



THE ARCTIC EXECUTIVE

Obama becomes first U.S. president to set foot north of Arctic Circle

By Airman 1st Class Kyle Johnson
JBER Public Affairs

President Barack Obama arrived in Alaska Monday.

During his three-day trip, he visited Anchorage, Seward, Dillingham and Kotzebue, to discuss the threat of climate change to America's future.

Obama visited Alaska locations to witness the impacts of climate change on this region – whose occupants are already living with the effects of climate change on their communities, their homes and their livelihoods.

The president, along with Secretary of State John Kerry and several foreign ministers, will discuss the challenges of how to best manage the future of the arctic region and the natural resources which are found here.

“Over the past 60 years, Alaska has warmed about twice as fast as the rest of the United States,” Obama said in an address at the Global Leadership in the Arctic: Cooperation, Innovation, Engagement and Resilience (GLACIER) conference Monday. “Last year was Alaska’s warmest year on record.

“The impacts here are very real.”

Obama said these changes affect not just the countries around the Arctic, but around the world as well.

“Human activity is disrupting the climate,” Obama said. “In many ways, faster than we had previously thought.”

The president has declared climate change to be one of the most important issues our generation, and future generations, are going to face.

To fight this challenge, the United States is partnering with companies and other nations to reduce their environmental impact.

By visiting outlying cities on Alaska’s coast, like Kotzebue, the president said he intends to shine a spotlight onto the effects climate change is having on Alaskans.

The GLACIER conference, at which Obama spoke as part of his trip to Alaska,

was designed to focus the world’s attention on the most urgent issues facing the Arctic today and provide an unprecedented opportunity for foreign ministers and key stakeholders to define the region’s most crucial challenges.

“We are not going to, any of us, solve these challenges by ourselves,” the president said. “We can only solve them together.”

“Alaskans now lead the world in the

development of hybrid wind-energy systems from remote grids, and it’s expanding its solar and biomass resources,” he said.

For more information on the president’s visit to Alaska, visit www.whitehouse.gov/Alaska.



President Barack Obama high-fives a child in the crowd after disembarking from Air Force One at Joint Base Elmendorf-Richardson Monday. Obama was the main speaker at the Conference on Global Leadership in the Arctic: Cooperation, Innovation, Engagement and Resilience in Anchorage. The event, hosted by the U.S. Department of State Monday, focused attention on the most urgent issues facing the Arctic today and provide an unprecedented opportunity for foreign ministers and key stakeholders to define the region's most crucial challenges; highlight innovative ways in which these challenges can be addressed at the local, national and international levels; and global awareness of the impacts of Arctic climate change. (U.S. Air Force photos/Justin Connahee)



ABOVE: An Airman cranes his neck to get a glimpse of President Barack Obama and Air Force One at Joint Base Elmendorf-Richardson Monday. Obama was the main speaker at the Conference on Global Leadership in the Arctic: Cooperation, Innovation, Engagement and Resilience, or GLACIER, in Anchorage. The event, hosted by the U.S. Department of State Monday, focused attention on the most urgent issues facing the Arctic today and provided an unprecedented opportunity for foreign ministers and key stakeholders to define the region's most crucial challenges; highlight innovative ways in which these challenges can be addressed at the local, national and international levels; and broaden global awareness of the impacts of climate change in Alaska and the Arctic region around the globe.

LEFT: The president steps off Air Force One Monday at Joint Base Elmendorf-Richardson with Alaska Gov. Bill Walker. Obama was in Anchorage for the GLACIER conference, hosted by the U.S. Department of State, before departing for several locations around Alaska, including Kotzebue and Dillingham.

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OPM announces contract for credit, ID protection

By Amaani Lyle
Defense Media Activity

WASHINGTON — The U.S. Office of Personnel Management officials recently awarded to ID Experts a contract which encompasses a comprehensive suite of identity-theft and credit-monitoring services for compromised victims, agency officials announced yesterday during a media conference call.

Beth Cobert, OPM’s acting director, said the most recent data breach was one of the largest cyber crimes ever carried out against the U.S. government and she pledged to provide impacted parties individualized notices about obtaining additional credit monitoring services at no cost.

All 21.5 million impacted individuals and their minor dependent children “are now covered for identity theft insurance and identity restoration services,” she said.

ID theft, fraud protection

“Once notifications have been received,” Cobert added, “I hope people will take advantage of the comprehensive identity theft and fraud protection services we are providing to the victims of these crimes.”

These notifications, she said, will begin by the end of September and will continue over the following weeks.

Navy Rear Adm. Allie Coetzee, DoD’s principal deputy for defense procurement and acquisition, said the contract immediately covers individuals with \$1 million in insurance, as well as restoration services in cases following discovery of further compromise to information or identity.

“Individuals who elect to can sign up for three years of credit monitoring and identity theft protection through contractor services,” Coetzee said.

OPM has partnered with experts across the government to take significant strides in securing IT systems and guarding against future attacks, the admiral explained.

“OPM is ... committed to helping those whose personal information was stolen by providing them with high-quality identity theft and credit protection services free of charge,” she said.

Cobert noted that due to the nature of breached information, OPM offers individuals the option to enroll their minor dependent children for credit monitoring and other services.

Commitment to protect

OPM’s acting director noted that she has a personal stake in the matter as part of OPM’s commitment to protecting the security federal employees and contractors’ information.

“As one of the millions of people who had their own personal information stolen, I completely understand and share the concern and frustration people are feeling,” she said. “I’m sorry about the concern this breach has caused and want to assure everyone impacted that we are doing all in our power to support those individuals victimized by this cybercrime.”

Cobert praised the collaboration between the U.S. General Services Administration and the Defense Department in the development and execution of the contract.

“DOD in particular is best positioned to deliver the quality and volume of support to these cybercrime victims,” she said.

Civil Air Patrol welcomed to fold of ‘Total Force’ Airmen

By Staff Sgt. Whitney Stanfield
SECAF Public Affairs

WASHINGTON — When conducting missions for the Air Force as the official Air Force auxiliary, the Civil Air Patrol is now included in the Air Force’s definition of the total force.

The Civil Air Patrol has provided 74 years of support to emergency services, aerospace education and cadet programs.

In August 2015, the Air Force updated Doctrine Volume 2, “Leadership,” expanding the Air Force’s descriptions of total force and Airmen to now consist of regular, Guard, Reserve, civilian and auxiliary members.

Historically, the broader term Airmen referred to uniformed and civilian members of the U.S. Air Force (officer or enlisted, regular, Reserve, or Guard) regardless of rank, component or specialty.

With this newest change, Air Force leaders should consider each part of the total force, including the auxiliary, when determining the most effective and efficient ways to complete the mission.

CAP has approximately 57,000 volunteers and 550 aircraft assigned to more than 1,500 units stateside available or currently supporting non-combat missions on behalf of the Air Force.

“As a strategic partner, these unpaid professionals have boldly served our nation, saving the Air Force almost 40 times the cost of using military assets for each hour served,” said Secretary of the Air Force Deborah Lee James. “Inclusion in the total force reflects the continuing key contributions of this highly trained and equipped organization.”

The auxiliary members, who fly nearly 100,000 hours per year performing disaster relief, counterdrug, search-and-rescue, fighter interceptor training, aerial observation and cadet orientation flights, will now be included in the total force and referred to as Airmen during the performance of official duties in recognition of their contributions to the Air Force.

“Civil Air Patrol enjoys a proud legacy of selfless sacrifice and service to country and community that spans decades,” said Maj. Gen. Joseph Vazquez, the CAP national commander. “Our ability to augment the Air Force is second to none. We provide 85 percent of inland search and rescue missions and disaster-relief support to local, state and national agencies, as well as aerial reconnaissance for homeland security – and remain continually postured to offer more.”

Beyond CAP’s support to achieve its homeland responsibilities for non-combat operations, the organization has been recognized for their efforts to inspire hundreds of thousands of cadets and K-12 students to pursue science, technology, engineering and mathematics education and training.

“Civil Air Patrol’s increased exposure has a direct impact on attracting youth interest in STEM-based activities which are skills necessary to develop the innovative Airmen our Air Force needs,” said Chief of Staff General Mark A. Welsh III. “We proudly welcome the Air Force auxiliary by extending our badge of honor as Airmen.”



Mark Biron, Civil Air Patrol 71st Composite Squadron member, pilots a CAP Cessna 172 over the Joint Pacific Alaska Range Complex during Red Flag-Alaska 13-3 in August of 2013. The 71st CS participated during RF-A, simulating low-flying threats for participating blue forces. (U.S. Air Force photo/Senior Airman Zachary Perras)

Oshkosh will produce new tactical vehicle to be fielded in 2018

By David Vergun
Army News Service

WASHINGTON — Oshkosh Defense was awarded a \$6.7 billion contract Aug. 25 for production of the joint light tactical vehicle.

Work will be performed in Oshkosh, Wisconsin. Army Contracting Command in Warren, Michigan, is the contracting activity.

Oshkosh was selected over Lockheed Martin and AM General, the latter, which produced the Humvee.

Col. John Cavado, the former JLTV program manager, said the average unit procurement cost will be below the original \$399,000 acquisition report, when all the kits are included, in base year 2012 dollars.

The average manufacturing cost per vehicle, minus kits and add-ons, will actually be below \$250,000, officials said.

Cavado and others spoke during a media roundtable at the Pentagon, Aug. 25.

Scott Davis, program executive officer for combat support and combat service support, said “the first contract was awarded, including a base contract with eight options, to procure the first 16,901 vehicles for both the Army and Marine Corps.”

That purchase will include all of the Marine Corps’ 5,500 vehicles through fiscal year 2022.

The first JLTVs will be fielded to the Army in fiscal 2018, Davis said.

The evaluation process was based on “key performance parameters, key system attributes, cost and secondary technical” requirements, officials said.

Asked about a protest from one of the other two vendors and the impact of a possible continuing resolution of the budget in the next fiscal year, an official responded that there’s no anticipation of a protest.

And a possible CR should not affect the initial production since the funds have already been appropriated and authorized with FY15 money, he said. “It’s not a new start.”

Army funds in the amount of \$114,669,605 were obligated at the time of the contract award.

It was a firm-fixed-price contract for low-rate initial production of the JLTV and full-rate production with options.

Performance characteristics

Davis said the gap in today’s lightweight vehicle capabilities has meant that commanders often have to choose their vehicles based on payload, performance and protection.

The JLTV balances those three things.

The JLTV will provide similar protection to one of the mine-resistant, ambush-protected, or MRAP, vehicles – the MRAP All-Terrain Vehicle, known as the M-ATV, which was also developed by Oshkosh Corp.

The JLTV will have protection substantially greater than the Humvee, Davis said. The JLTV will provide this protection with only about two-thirds the weight of the M-ATV, he said, which improves mobility and transportability.

Some other advantages over the Humvee, he said, are reliability, payload capacity and ease of repair.

The JLTV can be transported by CH-47 Chinook and CH-53 Super Stallion helicopters as well as amphibious transport, Davis said. M-ATVs cannot be transported in this fashion.

In terms of network connectivity, the JLTV is the first vehicle purpose-built for the network, he said.

There was a tremendous collaboration between the warfighters and the acquisition community in scoping the requirements to meet affordability constraints and other requirements, Davis said.

A lot of discussions took place upfront between the Army and Marine Corps about “harmonizing the requirements.” Cooperation took place throughout the development process, he said.

“The biggest winners of this are Soldiers and Marines, who need a new capability to fill a gap in today’s light tactical vehicle fleet,” Davis said.

Col. Andrew Bianca, program manager, land systems, Marine Corps, said “this has been a great example of what good joint program management can do for the warfighter. This is our highest fleet-modernization effort, just as it is for the Army.”

In FY2018, the first Marine infantry battalion will receive 69 JLTVs, Bianca said. They will replace 74 Humvees in the battalion. That battalion was not named.



Oshkosh Defense’s joint light tactical vehicle prototype negotiates the off-road demonstration course at the transportation demonstration support area during testing in Quantico, Va. (Courtesy photo/Oshkosh Defense)



ABOVE: U.S. President Barack Obama speaks with Lt. Gen. Russell Handy (commander of Alaskan Command, U.S. Northern Command; Eleventh Air Force and the Alaskan North American Aerospace Defense Region); Maj. Gen. Bryan Owens (commander of U.S. Army Alaska); and other Alaska officials after disembarking from Air Force One at Joint Base Elmendorf-Richardson Monday. Obama spoke at the GLACIER conference, which drew international attention to the changing climate's effect on the Arctic. While in Alaska, he visited Dillingham and Exit Glacier near Seward, as well as Kotzebue – making him the first sitting U.S. president to make the trek to U.S. land above the Arctic Circle. (U.S. Air Force photo/Justin Connaher)

LEFT: Obama speaks at the conference Monday. (Courtesy photo)



Representatives from Iceland, the United States, and Norway flank U.S. President Barack Obama during his speech at the GLACIER conference in Anchorage Monday. The conference brought together representatives from several countries with a stake in the Arctic to discuss climate changes and how to mitigate its effects, and provided an unprecedented opportunity for Obama and others to visit Alaska villages. Obama left Alaska Wednesday. (Courtesy photo)

Guardsmen compete in 2015 Adjutant General’s Match

By Sgt. Marisa Lindsay
Alaska National Guard Public Affairs

More than 25 Soldiers and Airmen with the Alaska National Guard came together to compete in The Adjutant General’s 2015 Match, hosted by the Alaska Army National Guard at the Joint Base Elmendorf-Richardson range complex, Aug. 22 and 23.

The Alaska National Guard TAG Match is an annual event which promotes marksmanship training among Airmen and Soldiers by providing a competitive opportunity to test their marksmanship skills and weapons systems in a battle-focused environment.

“A joint event like the TAG Match enforces the bond and common thread we share with each other in the Alaska National Guard,” said Army 1st Lt. Danny Canlas, the 297th Battlefield Surveillance Brigade’s Headquarters Headquarters Company executive officer and the officer in charge of the sports fire range for the event.

“The event is unique because of the background each competitor brings to the table – where they are from, the uniform that they wear and whether they are full-time Guardsmen – yet they hold onto that common theme in the name of the competition – which is service to our state and country and weapons preparedness,” Canlas added.

Seven four-man teams completed advanced marksmanship tasks, to include combat rifle excellence-in-marksmanship, 500 special zero, combat pistol barricade and close-quarter battle, all performed with either the M-9 pistol or M-16 rifle.

“It was evident that all teams came



Alaska Air and Army National Guardsmen operate a variety of weapons systems during The Adjutant General’s Match at the Joint Base Elmendorf-Richardson range complex, Aug. 22 and 23. This annual event is designed to test the marksmanship skills of Alaska Guardsmen in a high-pressure, competitive environment. (U.S. Army National Guard photo by Sgt. Marisa Lindsay)

to win,” explained Canlas. “Before each match, all the teams could be seen reviewing the handbook or performing range drills beforehand in preparation for that particular event.”

For many competitors, this was their first time participating in the TAG Match competition.

“This competition has definitely lived up to my high expectations so far,” said Spc. Sawyer Slavinsky, a vehicle mechanic with the 761st Military Police Company, who also placed first in the novice category

in four individual events. “Everyone has been really supportive of each other, and it’s cool to see the competitors giving advice, regardless of team or military affiliation.”

At the conclusion of the high-pressure event, the competitors were recognized during an awards ceremony hosted at the Alaska National Guard armory on JBER’s Camp Denali.

The TAG Match trophy, awarded to the overall winner, was awarded to the Alaska Air National Guard team.

The team was made up of team cap-

tain Senior Airman Matt Larson with the 213th Space Warning Squadron from Clear Air Force Station, and fellow team members Senior Master Sgt. Jamie Kurzenberger, with the 213th SWS; Master Sgt. Nicolas Blace, with the 213th SWS; and Staff Sgt. Jacob Gibson, with the 176th Wing.

“The event ran quite smoothly this year, and I could tell that the participants had fun,” Canlas remarked. “I would like to see more competitors next year, myself included. Who wouldn’t want to get paid to shoot weapons?”

Air Force updates ‘little blue book’ in hard copy and app versions

AETC Public Affairs
News release

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The Air Force has a new “little blue book.”

Secretary of the Air Force Deborah Lee James, Air Force Chief of Staff Gen. Mark A. Welsh III and Chief Master Sgt. of the Air Force James A. Cody delivered the initial handout of the pamphlet, “America’s Air Force: A Profession of Arms,” Aug. 27 to the Air Force’s newest Airmen at Airmen’s Week.

The pamphlet represents the next evolution of the “little blue book,” and provides Airmen with instant access to the core guides, values, codes and creeds that guide Airmen in their service in the profession of arms.

“Our people are the greatest part of our Air Force and when America’s sons and daughters chose to join our ranks, it is our responsibility to develop them into Airmen,” James said. “As Airmen, we are charged with upholding a culture founded on professionalism, dignity and respect – that’s what our core values are about.”

During the visit, Welsh explained the importance of professionalism to the Airmen.

“What’s in this document is nothing new to Airmen, but is a reminder that service to one’s country is no ordinary calling,” Welsh said. “America holds us in high regard because of what we stand for: integrity, service and excellence. Those who wear this uniform should continuously reflect on our commitment to our nation and each other.”

Welsh added that the core values are a commitment found in the oaths we take and are represented in large and small ways around our Air Force every day.

Cody explained the significance of the little blue book and stressed that content defines what is expected of Airmen.

“Today our all-volunteer professional force continues to build on the legacy of those men and women who came before us in our chosen profession of arms,” Cody said. “The professionalism of our force is unprecedented because of our commitment to service, a dedication to holding ourselves to higher standards, and an unyielding pursuit by Airmen to do



better. Service in our Air Force is a higher calling and we carry this legacy forward for future generations of Airmen. This book is a guide to the meaning of service and the principles that make us so strong.”

The original little blue book, “Air Force Core Values,” has never been assigned an official publication number and differs from Air Force Instruction 1-1, “Air Force Standards,” which is a small printed book with a blue cover.

The new pamphlet updates the original little blue book and is now owned by the Profession of Arms Center of Excellence.

The little blue book is available in a variety of formats.

Airmen can download the PDF from the PACE website. The book is also available as a free mobile application on Android.

PACE anticipates a free mobile application will also be available for Apple devices in the near future.

Airman can download the application to their devices by searching “little blue book” in the application store.

Airmen will soon see a shortcut icon on their desktops that will link to a web application.

This book is also available at Air Force e-Publishing and is linked under “Items of Interest,” as the “Profession of Arms Handbook.”

PACE also has instructions on their website Aug. 27, explaining how units can order copies through the Defense Logistics Agency.

COLA surveys

Service and family members are urged to take the Cost of Living Allowance Living Pattern Survey which is live throughout September.

Accuracy in filling out the survey is critical as it will affect COLA rates for the next three years.

To take the survey, visit *http://tiny.cc/fsfs2x*.

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 Exchange.

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 through Sept. 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 *jberfv5000@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 business 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*.



Alaska Military Youth Academy cadets ceremoniously toss their berets in the air at the closing of their graduation at the Egan Civic Center in downtown Anchorage, Aug. 28. The ceremony featured Alaska Gov. Bill Walker as the keynote speaker for the 154 graduating cadets. (U.S. Army National Guard photos/Sgt. Marisa Lindsay)

Knowledge is power for AMYA graduates

By Sgt. Marisa Lindsay
Alaska National Guard Public Affairs

The Alaska Military Youth Academy celebrated more than 20 years of service to the State of Alaska during the graduation of 154 cadets of Class 2015-2 from its ChalleNGe program Friday, Aug. 28.

AMYA hosted the graduation ceremony on the main floor of the Egan Civic and Convention Center in the heart of downtown Anchorage. The ceremony featured Alaska Gov. Bill Walker as the keynote speaker and video messages from members of the Alaska congressional delegation.

Among the graduates were cadets Adrienne Carter, from Anchorage, and Freedom Byard, from Wasilla, both of whom said they have excelled more than they could ever have expected within the 22-week residential phase at the AMYA ChalleNGe program.

It's during this program that cadets focus on academic excellence, leadership and followership, physical fitness, life coping skills, responsible citizenship, vocational training and service to the community.

"You know, I knew that it would be an adventure, but I thought that the academy would be so much different from what it actually was," explained Carter, who was raised in a military family where she was homeschooled and experienced the many challenges associated with military moves. She had only lived in Alaska for a few weeks when she left home for AMYA.

"It was so much harder than what I'd

expected, but at the same time, incredibly rewarding because I was able to overcome those obstacles," Carter continued. "Here I am today, graduating from AMYA with a 3.75 GPA, and with having finished second overall in my physical training."

Byard, who has wanted to join the military since she was old enough to voice an opinion about her future, said she felt very similarly to Carter regarding her AMYA expectations prior to arriving.

"I felt like it would be a huge adventure and truly didn't understand what I was getting into," said Byard, who has earned AMYA's Ironwoman Award for outstanding physical fitness.

"Here, at AMYA, I've learned to push myself harder than I could ever imagine – physically and academically – and have learned what it feels like when you don't give up."

Overall, the AMYA cadets provided more than 1,200 hours of community service, 23 cadets earned their high school diploma, 52 cadets earned their GED, and the class' grade point average increased by 1.47.

"I'm walking away from the academy with discipline, respect for myself, and I feel like I can do anything ... I feel powerful," Carter said.

"So if you're on the fence about whether or not AMYA is a good idea for you or your kids? Come on! You don't know what you're missing out on."

Now that they've graduated, Carter, Byard and their fellow cadets will take



Alaska Military Youth Academy cadet Freedom Byard (right) waits patiently for AMYA's graduation ceremony to begin Aug. 28.

part in the yearlong post-residential phase when graduates return to their communities to put into practice the life skills principles they received and continue their education, enter the workplace, or enter the military.

The goal of this phase is for graduates to sustain and build on the gains made during the residential phase while serving as a productive member of society.

As far as Carter's and Byard's futures, Carter, who was awarded the Aero Femme scholarship, is looking forward to a life of academia while Byard is looking to speak with a U.S. Marine Corps recruiter and is excited about the prospect of protecting the United States.

This class of 154 cadets will be joining the 4,486 previous graduates since 1994.

JBER Airmen attend professional development seminar

By Airman Valerie Monroy
JBER Public Affairs

The Total Force Development Council and the Arctic Warrior Rising 5/6 hosted a "Take Charge of Your Career" Professional Development Seminar for all senior Airmen and below who have not yet gone through Airman Leadership School at the Elmendorf Professional Military Education Center Aug. 18.

The event was a chance for Airmen to receive career advice and learn new skills.

More than 120 Airmen attended classes on bullet writing, below-the-zone promotion board preparation, feedback maximization, fundamentals of followership, overcoming obstacles and more.

"Events like the 'Take Charge of Your Career' seminar are important to bridge the gap between the time an Airmen attends the First Term Airman Center program and the time that they go to Airman Leadership School," said Tech. Sgt. Callie Lewis, 673rd Air Base Wing PME instructor.

"It is imperative that Airmen learn early on that they have to be proactive and take initiative in every aspect of their lives and careers in order to reach their full potential."

Among the guest speakers was Chief Master Sgt. Michael Burton, 3rd Maintenance Group superintendent, who spoke to the Airmen about being 100 percent invested in what they're doing.

Burton grew up on a farm baling hay and cutting tobacco. He explained how his former farm life prepared him for doing his job in the Air Force. It gave him the mindset to always work hard and do his best.

"Nobody else is going to be doing your job except for you," Burton said. "We all have the responsibility to do our best. We are the Air Force."

Along with motivating Airmen in their career, Burton encouraged everyone to continue their education by sharing his experiences with getting his Community College of the Air Force degree when there weren't as many benefits for military members as there are now.

"Use your education, use your benefits wisely," said Burton. "Benefit yourself and benefit the Air Force."

For Senior Airman Lauren Mainolfi, 673rd Aerospace Medicine Squadron bioenvironmental engineering techni-



Chief Master Sgt. Michael Burton, 3rd Maintenance Group superintendent, speaks to Airmen during the "Take Charge of your Career" professional development seminar on Joint Base Elmendorf-Richardson August 18. Burton discussed experiences in his earlier life as examples of how the Airmen should be motivated in their jobs. (U.S. Air Force photo/Airman Valerie A. Monroy)

cian, this seminar was an opportunity to receive vital new information and to meet new people.

"The more information we get exposed to the better," Mainolfi said.

"I learned about groups I didn't know existed and got a chance to network."

Mainolfi said one of the things she was most happy about

seeing was the variety of perspectives from all the guest speakers. She said she would really appreciate events like this to happen again.

Lewis said many Airmen were crying out for an opportunity to learn all this beneficial information.

"From the overwhelming positive feedback we received, the event was a huge success," Lewis said.

Are you prepared for the impending shift in seasons?

Commentary by Army Chaplain (Maj.) Will Harrison
JBER Chaplain

Termination dust was on the mountains last week ... winter is coming.

While the phrase has been popularized in novels and recent television programs, it carries significant meaning.

The approach of winter ushers in a flurry of activity, both dreaded and exciting, to prepare for the dramatic shift in season.

For a few weeks, our lives are in turmoil as we re-orient our schedules, priorities, and activities for the long winter ahead.

There are hunts to go on, garages to reorganize, trailers to winterize, and snow gear to prep.

A similar shift will happen in April as we look to spring, and then again in June as the salmon begin to run and we orient ourselves to summer ... and next year we will get ready for another winter.

This cycle of the seasons has

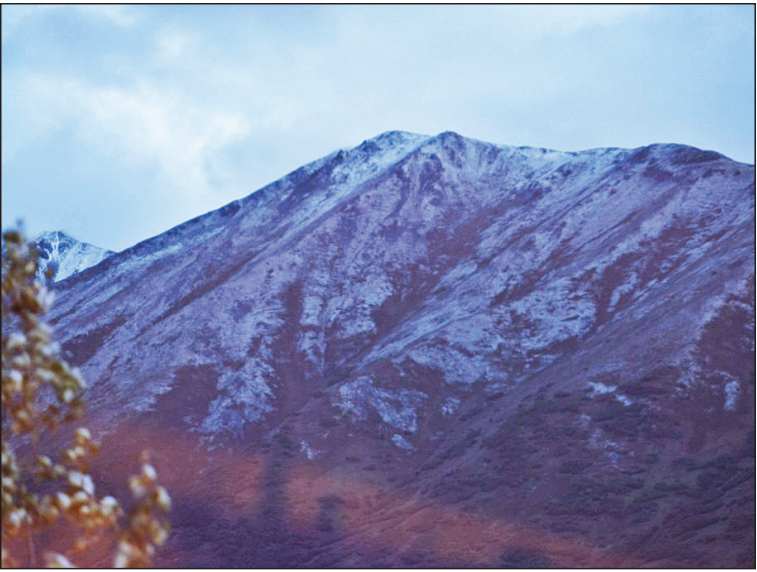
been a constant pattern for humanity since the world was created. It forms a structure for our lives and forms the background of all our activities.

This pattern marks our time as we progress through life and gives us the rhythm by which we live. Cultures throughout history have set aside ways to recognize this rhythm and bring out the spiritual significance of the seasons and the consistent progression of one into another.

These spiritual acts, whether holy days or holy practices, give meaning to the ebb and flow of life. They fill our time with purpose and give structure to our souls.

Too often, however, we forget this rhythm. We allow the background to fade away, or isolate ourselves from the seasonal turnings.

We get caught up by what is in front of us, anticipating the Permanent Fund Dividend, or Christmas shopping, the drudgery of plowing the drive, or whatever it is that snaps our attention back and forth



The first hints of “termination dust” appeared on the Chugach Mountains August 27. The approach of winter ushers in a flurry of activity, both dreaded and exciting. Are you prepared for the dramatic shift in season? (Courtesy photo)

from one new thing to the next. We give up the meaning and purpose that comes with a structured soul; we lose the power that comes from

a regular, pulsing beat.

We lose the rhythm of life, and every shift, whether in the season or in our activities, becomes a

source of anxiety. Our comfort and confidence dissipates and we scramble in fear and worry.

It can be difficult to restore that calm confidence that purpose and meaning give to our lives when we try to keep up with everything that is going on around us.

A rhythm of spiritual acts can do this; spiritual disciplines will begin to give us a regular pattern to our lives as the seasons give a regular pattern to the year.

Spiritual disciplines will structure your soul with purpose and meaning.

As we head into the fall and prepare for the winter months, begin a new spiritual discipline.

Something simple like a morning prayer or observing a holy day will begin to alter the chaotic beat our society sounds.

It will begin to reorient our souls to a deeper, stronger, meaningful rhythm.

One does not need to be a spiritual guru, only craving something more. By beginning simply, we build a routine, a pattern, a structure, a tradition.

When that spiritual act, that particular discipline is strong, we can build on it and we will quickly have a deep rhythm that will mark our time as we progress through life.

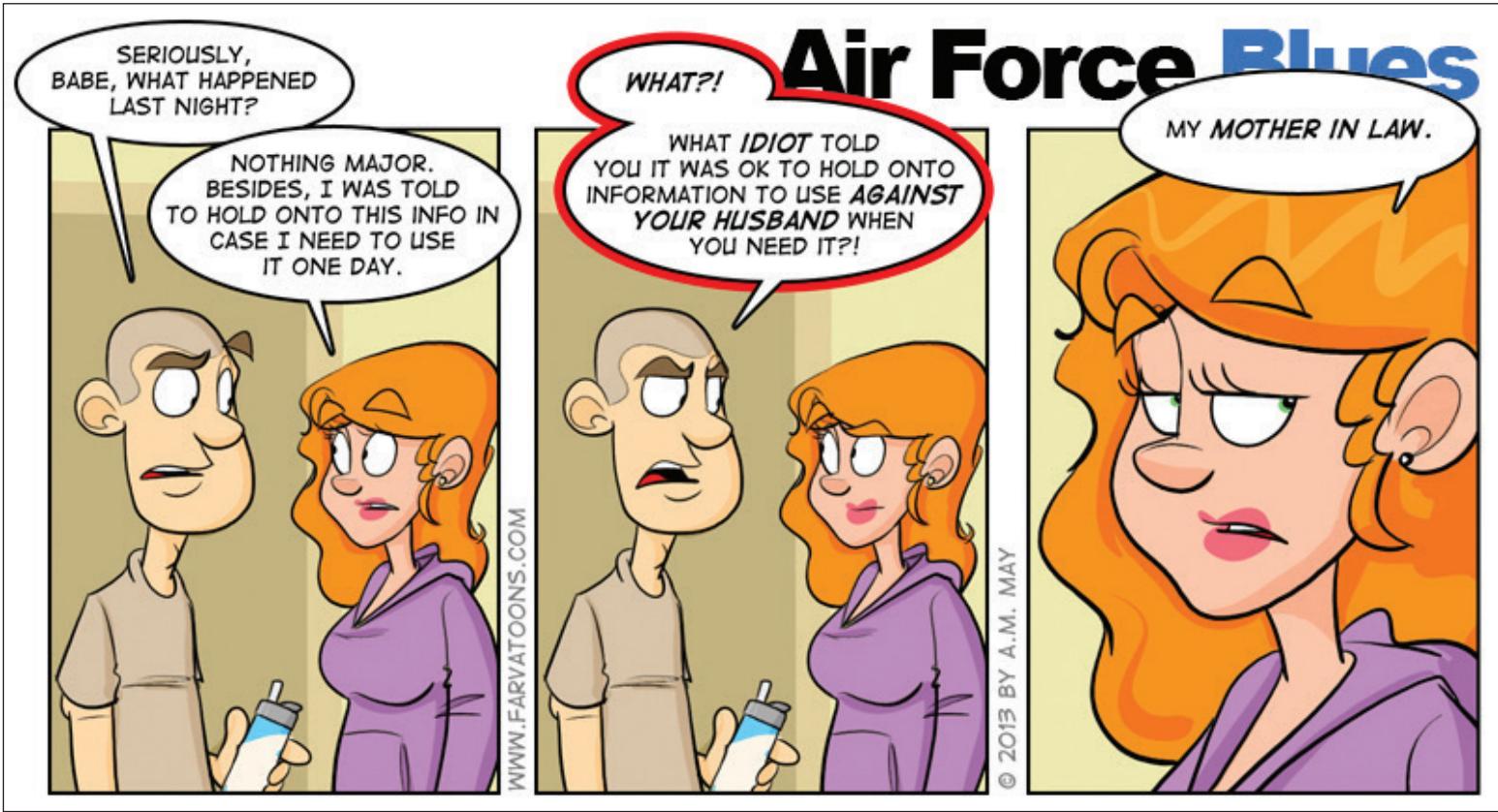
That pattern can fill us with purpose and value and calm the anxiety of shifting seasons.

Winter is coming.

In the flurry of activity that each of us do in preparation, choose to do something that brings out the spiritual significance of your life and re-orient you to the bigger pattern of the world, the larger structure in which we all have meaning, the rhythm for which we were created and which drives us with purpose and confidence.

Choose to pray, to meditate, to read, to study, to honor, or to celebrate.

Choose to do them all. Begin a new rhythm as the season changes, one that will carry you through fall, winter, spring and summer again, and again.



THROUGH SEPT. 30
COLA survey

The Out-of-Cycle Cost of Living Allowance Living Pattern Survey is now available through 30 Sep. This survey is the ONLY opportunity offered to all service members and their spouses every three years to report their shopping behaviors and patterns at the overseas location they are assigned.

It's imperative participants not guess when filling out the survey because doing so will skew the data, and could have negative ramifications on COLA entitlements.

To take the survey, visit <http://tiny.cc/fsfs2x>

THROUGH MONDAY
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 Three Doors Down, 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.

Mountain Bike Festival

The Alyeska Resort hosts this extravaganza of mountain biking from 11 a.m. to 11 p.m. each day, including competitions, demonstrations, workshops and of course plenty of riding. Don't miss the live music or the tightrope ride.

For information, visit alyeskaresort.com.

FRIDAY
Free Movie Night

Come see the movie Home at the Arctic Oasis. Doors open at 5:30 p.m. for a 6:30 p.m. movie start. Enjoy cheap, cash-only concessions; popcorn, candy, drinks, nachos and more.

For information, call 552-8529.

SATURDAY
SAP Jim Creek ATV trip

Take a day trip with the Single Airman Program and head to Jim Creek on a guided ATV tour from 8 a.m. to 5 p.m.

Helmet and transportation will be provided; bring weather-appropriate clothing and lunch.

To sign up or for more information, call 552-8529.

Warrior Zone Olympics

Bring your game and compete in the Warrior Zone Olympics starting at 2 p.m. for a chance to win cash prizes.

Must participate in all events; foosball, darts, air hockey and pool.

For information, call 384-9006.

TUESDAY
Sponsor training

Help make an incoming service member or family transition to JBER smoother by becoming a well-informed sponsor.

Training takes place from 1 to 2:30 p.m. at the Log Cabin.

For information, call 552-4943.

WEDNESDAY
RecOn Mountain biking

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

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

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

THURSDAY
Outdoor rock climbing

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

Sign up at JBER-Elmendorf Outdoor Recreation Center.

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

SEPT. 19
Air Force Ball

Celebrate the Air Force's sixty-eighth birthday and heritage at the Dena'ina Center with the Air Force Ball and keynote speaker Senator Dan Sullivan starting at 6 p.m.

For information or to register, visit <https://jberafball.com>.

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.

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.

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.

Protestant Women of the Chapel meetings

Women are invited to meet with the Protestant Women of the Chapel. Bible studies are Tuesdays at 9:30 a.m. at the Arctic Warrior Chapel, JBER-Richardson.

For more information, email jber.ak.pwoc@gmail.com or call 384-1461.

Neon bowling

All military E-4 and below receive a 10 percent discount every Friday night 11 p.m. to 1 a.m. at the Polar Bowl.

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

For information, call 753-7467.

Model railroading

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

Anyone interested in model railroading is invited.

For information, call 552-4353, or visit trainweb.org/msmrre.

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 JBER-Elmendorf or JBER-Richardson Housing

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. 11
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.

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



UPCOMING TRIPS

PLAN YOUR NEXT ADVENTURE WITH US



Eklutna ATV Trip
September 27
9 a.m. - 5 p.m.
\$99



Outdoor Rock Climbing Trip
September 10 & 24
5 - 9 p.m.
\$35



Portage Lake Kayak Trip
September 12
8 a.m. - 5 p.m.
\$80

Minimum and maximum sign-up numbers apply to all trips and classes. Outdoor Adventure Program | Bldg. 7301 | 552.4599/2023



Warrior Zone Olympics

September 5 • 2 p.m.

Foosball, darts, ping pong
air hockey & pool
(must play all).

- \$100 for 1st place
- \$75 for 2nd place
- \$50 for 3rd place

673 FSS Presents:

THE ARCTIC WARRIOR RODEO

SEPTEMBER 12 & 13

Held at:
fields behind
Bldgs. 7153 & 7179

Facebook: JBERLife
www.jberlife.com

FREE!

- FIVE EVENTS:
BULL RIDIN'
TEAM ROPIN'
BARREL RACIN'
MUTTON BUSTIN'
BAREBACK
BRONCO RIDIN'
PONY RIDES
MECHANICAL BULL
FACE PAINTIN'
LIVE MUSIC
PHOTO SPOTS
COWBOY CHURCH
HANK THE MOUSE
PETTIN' ZOO
- FUR PURCHASE:
BEER GARDEN
FOOD BOOTHS

(Prizes will be awarded at the Four Road Tailgates (JBER, JBER-Elmendorf, JBER-Richardson, and JBER-Palmer) on Sept. 12 & 13.)



HOME

FREE Movie Night!

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

Cash only concessions!
No outside food or beverages.

FAT BIKE

Mountain Biking Trip!

September 9 ✕ 5 - 8 p.m.

\$10! To sign up or for more information, contact OAP at 552.4599/2023

Explore Kincaid Park!

REC-ON

OUTDOOR ADVENTURE PROGRAM

Facebook: JBERLife
www.facebook.com/JBERLIFE
www.jberlife.com

Stop by and see us!

Army offers deployment resilience training to spouses

By Stefanie Pidgeon
Army News Service

FORT BELVOIR, Virginia — The Army offers deployment resilience training to spouses that is tailored to address unique challenges they may face during pre- and post-deployment.

Eight master resilience trainers recently completed a train-the-trainer course offered by the Comprehensive Soldier and Family Fitness’s National Capital Region Training Center.

The course certifies these trainers to deliver Deployment Cycle Resilience Training to Soldiers and spouses who are facing, or just returning from, a deployment.

Two of the master resilience trainers work for Army Community Service, and wanted to go through the course so they could offer the training to spouses.

When facing a deployment, “both [the Soldier and the spouse] have a difficult time, and it takes work to survive the challenges of deployment from both sides,” said Carol Janer, mobilization deployment and family readiness program manager for Army Community Service on Fort Belvoir.

“It’s important that both sides understand [these challenges], work together, and help each other get through the process.”

Deployment Cycle Resilience Training is offered in specific modules depending on where the Soldier is in their deployment process.

Pre-Deployment Resilience Training is delivered one to six months before a deployment and helps the family think about ways they will stay connected throughout a deployment.

“You’ve heard the saying, ‘When a Soldier deploys, the family deploys.’ This training gives spouses the same skills and communication techniques so that they can stay resilient,” said Gloria Park, a master resilience trainer-performance expert for the NCR Training Center and an Army spouse. “Throughout this training, they will think of creative ways they can stay connected in meaningful ways, while setting boundaries and managing expectations.”

The Pre-Deployment Resilience Training encourages spouses to think about the benefits of being part of a military family, and how they can communicate to their deployed Soldier in positive ways, such as: “compliment and encourage each other,” “talk about each other as a couple,” and “bridge communication between kids and the deployed parent.”

The training also reinforces the use of resilience and performance skills, which are also part of annual unit resilience training.

“Hunt the good stuff is one skill that can be extremely useful when going through a deployment, when it’s easy for both the Soldier and the spouse to focus on the negative.

“Taking the time to intentionally find



Carol Janer shares feedback with instructor Gloria Park and other master resilience trainers during a train-the-trainer course on Deployment Cycle Resilience Training, Aug. 24. (U.S.Army photo/Stefanie Pidgeon)

the good things that are happening in your life and in others helps to balance out the negativity bias, which causes us to already notice the bad stuff more readily. Hunting the good stuff every day can lead to better health, better sleep, and better relationships,” Park said.

“Deliberate breathing and avoid thinking traps are two more skills that can remind us to take pause, take ourselves off autopilot and minimize misunderstandings,” she said.

Post-Deployment Resilience Training is delivered up to one month before, or one month after a deployment is completed, and includes discussion on adjustments that may be necessary upon reintegration.

Although families are happy to be reunited, the expectations and reality of roles and responsibilities can cause friction if expectations are not communicated or are unclear.

“For those who this is their first deployment, this is initially a lot. But once they start going through it, they settle down a bit, and by the end they feel like, ‘I grew; I learned some things; I can take care of myself,’” Janer said.

“But there can be a lot of issues with reintegration. If you don’t have that communication and understanding of each other’s positions, then there can be a lot of strife that comes out of that.”

As part of Post-Deployment Resilience Training, spouses are asked to reflect on the strengths and skills they developed over the course of the deployment that they can pull from once the Soldier returns home.

They are also given a list of tips on “things to do,” such as: “give your Soldier one-on-one time to reconnect with important friends and family members,” and “give them time to find balance,” as well as “things to avoid,” such as: “telling your Soldier what he/she ‘should do’” and “pressuring your Soldier to talk.”

Spouses are also reminded of the resilience skills of active constructive responding and assertive communication, both of which have been shown to positively strengthen relationships. Assertive communication, for example, is a skill that helps you to communicate clearly and with respect, especially during conflict or challenge.

“It takes time to reconnect after a deployment and to catch up from where you left off last time you were together. These skills help families set realistic expectations for what the reintegration process will look like, and provide them with skills to grow stronger after the deployment,” Park said.

Janer said to be successful through a deployment, families should leverage resilience skills, be able to communicate and understand each other, and know your

resources. Deployment Cycle Resilience Training gives families strategies and techniques they can use to stay strong through a deployment, bounce back from challenges and grow from the experience. “[Deployment Cycle Resilience Training] gives some shared language to the family that is deploying,” said Laureen DuPree, employment readiness program manager for the Army Community Service on Fort Belvoir.

An Army spouse herself for 26 years, DuPree said, “Having common expectations, common avenues and a shared language of communication about what will happen during a deployment, how they should prepare ahead of time, how they should manage during, and then working through challenges during post-deployment, that common language is just so important.”

Deployment Cycle Resilience Training is required for all active, Army Reserve and National Guard Soldiers, who are deploying from their home station for 90 days or more. The training is also offered for spouses and takes about two to three hours.

Family members who are interested in receiving Deployment Cycle Resilience Training, may contact their local Army Community Service or Walter Reed Army Institute of Research’s Research Transition Office at usarmy.detrick.medcom-wrair.mbx.resilience-research@mail.mil.

National Preparedness Month

By Airman 1st Class Christopher Morales
JBER Public Affairs

Editor’s note: The following article is one of several in a series to highlight the importance of preparedness in Alaska.

Alaska has experienced more than 60 magnitude 6.0 and higher earthquakes in the past 10 years.

“We have a very different geographical layout. So a 6.0 in California is more severe than a 6.0 here because most of our earthquakes are remote,” said Michael West, State Seismotologist with the Alaska Earthquake Center. “The one that I fear is the 6.0 that will happen in Juneau or any other city.”

Earthquakes are not our only danger in Alaska; earthquakes can cause a multitude of disasters afterward like landslides, soil slumping, flooding, tsunamis and can negatively affect volcanoes.

September is National Preparedness Month, and local emergency services encourage people to prepare for and be educated on what to do before, during and after a disaster.

Alaska has its own unique circumstances that must be considered when planning for emergency contingencies like floods, wildfires, earthquakes, snowstorms and volcanic activity.

“National Preparedness Month is an opportunity for us to refocus on the threats we confront, what we can do to be ready,” said Air Force Capt. Ted Labedz, JBER Emergency Management flight commander.

Alaska has earthquakes every day, and volcanic eruptions once a year for the past 40 years.

“If you don’t have your [emergency] kit ready now, afterward is not the time to put it together,” said Jilene Reichle, JBER Emergency Management plans and operations manager.

Readiness reduces the threat of structural damage or personal injury by responding quickly and allowing other emergency responders to focus their efforts on more critical cases.

Disasters can interrupt commutes by destroying bridges or flooding roads, so being prepared with plenty of supplies or having a plan could save a life.

The American Red Cross recommends emergency kits be tailored to threats in the local area, and must contain the basics. These include: water, non-perishable food, first-aid kit, important documentation, flashlight/light source, hand-cranked or battery-powered radio, extra batteries, multi-purpose tool, personal hygiene items, extra cash, emer-

gency blanket and map(s) of the area.

“All the items in a kit are important... they all serve a purpose and are equally significant,” Reichle said.

The Mat-Su Emergency Expo and Safety Fair is scheduled for Sept. 19 at the Mat-Su College. Emergency Management hosts an informational booth at the Base Exchange, Sept. 2, 9,16 and 23, from 10 a.m. to 1 p.m.

Preparing for emergencies can be an intimidating task, but there are many resources on the specifics of creating a kit and being prepared in general.

Some helpful links are: www.fema.gov, www.earthquake.usgs.gov, www.pdc.org, www.avo.alaska.edu, and www.ready.gov/build-a-kit.

All it takes is the right amount of rain to cause a landslide or a flood. All it takes is one rough earthquake to negatively affect a volcano or break a dam. All it takes is one disaster for it to be your last.

“If you’re not prepared, you’re not ready,” Reichle said. “If the lights go out, do you [even] have a flashlight?”

For more information, visit the JBER Emergency Management office or call 551-7526.



The American Red Cross recommends maintaining an emergency preparedness kit for both home and vehicle in the event of a disaster. Emergency kits are essential to preparedness. Kits should be tailored to your geographical region and contain the basic essentials to survive for three days. For detailed information, visit the American Red Cross website or www.ready.gov, or your local emergency management office. (U.S. Air Force photo/Tech. Sgt. Raymond Mills)

Preparation for floods

By Airman 1st Class Christopher Morales
JBER Public Affairs

Anywhere it rains, it can flood. In late September 2012, Anchorage had a flash flood, stranding cars and shutting down streets, which resulted in one fatality and 23 million dollars in damage.

That was from rainfall alone, but other conditions can cause flooding.

In Alaska, it is most likely to occur due to the melting of snow and ice in varying degrees. A midwinter or early spring thaw can produce large amounts of runoff in a short period of time. When the ground is still frozen hard, water cannot be reabsorbed, causing excess water to spill over banks.

Floods are strong enough to roll boulders, rip trees, and outright destroy buildings and bridges, and can occur any time of year.

“Springtime is the biggest time for flooding here,” said Jilene Reichle, JBER Emergency Management plans and operations manager.



Damage from Ship Creek flooding on Eagleleglen Golf Course on JBER, Oct. 2, 2012. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

During a long cold spell the surfaces of rivers and lakes freeze. Rising water levels or a thaw could break the ice into chunks, eventually floating into choke-points causing ice jams which can lead to severe flooding depending on river-flow.

“Typically if there is a heavy winter snowpack, you’re going to have a flood,” said Air Force Capt. Ted Labedz, JBER Emergency Management flight commander.

Flash floods can also occur after the collapse of a man-made structure like a dam.

“If the Ship Creek dam [broke], in conjunction with a large-magnitude earthquake, several areas [would] have minor floods,” Labedz said.

During a flood, it is best to always go to

the highest level of your home or workplace, Labedz said. Do not drive if there is more than a foot of water on the road and if you have to drive, know the safest routes on high ground.

For any disaster, it is paramount to have an emergency kit. Especially during a flood, if there are no clear pathways to food and water, your kit should have the necessary supplies to last at least a week.

Some helpful links are: www.fema.gov, www.floodsmart.gov, www.pdc.org, www.avo.alaska.edu, and www.ready.gov/build-a-kit.

For more information, visit the JBER Emergency Management office or call 551-7526.

Winter clothing exchange program kicks off

By Senior Airman Tammie Ramsouer
JBER Public Affairs

As the days get shorter and colder, children need to start bundling up. For some, their winter jackets, gloves and boots don't quite fit anymore.

Fortunately, the Army Community Service Center on Joint Base Elmendorf-Richardson offers the "Koats for Kids" program to service members and their families.

The annual event is an opportunity for the JBER community to receive and exchange winter clothing before the seasonal change.

"This program has been offered to all [service] members and their families for about 11 years now on the installation," said Anthea Acosta, Army Community Service Center relocation readiness program manager.

"We receive anywhere from infant to adult winter clothing in our donation boxes, so even single service members can use this program if they need it."

The program collects any winter clothing in good condition from September to October. The Army Community Service Center encourages everyone to go through closets and find unneeded winter items to donate.

"This program is used for the families that really can't afford to buy their children new winter clothing," Acosta said.

Donation boxes are placed throughout the installation including the commissary, Child Development Centers, School Age Programs and at the 673d Medical Group hospital. This allows the parents to donate while they are out shopping at the commissary or dropping off their children at the CDCs.

"Sometimes, we have to pick up the donated items every day because our boxes get so full, so fast," Acosta said. "The boxes at the CDCs are always the most popular donation boxes, because parents are always cleaning out their closets; I will normally get a call from the faculty asking me to come pick up the items."

Once donations are picked up, they are sorted by size and type of clothing for distribution during October.

"We don't mind if people want to exchange for other items while they are donating at the boxes; it is all free and going to a good cause," Acosta said. "I have children, and I know it is hard trying to save money when they need new winter gear."

"Here at the Talkeetna Child Development Center, we have parents [who] donate to the 'Koats for Kids' and we have parents who definitely need it," said Lisa Aguilar, 673d Force Support Squadron education and training technician at the Talkeetna CDC.

"If we can help them, why not donate our extra winter gear that we know will not be used and give it someone who can use it?"



"Koats for Kids" is an annual program hosted by the Army Community Service Center on Joint Base Elmendorf-Richardson which allows the JBER community to receive and exchange winter clothing to prepare for the winter season. The program collects winter clothing in good condition from September to October. The Army Community Service Center encourages everyone to go through closets and find unneeded winter items to donate. (U.S. Air Force photo/Senior Airman Tammie Ramsouer)

Nicole Collins, Ursula Major Parent-Teacher Association vice president, said she is glad this program is on base to help her and those in her community.

"I used the program because it helps all families," Collins said. "Let's face it, kids' winter gear isn't cheap. This program helps those who might need a little support."

"I see several kids come to school with either no winter gear or little spring jackets every year. This program can help those children."

The Army Community Service Center will be distributing differently this year. Hours will be during both duty and off-duty hours to accommodate working families.

"I will be putting the clothing out on the tables until we run out," Acosta said.

"No volunteers will be watching the distribution tables, but we do ask that people only take what they need so another [person] in need can have [the] opportunity to provide for their family as well."

"It is a great program, and I do believe it helps families here on JBER," Collins said. "I myself use the program and will continue to use it as long as they have it."

For more information about the "Koats for Kids" program, contact the Army Community Service Center at 384-1518.