time, however, Beyler said she not only learned that being herself held the key to her long-term success, but the landscape is evolving, which offers a much broader spectrum of choices for women to do what they love as they serve.

Don’t fear taking risks

“It’s important not to be afraid to take risks,” Beyler said. “It’s good to have a career plan ... but don’t be so wedded to your plan that you miss an opportunity that may open three or four more doors down the road.”

Ultimately, Beyler asserted that diversity and inclusion extend far beyond gender, race or ethnicity.

“For me it’s broader than that – it’s diversity of thought, ability, background, language, culture and all of those things,” she said.

“Having people with diverse backgrounds – not just personal backgrounds, but experiences – will give us that strategic advantage as we continue to try and maintain a high state of readiness.”

Coast Guard welcomes 10th Enlisted Ancient Albatross

By Chief Petty Officer Sara Mooers
U.S. Coast Guard District 14
Public Affairs

HONOLULU — Master Chief Petty Officer Michael Ferreira passed on the title of Enlisted Ancient Albatross to Master Chief Petty Officer Clay Hill during a change-of-watch ceremony at Coast Guard Air Coast Guard Air Station Barbers Point, Thursday.

Vice Adm. Charles W. Ray, the Coast Guard’s Pacific Area commander and the Coast Guard’s Ancient Albatross, presided over the ceremony recognizing the passing of the title from one enlisted aviator to another to honor the Coast Guard enlisted aircrew member on active duty with the earliest graduation date from an aviation technical school.

Ferreira, originally of Portsmouth, Rhode Island, and the former command master chief for Coast Guard Air Station Sitka retired at the end of July after 30 years of service.

“It has been an honor and privilege to serve as the ninth Enlisted Ancient Albatross,” said Ferreira. “Coast Guard aviation is truly outstanding for too many reasons to list. The fine men and women who maintain and crew our aircraft are certainly at the very top of that list as are all of the folks who support Coast Guard aviation.

“Next year in 2016, Coast Guard aviation will celebrate its 100th anniversary. There is no doubt in my mind that through the next 100 years, Coast Guard aviation is in good hands and will continue to set the example for professionalism and remain an integral part of the world’s finest Coast Guard.”

Prior to retiring, Ferreira logged more than 4,250 flight hours on the Coast Guard HC-130 Hercules airframe.

Other assignments include Air Station Barbers Point, Air Station Clearwater, Fla., Air Station Miami and Air Station Cape Cod, Massachusetts, where he received the distinction of being the ninth Coast Guard Enlisted Ancient Albatross.

Hill is currently serving as the Coast Guard aviation survival technician rating force master chief at Coast Guard Headquarters in D.C. His primary responsibility is to ensure members are stationed at the appropriate units and are capable of executing or supporting Coast Guard missions.

His most recent assignments were the command master chief at Barbers Point and at the Coast Guard Aviation Training Center in Mobile, Alabama.

“I am honored to assume the title of the Coast Guard Enlisted Ancient Albatross,” said Hill. “This position represents the culmination of my aviation career and I am proud to represent the Coast Guard’s enlisted air crew members. I am excited to meet with the Coast Guard’s distinguished current and former aviators and air crewmen to share our aviation legacy.”



Master Chief Petty Officer Clay Hill, the new Coast Guard Enlisted Ancient Albatross, stands with Master Chief Petty Officer Michael Ferreira, the outgoing Enlisted Ancient Albatross, after a change of watch ceremony at Coast Guard Air Station Barbers Point, Oahu, Aug. 20. The Enlisted Ancient Albatross recognizes the passing of the title from one enlisted aviator to another to honor the Coast Guard enlisted aircrew member on active duty with the earliest graduation date from an aviation technical school. (U.S. Coast Guard photos/Petty Officer 2nd Class Tara Molle)

Hill hails from Alma, Georgia, enlisted in the Coast Guard in 1983, and graduated from Coast Guard Aviation Survivalman “A” School in 1988.

Hill served on multiple platforms as a rescue swimmer including the HH-3F Pelican helicopter, HH-60 Jayhawk helicopter, HH-65 Dolphin helicopter and as a flight mechanic on the Dolphin. Hill holds a bachelor’s degree in professional aeronautics from Embry-Riddle University.

In 1966 and 1988 the Coast Guard Ancient Albatross and then the Enlisted Ancient Albatross Awards were established respectively to honor the Coast Guard aviators on active duty who has held that designation for the longest period.

These awards recognize the great contributions our most senior aviators and enlisted aircrew make to the strength and vitality of the Coast Guard’s superior aviation fleet.

The Coast Guard operates more than 200 aircraft from 26 air stations. Modern helicopters and fixed-wing aircraft provide state-of-the-art support for the entire range of the Service’s missions including search and rescue, homeland security, law enforcement, and marine environmental protection. More than 3,000 pilots, mechanics and technicians keep the fleet of aircraft flying safely.



Master Chief Petty Officer Clay Hill, of Alma, Ga., receives a plaque from Cmdr. Gene McGuinness, the engineering officer at Coast Guard Air Station Barbers Point, in recognition of being the 10th Coast Guard Enlisted Ancient Albatross during a change-of-watch ceremony at Air Station Barbers Point, Oahu, Aug. 20.