



JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

ARCTIC WARRIOR

October 23, 2015

www.jber.af.mil

Volume 6, No. 42

SEARCH AND RESCUE



1-207th Aviation
troops practice
casualty evacuation

TOP: Army Staff Sgt. Kevan Katkus, left, and Sgt. Bradley McKenzie, UH-60 Black Hawk helicopter crew chiefs assigned to the 1st Battalion, 207th Aviation Regiment, Alaska Army National Guard, prepare to hoist up a stretcher while conducting casualty evacuation training on Joint Base Elmendorf-Richardson Oct. 21. The training, which also included the launch and recovery of a jungle penetrator device, was coordinated with Soldiers assigned to 1st Battalion (Airborne), 501st Infantry Regiment. (U.S. Air Force photos/ Alejandro Pena)

RIGHT: Soldiers assigned to 1st Battalion (Airborne), 501st Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, hoist a stretcher while conducting casualty evacuation training for future emergencies and maintain operational readiness.



Chief Warrant Officer 4 Mark Ward, a UH-60 Black Hawk helicopter pilot assigned to the 1st Battalion, 207th Aviation Regiment, Alaska Army National Guard, maneuvers his aircraft while conducting rescue hoist training Oct. 21. The Alaska Army National Guard's 207th Aviation Regiment is very active, especially in rural parts of Alaska, providing search and rescue support through the State Troopers to rural residents.



Army Staff Sgt. Kevan Katkus, background, and Sgt. Bradley McKenzie, UH-60 Black Hawk helicopter crew chiefs assigned to the 1st Battalion, 207th Aviation Regiment, Alaska Army National Guard, recover a simulated casualty. Guardsmen with the regiment rescue an average of 80 people annually along the Bering Sea coastline between Alaska and Russia.

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Officials stress need for breast cancer screenings

By Lt. Col. Theresa Murphy
66th Medical Squadron

HANSCOM AIR FORCE BASE, Mass. — According to the American Cancer Society, breast cancer is the second most common kind of cancer in women. Additionally, the ACS estimates that one in eight women, or 12 percent, in the U.S. will develop invasive breast cancer during their lifetime. About one in 36 women, or three percent, will die from breast cancer. Fortunately, death rates from breast cancer have been on the decline since 1989 as a result of earlier detection through screening, increased awareness and improved treatment. Men are also at risk from breast cancer, but at a lower rate and also need to be screened as needed. In breast cancer, abnormal breast tissue grows out of control. Symptoms may include

the following: lump in the breast or underarm; a change in breast size or shape; thickening, swelling, irritation or dimpling of the skin or nipple; redness or flaking skin around the nipple; nipple discharge other than breast milk; and pain in the breast or nipple. Although these symptoms can occur with conditions other than cancer, women with persistent symptoms should seek medical care. Certain risk factors increase the likelihood of developing breast cancer. These include: older age; a personal or family history of breast cancer (mother, sister, daughter); never giving birth or giving birth later in life; never breast-feeding; starting menstrual cycles at a very young age; starting menopause later in life; taking hormone replacement therapy; being overweight; not exercising regularly; smoking; and drinking more than one alcoholic



(Courtesy image)

drink per day. Having risk factors does not mean you will develop breast cancer. However, it is important to discuss those risk factors with a provider. Those with a family history of breast

cancer should speak with their health care provider; a genetic screening for DNA risk factors may be in order. Breast cancer screening is the best method to detect breast cancer early and has been found to lower the risk of dying from breast cancer. Screening tests include mammograms, clinical breast exams by a provider and breast self-exams. Mammograms are a radiographic image of the breast, and are recommended every one to two years for women 40 years and older. A clinical breast exam is often accomplished as part of the annual well-woman exam. Women should perform breast self-exams at home monthly. To learn more on how to perform breast self-exams, visit www.cancer.org or talk to a provider.

Army NCO education changes: new course for E7s

By Gary Sheftick
Army News Service

WASHINGTON — A new Master Leader Course pilot begins this week as part of a revamping of noncommissioned officer education and professional development. “As you may or may not know, the Master Leader Course is now official,” said Command Sgt. Maj. David S. Davenport Sr. of the U.S. Army Training and Doctrine Command, speaking during a forum at the Association of the United States Army Annual Meeting and Exposition Oct. 14. The first pilot of the course for sergeants first class is now being taught on Fort Bliss, Texas. The new course will eventually be required for promotion to master sergeant and is part of a renewed emphasis across the Army on NCO education. There’s a push to eliminate the current backlog of more than 14,000 NCOs who have not gone to their required professional military education, Davenport said. “Deferments are causing a huge disruption,” Davenport said. In the future, instead of just saying that an NCO can’t go to school due to an

operational conflict, commanders will need to say when that NCO can go to school, Davenport said. PME requirements for promotion will no longer be waived for NCOs, he said, beginning next year. Enforcing education requirements comes as a widening of STEP, which stands for selection, training, education and promotion. It was first used to require master sergeants and first sergeants to attend the Sergeants Major Academy to get promoted and now it’s expanding to all NCO ranks. It’s simple, but everyone must understand, Davenport said, “You will not be promoted until you attend the appropriate level of PME.” Other upcoming changes include: • Establishing the NCO Professional Development System (per HQDA EXORD 235-15) • Renaming of the Warrior Leader Course to Basic Leader Course • Using a digital job book that documents all training for Soldiers as part of the Digital Training Management System • Redesign of the USASMA • Establishment of the Institu-

tion for NCO Professional Development • Development of an Executive Leader Course for command sergeants major • Publicizing more broadening opportunities for NCOs • Providing a “digital rucksack” to students that includes course materials, apps and technical manuals • Requiring Army Service School Academic Reports, or DA 1059s, to include date of a Soldier’s last physical fitness test, along with a height and weight statement The effective date of the last change and others may be determined by a propensity conference taking place this week, Davenport said. The changes will be “revolutionary,” not just “evolutionary” like past changes to NCO professional development, said Davenport and retired Sgt. Maj. of the Army Kenneth Preston, who served as moderator for the panel discussion. “Noncommissioned officers and their Soldiers must be ready to perform [their] missions in an increasingly complex world in which they find themselves today,”

Preston said. “This is an opportunity for the NCO Corps to take charge of NCOES [Noncommissioned Officer Education System] of how we educate our noncommissioned officers,” said retired Command Sgt. Maj. John D. Sparks, who is now director of TRADOC’s Institute for Professional Development. “You’ve got to own NCOES,” Sparks told NCOs in the room about rebalancing the NCO Education System. “Training is the fulcrum for manning and equipping,” said Command Sgt. Maj. Scott Schroeder of U.S. Army Forces Command. “We must develop systems and policies” that enable PME to sync with deployments and operational missions, Schroeder said. He and retired Lt. Col. Ernie Boyd of U.S. Army Forces Command discussed the new Sustainable Readiness Model which will be used for Army Force Generation. Many broadening opportunities for NCOs exist in the Army today that are not used to full advantage, Sparks said. Davenport said there will be

a “shaking up” of broadening opportunities, to ensure all of the opportunities are widely known. “We’ve got to define what broadening is,” said Schroeder, explaining the term is used for everything from fellowships to drill instructor assignments. A “hybrid solution” needs to be developed to meet both operational and educational requirements, Schroeder said. More frequent classes might be one solution, he said. Leveraging technology might be another, Davenport said. One thing is certain, Schroeder said, “We can’t go back to where we used to be.” “We can’t continue to do business as usual,” he added. The solutions can’t be made “in a stovepipe,” Schroeder said, and must be discussed “across our staff sections.” While G3 (operations and training) is usually the proponent for schools, G1 (personnel) and other sections also need to be involved. More guidance on NCO professional development is expected in December, Davenport said, with a third fragmentary order to be released in the spring.

Toxic leadership kills military productivity, work quality

By David Vergun
Army News Service

WASHINGTON — Having a toxic boss results in a 48 percent decrease in work effort and 38 percent decrease in work quality, said Dr. George Reed. Reed, who is the dean of the School of Public Affairs, University of Colorado, Colorado Springs, spoke in the Pentagon, Oct. 15, at a Pentagon Chaplains Office-sponsored seminar, “Tarnished: Toxic Leadership in the U.S. Military.” “Those kinds of productivity impacts will get any enterprise leader’s attention. Those are numbers not to be ignored,” Reed said, regarding the two statistics, which were published in the April 2009 “Harvard Business Review,” by authors Christine Porath and Christine Pearson. In 2003, no one was talking about toxic leadership, Reed said. That’s the year Secretary of the Army Thomas White asked what the Army was doing to assess, identify and deal with disruptive leaders. As a result of White’s inquiry, focus group discussions ensued at the U.S. Army War College, of which Reed was a part, as he was then serving as director of the Command and Leadership Studies program there. Those discussions at the USAWC “resulted in stories that were like worms crawling out of a bucket,” he said. “The stories of the way some of our best and brightest were treated by their superiors were completely inconsistent with a world-class organization.” It was that work that led to Reed to do research on toxic leadership and to speak about the heretofore-taboo topic throughout the Army during the latter part of his 27-year Army career. He also wrote a book about the topic that was published this year: “Tarnished: Toxic Leadership in the U.S. Military.”

Who’s toxic?
Scholars don’t agree on a definition for a toxic leader or even the term, Reed said. Most would agree, though, that such a leader

displays two characteristics: an apparent lack of concern for the well-being of others, as perceived by those they supervise; and, an interpersonal style that negatively impacts organizational climate. One scholar, Robert Sutton, a professor at Stanford University, defined a toxic leader using a two-part test, Reed said: First, after an interpersonal exchange, does the target feel humiliated, belittled or de-energized by that person? Second, does that person anger people who are less powerful rather than more powerful? Reed called the second of Sutton’s two-part question the “kiss up and kick down tendency,” where the toxic leader is very responsible and responsive to his or her supervisor but acts miserably to subordinates. Reed then added a caveat. “Just because a person barks at you doesn’t mean they’re a toxic leader. In the Army profession, trying to make all of the people happy all of the time is a loser’s game. But aggressive behavior doesn’t need to be the default setting.” There was an interesting case that Reed came across that he said he couldn’t quite label toxic. There was an Army leader on his terminal assignment that “you didn’t want to work for but you couldn’t hate because he was trying to do the right thing. He was completely selfless.” That’s still no excuse for toxic behavior, he added. So how many toxic leaders are there? Reed didn’t produce numbers or percentages, but he did show a slide of leadership styles, illustrated with a classic bell-shaped curve. To the far left of the curve were those few toxic leaders who are “awful, belittling, demotivating, destructive and demeaning.” To the far right were those few leaders who are “wonderful, inspiring, motivating and constructive.” Most leaders fell in the largest portion of the curve, the center. These leaders are “pretty good,” he said.

Toxic leader effects
The way young Soldiers often deal with

toxic leaders is to get out of the Army, Reed said. Those who’ve been in longer than 10 years, however, with retirement just down the road, tend to stick it out, knowing that they or the toxic leaders will inevitably be transferred. Not everyone who works for a toxic leader will decrease productivity, Reed said. “If you’re a pro and a go-getter, are you going to stop what you’re doing because you’ve got a bad boss? Of course not.” But for many who work for a bad boss, morale declines, communication degrades and stress levels go way up, he said. In addition, people “don’t go the extra mile” when working for a toxic leader. This is troubling because “we need people who do go the extra mile, especially in today’s Army,” where fewer people are being asked to do more with less and win in a complex world, he said. Toxic leaders also inspire organizational cynicism, he said. “If you work for a bad boss, you tend to tie that to the whole organization, even though that might not be fair.” All of that stress takes a toll on the body, leaving Soldiers less resilient, Reed said. About 90 percent of all hospital visits are stress related. Research has shown that prolonged stress can lead to heart disease, cancer and other diseases and illnesses. During the question and answer which followed Reed’s discussion, someone asked him if toxic leadership can result in suicide. “Suicide is a complicated issue,” Reed said. “I’m unwilling to say there’s a direct relationship between suicide and toxic leadership because there’s so many variables involved. There are people that work for toxics that do not commit suicide. There are people who work for extraordinary leaders who do commit suicide.” More research is needed, he said, but there is one intriguing Army-commissioned study done by Dr. Dave Matsuda, who investigated suicides in Iraq. Matsuda examined the linkages of relationships and the quality of those relationships between the Soldiers’ leaders and the Soldiers who committed suicide.

“In eight out of eight cases, there was somebody in that Soldier’s organization that was making the person who committed suicide absolutely miserable,” Reed said. A much larger study size would be needed to infer a direct correlation, however. “We do know that one of the precursors to suicide is a degradation in relationships. And, we do know that toxic leadership has a degrading effect on relationships. So there’s an indirect effect, meaning it could be a variable. It’s worth studying more,” Reed said.

Things to do
To combat toxic leadership, organizations need to first come to terms with and acknowledge that it exists, and that there could be a problem from within, he said. Discussions by everyone in the organization need to take place. “Once the light is shined on it, people can begin to talk about it. No one wants the badge of toxic leader,” he added. There’s a myth in many organizations that “you need someone who’s toxic to get people in line,” Reed said. “We seem to have a band of tolerance for certain leadership styles that are not positively impacting our organization, and that could be the crux of the problem.” Hosting classes on toxic leaders might seem like a way to reduce toxic leaders, Reed said. But the problem with that line of thinking is a toxic leader won’t voluntarily change. The boss of that toxic leader “needs to have a finger in their chest that says if you don’t make behavioral change, you’re going to fail,” he said. A look at performance appraisal needs to be examined as well, he said. The military performance system and those of other organizations often don’t distinguish sufficiently between a good leader and a toxic leader, Reed said. “A lot of toxics seem to rise to extraordinary levels of responsibility. Some are so bad that they not only do not add value to an organization, they’re also an impediment to the organization.”

Acute Care clinic to open its doors wider

By Airman 1st Class
Christopher R. Morales
JBER Public Affairs

Boom! Crash! “Ouch!” Injuries occur in the blink of an eye; if only getting a referral could take place as quickly. But one call to the acute care clinic appointment line is all it takes to address an orthopedic injury.

The 673d Medical Operations Squadron Physical Therapy Clinic opens their acute care clinic to all beneficiaries Nov. 6. Acute injuries are non-emergent (no risk to life, limb or eyesight) issues with the joint, bone or muscle related to a distinct cause, like a fall.

“Often times, a musculoskeletal injury occurs, and patients are slowed down by our current medical process,” said Capt. Ronald Miller, 673d MDOS physical therapist. “The acute care clinic is designed to catch people when they have that initial injury and offer appropriate treatment.”

The streamlined referral process saves time, pain and cost, and lightens the burden on other clinics.

“We would love to capture all of those [acute] cases, because if it is truly musculoskeletal, we can deal with that in a very short time frame and therefore get the patients back to work in a much quicker time frame,” Miller said. “In most cases, a normal low-grade injury will resolve in that time frame. If it doesn’t resolve, the injury would move to what we call a chronic injury; chronic being harder to treat.”

The clinic diagnoses whether a case is in their purview. They still screen appropriately and refer to the right provider if necessary, Miller said.

Treatment relies mostly on exercises to regain range of motion. Treating injuries early can mean the difference between weeks and months of recovery.

“After an injury we work on getting pain down and mobility up, then we can work on improving strength,” said Senior Airman Erik Hayworth, 673d MDOS physical medicine technician. “The key is to keep a range of motion.”

The therapy differs from injury to injury, but the regimen’s basic goals work for all musculoskeletal issues.

“My first appointment was just laying out the steps to help me. It was pretty great; I left [there]



ABOVE: Staff Sgt. Constance Vaughn, 773d Civil Engineer Squadron Operations Management, uses a rubber band to work out her acute knee injury in a controlled and healthy manner with the guidance of Senior Airman Erik Hayworth, 673d Medical Operations Squadron physical medicine technician, at the physical therapy clinic on Joint Base Elmendorf-Richardson Oct. 14. The acute care program is opening its arms to all beneficiaries Nov. 6. The program, part of the physical therapy clinic, responds to acute injuries for quicker treatment. Treatment to acute injuries starts with reducing pain, increasing mobility then regaining strength. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales)



RIGHT: Hayworth assists Vaughn with a stretch during a physical therapy session Oct. 14 at the JBER hospital. The acute care side of the clinic is opening to all beneficiaries as of Nov. 6, with an eye toward getting injured personnel working on injuries in the shortest possible time – which speeds the recovery process.

knowing what was going to happen next,” said Staff Sgt. Constance Vaughn, 773d Civil Engineer Squadron operations management. “The staff is great – good at

communicating, very patient and knowledgeable of their job.”

The acute care clinic opened in August to active-duty patients, Miller said. There was enough de-

mand that the clinic decided to extend its service to all beneficiaries.

This is a lot of effort on their part. Out of the five total physical therapeutic providers at the clinic,

two are dedicated to the acute care.

For more information, call the hospital appointment line at 580-2778 or the physical therapy clinic at 580-1701.

The care and feeding of your fighter aircraft

By Senior Airman Peter Reft
354th Fighter Wing Public Affairs

EIELSON AIR FORCE BASE — Automobile owners must take their vehicles in for maintenance every couple thousand miles, and for the long-term owners, some engines may require an overhaul from a licensed mechanic.

Military fighter aircraft are no different in requiring routine care and maintenance, but in the engine shop here, there is an entire team of dedicated professionals for each repair project, such as an F-16 Fighting Falcon aircraft engine rebuild.

When an F-16 engine is due for scheduled maintenance, or if it incurs foreign object damage, the Airmen of the engine shop disassemble the engine and inspect components to ensure perfect operation once it is back in service.

“The critical mission that the propulsion shop provides is quality spare engines to our F-16s, as well as providing the Hush House facility for engine testing,” said Tech. Sgt. Jason Rood, the 354th Maintenance Squadron assistant propulsion flight chief. “This allows maintenance to proceed without any delays.”

The 3,830 pound General Electric F110-GE-100 engine and the hundreds of parts that support the turbofan system present an enormous job for the 20 Airmen responsible for rebuilding it.

This preventative maintenance reduces the risk of an aged or damaged part from compromising the safety and performance of the aircraft during flight operations, ultimately preserving the aircraft, but more importantly the life of the pilot.

The jet engines powering Eielson’s F-16s can propel the aircraft to speeds up to 1,500 miles per hour with 28,000 pounds of thrust.

With that much power bolted mere feet from the pilots, attention to detail during engine rebuilds is of paramount importance to the maintainers.

“We have an extremely rigorous inspection system, and nothing gets past this shop without being verified on multiple levels,” said Staff Sgt. Catalina Cornejo, a 354th MXS aerospace propulsion craftsman.

The entire shop, from senior NCOs to new Airmen, gets involved, and there are so many eyes and hands on the project that nothing is left out, Cornejo added.

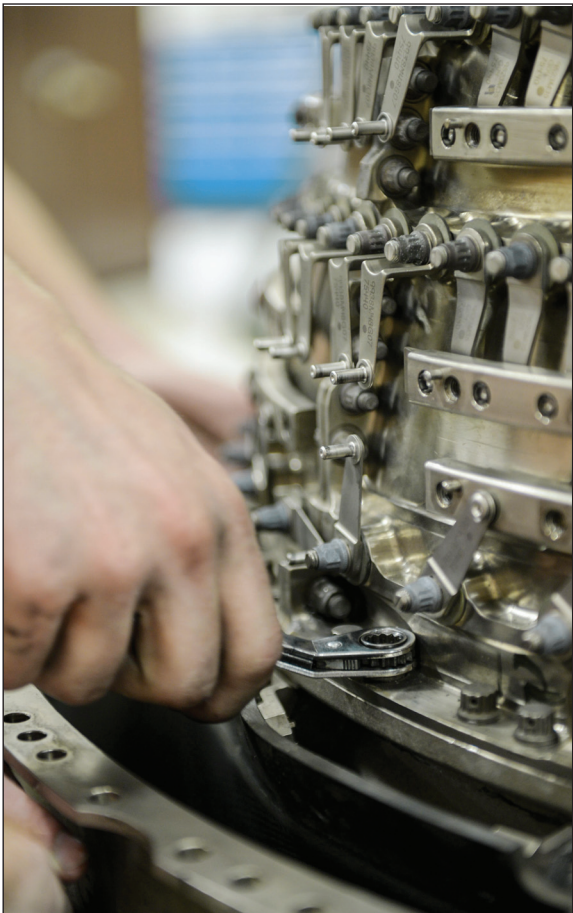
“You have to check one set of components before covering those up, and then the next stage is checked as well,” Bowman said. “This process continues every step of the way.”

The level of detail required to meticulously work with the amount of components in each engine demands hundreds of man hours and several months to complete a rebuild.

“It takes one to two months with all parts available or up to nine to 10 months when we have to order parts,” Cornejo said. “We also have a minimum requirement of producing nine engines per year.”

Eielson’s engine shop is only one of two back engine shops in Pacific Air Forces capable of providing this level of maintenance.

“If Eielson didn’t have this shop and an engine went down during daily operations or exercises with visiting units, it would have to be flown out to Misawa Air Base in Japan, or even shipped all the way back



ABOVE: Air Force Staff Sgt. Jonathan Royder, a 354th Maintenance Squadron aerospace propulsion craftsman, extracts bolts from a combustion diffuser nozzle assembly Oct. 8 at Eielson Air Force Base. (U.S. Air Force photos/Senior Airman Peter Reft)
LEFT: Senior Airman Cody Bowman, a 354th MXS aerospace propulsion journeyman, services a jet engine compressor during an engine rebuild in the Engine Shop at Eielson Air Force Base. Bowman disassembled the compressor for a fan blade inspection.

Senior Airman Cody Bowman, an aerospace propulsion journeyman, and Air Force Staff Sgt. Catalina Cornejo, an aerospace propulsion craftsman, both assigned to the 354th Maintenance Squadron, disassemble an F110-GE-100C jet engine Oct. 8 during an engine rebuild at Eielson Air Force Base. Bowman and Cornejo conducted an engine rebuild to find and replace any worn components.

to home base, halting flight operations,” Cornejo explained.

At the end of an engine rebuild, the same team responsible for attaching each nut and bolt also tests the engine at the Hush House test cell on base.

Every now and then, residents across Eielson can hear the rumble of an engine burn test echoing on base.

Standing at the source of that thunderous noise at the Hush House will always be a small group of proud maintainers from

the engine shop watching the complex creation they restored piece by piece roar to life.

“My favorite thing is testing the engine once we complete building it up,” Bowman said. “It’s a great feeling.”

Disposition of effects

Air Force 2nd Lt. Cameron Schmitt, 703rd Aircraft Maintenance Squadron, is authorized to make disposition of personal effects of Air Force Staff Sgt. Dustin Little of the 703rd AMXS as stated in Air Force Instruction 34-511.

Any person or persons having claims for or against the estate of the deceased should contact Schmitt at 551-4617.

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.

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.

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 pur-

chasing 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 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 PCS-ing. For more information, call 375-5540.

MiCare registration

MiCare, the online personal health record and secure messaging application, has been available to patients and medical group staff at Joint Base Elmendorf-Richardson since 2011.

Patients can take advantage of the ability to communicate with their primary care clinicians online. Registered patients also have access to electronic records.

Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year. This provides an opportunity for all active-duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

To register, visit the Military Treatment Facility; enrollment specialists in primary care clinics will assist with sign-up.

Patients need to show a military identification card and provide information, including name, social security number, birthday and email address. The enrollment specialist will enter the information and patients will receive an email which contains a link and instructions for completing the process.

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.

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 on 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.

JBER Bargain Shop

The JBER-Elmendorf Bargain Shop, located in Building 8515 Saville across from the log cabin, is open Tuesday, Wednesday and Friday from 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. Volunteers are always welcome.

For information, visit jber-spousesclub.com or call 753-6134.

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 MyBaseGuide

Stay informed on where to find schools, places of worship, places to live, local services, day-care providers, auto mechanics, veterinarians and more. Browse area services, get phone numbers, and download the mobile application for iOS or Android at <http://tinyurl.com/ltsywzr>.

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free and is open Monday through Friday 7:30 a.m. to 4:30 p.m.

Mortgage relief

Policies are in effect to provide significant housing relief to thousands of service members and veterans who have faced wrongful foreclosure or been denied a lower interest rate on their mortgages.

Service members and their dependents who believe their Service Member Civil Relief Act rights have been violated should contact their servicing legal assistance office. Call 552-3048 for the JBER-Elmendorf office, and 384-0371 for the JBER-Richardson office.

In honor of Alaska Day

9th Army Band inspires, educates through concerts in Sitka

By Mary M. Rall
U.S. Army Alaska Public Affairs

SITKA — The 9th Army Band turned up the volume on their annual Alaska Day Festival participation Oct. 14 and 15 by adding performances at five Sitka schools to the community events the Soldiers traditionally support.

“Each one of us has our own story, and each one of us wants to tell our story, and the way we tell it is through music,” said 9th Army Band commander Chief Warrant Officer Michael Krzmarzick, noting that telling the Army’s story is a significant aspect of the performances as well.

“The best time that we can do that is by reaching out to younger people to show them that there’s a lighter side to the military,” Krzmarzick said. “We’re not just big guys with guns ... we’re human beings, and you can have fun in the military.”

This is the first time in about ten years U.S. Army Alaska Soldiers have offered performances in area schools, said Joan Berge, the Alaska Day Festival Committee’s military liaison.

Blatchley Middle School music teacher Mike Kernin, 40, has taught with the Sitka School District for 20 years and said he’s grateful the Fort Wainwright Soldiers are once again performing in the schools while they’re in town.

“I try to maintain a little bit of youth in my old age, but you guys brought a nice vibe to the room, and it’s nice to not have to go to YouTube to see cool stuff,” he told the band members following their Oct. 14 performance at the middle school. “Most



Soldiers with U.S. Army Alaska’s 9th Army Band say goodbye to Keet Gooshi Elementary School students by giving them high fives as they leave the school’s gym following an Oct. 14 concert at the school in Sitka. The Fort Wainwright Soldiers were in town supporting the Alaska Day Festival, which included band performances at a free community concert, the Alaska Day Ball and the Alaska Day Parade. (U.S. Army photos/Mary M. Rall)

of them didn’t have phones, so they were actually watching and listening to you instead of pushing a button and staring at the screen, so it was pretty cool. They were in the moment.”

The band’s Groovin’ Grizzlies brass band and the Vernal Equinox rock band performed a variety of music for area students, shaping their performances to best meet the different tastes and educational needs of the elementary, middle and high school audiences.

“It’s great to see the transition from the beginning of the show when you have a group of kids who don’t know what to expect from an Army band,” Krzmarzick said, explaining students are often anticipating a John Philip Sousa march and are thrown for a loop when they begin performing something by an artist such as Ariana Grande.

“They had a lot of energy, and it was great to have them out here rocking out first period,” said Anders Marius, a sophomore who attended the band’s Oct. 15 performance at Sitka High School. “There’s not a better way to start the morning.”

Sitka High sophomore Kincaid Parsons was impressed with Spc. Victor Nichols, who performed as one of Vernal Equinox’s vocalists and also played the keyboard and keytar.

“The keytar – it was insane. I was screaming,” Parsons said with a laugh. “I don’t know how I’m going to finish my day, because I’m so tired.”

School performances are some of the band’s favorite missions, said trumpet player Spc. John LaCombe, because the students have an opportunity to become completely involved and engaged in the concerts.

“I just think it’s really fun to inspire these kids to show them how much fun music can be, how much variety you can have and that the fundamentals from middle school apply all the way up to the awesome professional world,” said trumpet player Sgt. Thomas Borgerding.

The band members also worked a question and answer session into their performance at Blatchley Middle School, which served as an opportunity for the soldiers to encourage the students to hone their musical skills.

“If you don’t start when you’re young, it can almost get to be too late to catch up. You’re going to be competing with other people who’ve been playing forever,” said Staff Sgt. Laura Lamecker following the middle school concert. “You can always start making music, always get better and always practice, but the earlier you start,

the easier it is.”

Band 1st Sgt. Michael Plachinski was previously stationed in Alaska from 1999 through 2005, and said he has fond memories of the band’s performances in Sitka schools. He recalled a letter the band once received from a musician, who told the Soldiers he was inspired to begin his musical career when the 9th Army Band performed at his middle school.

“Maybe there’s more of that that’s here that we’re not aware of,” Plachinski said. “We don’t get to follow-up with those kind of things, but I hope that the kids go home and they take their horn out and they try to figure out ‘Honey I’m Good.’”

The performances will be well worth it if they result in a little extra practice time, Plachinski said.

“It’s just great to have you guys come back and start this up again,” Kernin added, reassuring the first sergeant that the band’s performance is sure to positively impact his students’ educational experience.

Kernin said faculty and students alike look forward to having the band perform at the school again next year.

“There’s no faking with middle school kids,” he said. “If they weren’t liking it, you would have known.”



ABOVE: Spc. Charles Moncayo with the 9th Army Band captures the attention of Keet Gooshi Elementary School students Oct. 14 during an educational concert in Sitka. This is the first time in about 10 years the Fort Wainwright Soldiers have performed in area schools in addition to their annual participation in the town’s Alaska Day Festival.

RIGHT: Spc. Victor Nichols performs James Brown’s “Living in America” during an encore performance students at Sitka High School chanted for Oct. 15. The U.S. Army Alaska Soldiers performed at a total of five area elementary, middle and high schools while they were in town supporting the festival.



Alaska Guardsmen escort WWII, Korean War vets to Honor Flight

By Tech. Sgt. N. Alicia Halla
176th Wing Public Affairs

Nine Airmen with the Alaska Air Guard’s 249th Airlift Squadron touched living history – more than 20 World War II and Korean War veterans – as they assisted them at the Ted Stevens Anchorage International Airport on Oct. 13 for their honor flight to Washington, D.C.

The veterans from various Alaska cities and villages will visit the nation’s capital, seeing the memorials erected in their honor for the first time.

The flight is the fifth iteration arranged by The Last Frontier Honor Flight program, a regional division of the national organization.

Ron Travis, the president and co-founder of The Last Frontier Honor Flight, noted that getting the group through the airport can be a difficult task but with assistance, it is easier.

“They’re a great help,” Travis said about the Guardsmen’s contributions.

The Guardsmen found connection in the lives of these men and women.

Among the elders were an Alaska Territorial Guardsman and a female nurse cadet, both of whom served during WWII.

“The story is really about their story,” said Lt. Col. Kirk Palmberg, the Air Guard lead.

The veterans, who returned to Anchorage on Saturday, were met by a reception open to the public at the Ted Stevens Anchorage International Airport at 12 p.m.

Groups from the community, including the Anchorage Orchestra, a local ROTC unit, a bagpipe band and Alaska Air Guardsmen were on hand to welcome the heroes home.

“It’s quite a trip – a lot of emotions,” Travis said. “There’s no downside to this. It’s all good.”



Airmen with the Alaska Air National Guard’s 249th Airlift Squadron meet with World War II and Korean War veterans at Ted Stevens International Airport Oct. 13. The Alaska veterans were participants of the Last Frontier Honor Flight, an organization that flies WWII and Korean War veterans to Washington, D.C., to see, sometimes for the first time, monuments erected there to honor those who served during those conflicts. (U.S. Air National Guard photo/Tech. Sgt. N. Alicia Halla)

Regulating healing expectations with love and patience

Commentary by Air Force Chaplain (Maj.) James Hendrick
JBER Staff Chaplain

When injured, what are your time-expectations for complete healing? What are they for others?

Your answer, like mine, may be determined by the type, extent, and duration of the injury.

That is, if you cut your finger you may expect healing in a week; if you break your leg you may expect healing in four months.

However, what if our injuries are complex, involving our psychical and psychological dimensions?

How would this affect our healing expectations?

A story is told of a woman who had a serious car accident in the days before seat belts were required.

During her accident, she impacted the windshield completely shattering it with her head.

Fortunately she only sustained facial lacerations and not a traumatic brain injury.

Within minutes she was quickly taken to the emergency room where staff cleaned, sutured, and bandaged her wounds. Additionally they prescribed pain medication and close observation.

Twelve days later they removed the stitches; all pain was absent.

It was here she thought her healing was almost complete.

About a month later she was greatly surprised to feel extreme pain as shards of glass



The healing of physical wounds often takes a set amount of time, but what about the unseen, emotional wounds life experiences may deal us? (Courtesy image)

periodically came to the surface of her skin.

While embedded in her facial tissue there was no pain; but as they surfaced she felt

sharp discomfort.

In a similar way, I think we’ve all had ‘windshield experiences.’ Maybe not a literal

car accident, but most of us have experienced events we would describe as traumatically painful.

My first one occurred when I was in the sixth grade and my best friend was killed while operating a tractor.

That loss greatly affected my appetite and sleep. Additionally, grief and fear characterized me for months.

Years later I still feel pain at the mention of his name.

My wife’s first windshield experience occurred at age 6 when her parents divorced. For years she occasionally felt painful ‘shards’ surfacing during the holidays and other family events.

Often we think we’re completely healed from our injuries only to find certain situations, sounds, or smells triggering the pain of our historical trauma(s) fresh and anew.

When this occurs, may I encourage you to be patient with yourself; you are healing. Talk about your pain with those you trust and love.

If you see strong emotion or coldness in someone else, may I encourage you to consider the windshield they may be processing or processing yet again.

More often than not complete healing requires more time than we think. It does so because our wounds are often complex involving both physical and psychological injury.

With this in mind, may we foster complete healing for others and ourselves by regulating our healing expectations with love and patience.



FRIDAY

Hospital Trick or Treat

The JBER hospital hosts the much-anticipated annual trick-or-treat event starting at 1:30 p.m. at the Bear Entrance.

All Department of Defense cardholders and dependents up to age 12 are welcome.

For information, call 580-2908.

**FRIDAY AND SATURDAY
Trick or Treat Town**

This family-friendly tradition of 24 years is a warm safe place to enjoy Halloween. The ACS garage becomes "Anchortown," where replicas of historic and iconic buildings bring the past to life.

Many sessions are offered; visit trickortreattown.org.

**WEDNESDAY AND THURSDAY
JFAP Conference**

The JBER Joint Family Action Plan Conference provides a way for the JBER community to bring ideas such as quality of life improvements to installation leadership for consideration and action.

The council is currently soliciting items of interest to be considered for this year's conference. During the conference, JFAP delegates will discuss ideas and present finalized items of interest to JBER leadership on Oct. 29 at 2 p.m. in the Community Education Center on JBER-Richardson.

Installation residents are welcome to attend this presentation.

To submit items for consideration by the council or for more information, call 384-1517.

**Oct. 31
Trick or Treat Street**

Businesses in downtown Anchorage host this door-to-door trick-or-treating event from noon to 4 p.m. There will also be a fun-run, cookie decorating, costume contests and more.

For information, visit anchorage downtown.org.

Alyeska Halloween Train

Hop on the Alyeska Halloween Train and go from Anchorage to Girdwood – then enjoy a buffet dinner and a Led Zeppelin cover band at the Daylodge. You'll be returned by coach bus Nov. 1.

For information, visit alyseskaresort.com.

**Oct. 31 AND Nov. 1
Tops in Blue**

Enjoy the talent and showman-

ship of the 2015 Tops in Blue World Tour Oct. 31 at 2 p.m. and Nov. 1 at 7:30 p.m. in the Talkeetna Theater on JBER-Elmendorf.

Doors will open 30 minutes early as seats fill quickly for these exciting, free shows.

For information, call 552-8529.

**Nov. 7
Annual Country Fair**

The Richardson Spouses' Club hosts the 36th Annual Country Fair from 10 a.m. to 5 p.m. at the Buckner Physical Fitness Center.

This craft extravaganza features works by many Alaskan artists, and is open to the public.

For information, visit richardsonspousesclub.com or email rscountryfair@gmail.com.

**Nov. 13
Job Fair**

The Alaska department of Labor and Workforce Development hosts a job fair for veterans and military spouses at the University Center Mall from 10 a.m. to 2 p.m.

Jobseekers should register at the website listed below and bring copies of their resumes to the event.

For information or to register, visit tiny.cc/mohw4x.

**ONGOING
Halloween wood shop**

Throughout the month of October the Polar Express Arts and Crafts Center takes on a Halloween theme. Create your own tombstones and scary signs to enhance your holiday decor.

For information, call 384-3717.

Van Gogh Alive

The Anchorage Museum transforms the traditional museum experience with Van Gogh Alive, The Experience, a multi-sensory exhibition event viewable through Jan. 10, 2016.

Through this exhibit visitors are surrounded by a powerful and vibrant symphony of light, color and sound immersing them in Van Gogh's masterpieces.

For information, visit anchagemuseum.org.

Football on NFL Ticket

Looking for a place to watch your favorite NFL football team?

Join the staff at the Warrior Zone or Polar Bowl and never miss a game.

For information, call 384-9622 or 753-7467.

Wildlife Wednesday

Stay warm and scientifically enriched this winter with the this free science lecture series on the second Wednesday of each month at the Alaska Zoo Gateway Lecture Hall. Each lecture begins at 7 p.m. and covers a different topic focused on wildlife research in Alaska.

For information, visit alaskazoo.org.

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.

Sunday bowling bingo

Every Sunday enjoy discounted bowling at the Polar Bowl and receive a bowling bingo card. Bowlers will attempt to cover the pattern of the day on their bingo card for a chance to win prizes.

For information, call 753-7467.

Adult Writing Society

The Loussac Library hosts this multi-genre group the second Thursday of each month from 6 to 7 p.m. for writers 18 and up. Share your work and get constructive criticism and feedback.

For information, call 343-2909.

Keystone meeting for teens

Keystone Club is a leadership development experience providing community service opportunities for young people ages 13 to 18. Meetings take place every Wednesday at 5 p.m. at the Two Rivers Youth Center.

For information, call 384-1508.

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.

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 552-5762.

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 the JBER-Elmendorf or JBER-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.

Conservator's Corner

Go behind the scenes at the Anchorage Museum and see conservators in action. Ask questions while they repair objects at a mobile conservation station, and learn how they maintain displays, from 11 a.m. to 1 p.m.

For information, call 929-9200.

Storytime for Toddlers

Pre-school-aged children can join zoo staff for stories about an animal, followed by meeting

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 or after any mass. Call 552-5762.

Protestant Sunday Services

Liturgical Service

9 a.m. – Heritage Chapel

Gospel Service

9:30 a.m. – Midnight Sun Chapel

Community Service

10:30 a.m. – Heritage Chapel

Collective Service

11 a.m. – Arctic Warrior Chapel

Chapel Next

5 p.m. – Chaplain Family Life Center

Jewish Services

Erev Shabbat Service

(First Friday of each month)

5 p.m. – Heritage Chapel

Call 384-0456 or 552-5762

Religious Education

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

animals featured in the story, starting at 10:30 a.m. Mondays at the coffee shop.

For information, email camp@alaskazoo.org.

673d FORCE SUPPORT SQUADRON

School's OUT Special

October 23

11 a.m. – 4 p.m.

\$5.99 per person. Includes 1 hour of bowling or \$6.99 per person for 2 hours of bowling and shoes!

7176 Fighter Dr.
753-PINS (7467)
the Polar Bowl

KEYSTONE
& TORCH
CLUB



9 p.m. – 7:30 a.m.
Free for Keystone & Torch Club
members, 5 can goods for
non-members. Come join us for
fun games and activities! For
more information call
Kennecott YC, Bldg. 6104,
552-2266

Kid's Halloween Bowling Party



October 24 • 12 - 5 p.m.

Come out to Polar Bowl in costume and enjoy some great Halloween-themed bowling! FREE bowling for every child that wears a costume! Each child also receives a goody bag of candy with purchase of bowling! For more information call the Polar Bowl, 7176 Fighter Drive, 753-7467(PINS)

HAPPY
BOWL-A-WEEN

October 24 • 5 p.m. – 1 a.m.

Buy two hours of bowling at \$13.99 per person and receive the third hour FREE! Every bowler in costume receives a spooktacular savings envelope with coupons worth up to \$10.99. Enjoy Halloween themed music, and cosmic bowling! Halloween drink specials at the bar! For more information call the Polar Bowl, 7176 Fighter Drive, 753-7467(PINS)

Laser Tag inside the Warrior Zone

FREE EVENT!

October 24, 2015
at 3 p.m.

For single service members
& geo-bachelors

For more information, call 384.9023
Bldg. 655



JFAP (Joint Family Action Plan) Annual Conference

Speak Up -
We're Listening!

To submit an issue OR participate,
please call 384.1517

28 - 29 October 2015

Provides the JBER
Community with a direct
line to leadership
• What works, what doesn't, and
what it will take to fix it
• Over 680 Issues highlighted to date

32 years improving
standard of living &
support programs
• Transferability of G.I. Bill benefits
• Service Member Thrift Savings Plan
• Guaranteed Cost of Living
Adjustments for Retirees

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FSS/MWR events & activities

Family programs evolve to meet changing needs, budget restrictions

By Elizabeth M. Collins
Soldiers Live

WASHINGTON — Budget cuts do not mean the end of Family programs, Army officials said. In fact, many units, especially the Reserve component, have increased their outreach.

Finding new ways to provide support to families in the face of budget cuts requires a little creativity, said Dee Geise, chief of the Soldier Family Readiness Division at Installation Management Command, and assistant chief of staff for installation management.

Family program representatives from the active-duty Army, the Army Reserve and the Army National Guard spoke about their challenges during a Family forum at the 2015 Association of the United States Army Annual Meeting and Exposition, Oct. 14.

Facing major budget cuts under sequestration, former Army Chief of Staff Gen. Ray Odierno directed a task force to look at every family program.

Over several months, representatives from garrisons, Army headquarters, the Guard and the Reserves categorized each program based on its impact on readiness: high, medium, or low.

Programs, such as the Exceptional Family Member Program, Survivor Outreach Services, School Age Programs and Family Advocacy, were deemed high impact.

Geise said that while the Army Family Action Plan ended up in the low impact category, that doesn't mean it's not important or that the Army isn't committed to it. IMCOM has saved a million dollars simply by moving AFAP conferences online.

"In regard to the programs that we currently have and we currently execute, your voice is critical in how we shape and deliver those," she said.

"But what we do is evaluate them ... are we increasing readiness for the Army? Are we decreasing risky behavior? Increasing help-seeking behaviors? Are we easing the stress of transition? There is a scientific process that we go through with these programs every year. There are longitudinal studies." Geise said

the bottom line is that family readiness equals Soldier readiness.

Family Response

"It was good to hear that they're keeping Army Community Services strong," said Francie Graese, an Army wife and mother, who attended the forum.

"I think ACS should be the very first place a spouse goes," Graese said. "It's always encouraging to hear your key leaders say that families are important. That part I do enjoy." She added that she would like to know more about how various programs have been categorized.

Military and community partners are also key when it comes to saving money and providing better services, said Alecia R. Grady, chief of the Armed Forces Community Service Division on Joint Base Lewis-McChord.

Her office works closely with the human resources directorate, for example, visiting units at the same time as risk-reduction inventories. This saves time and ensures they're seeing the issues that individual units face. That way they can customize programs and services.

The office works with Madigan Army Medical Center to identify and reach candidates for the New Parent Support Program and the Exceptional Family Member Program. They also partner with off-post agencies.

"We're very proud of the United Way 211, which is a county-wide call center," Grady said. "They actually hired a veteran to work in the call center who was very familiar with the military and now all the operators at the 211 call center, when someone calls in, they ask if they are affiliated with the military. If they are, there's a drop-down box that gives them a menu of all the services we provide on JBLM."

Minnesota's Department of Veterans Affairs has taken that to the next level. Through the state's "Beyond the Yellow Ribbon" program, the state has mobilized entire communities – 97 networks across 213 communities – to support any service member, veteran or family member, said Annette Brechon Kyper, director of military outreach for the state.



Spc. Sabrina Day, 132nd Military Police Company, South Carolina National Guard, greets her three-year-old son, Blake, upon returning from deployment to Afghanistan. Army officials say family programs are key to maintaining readiness and are looking at creative solutions to continue them while cutting budgets. (U.S. Army National Guard photo by Sgt. Brad Mincey)

To become a Yellow Ribbon community, towns must undergo a nine-to-12-month certification process, meeting certain requirements, such as creating a steering committee of local officials in key areas and identifying every military-related child in the local school district.

After communities are certified, they then must complete a checklist every year of requirements that officials can adjust based on changing needs.

"We ask them to methodically go through every area of their community, find resources, identify the needs of their military-connected residents and to find a way to meet those needs," she said.

Local communities want to help service members, she and Grady agreed, but someone needs to tell them what needs Soldiers and their families actually have.

Of course, the National Guard and Reserve are already based in their local communities. But Soldiers in those components, and their families, don't always have easy access to services on an installation.

In response, the National Guard has developed family assistance centers.

They "lend us a link from the local community to our command structure and to our command on assisting families," said Lt. Col. Gerald R. White, chaplain and state family program director for the Utah Army National Guard, explaining that Utah's 10 FACs provide financial counseling, Red Cross message assistance, TRICARE and ID services, counseling and emergency financial support.

They work closely with local communities, and also assist veterans and retirees, as well as service members from other branches.

For its part, the Army Reserve has created "Fort Family," a 24-7 assistance hotline that has been set up for Soldiers and their families. Fort Family can be reached accessed at 866-345-8248. The hotline provides survivor outreach services, child, youth and school services, and more.

"That phone will be picked up by a live person ... who is a caring, compassionate, well-trained person who will do whatever they

can to assist that Soldier or that family member," said Maj. Lisa D. Yanity, Fort Family Outreach and Support Center program manager.

"Our outreach specialists are credentialed victim advocates because we are now the suicide prevention hotline for the Army Reserves as well as the SHARP hotline."

The difference between Fort family and other hotlines is that Fort Family is also proactive. They make wellness calls 30, 60 and 90 days after deployments. They also notify families of possible natural disasters such as a hurricane, and then check on Soldiers and family after those emergencies.

Yanity noted that she even received a call recently at her home in South Carolina.

"I was sitting there with my spouse and the dogs in their life jackets waiting for the roof to come down and that phone rang and said, 'Hey, we're here. These are some resources,' it's now very personal ... they make it personal.

They are there, we are there to help our Reserve Soldiers no matter what that issue is."

Staying safe during Halloween doesn’t have to be a drag

By Senior Airman Tammie Ramsouer
JBER Public Affairs

The moon is full, candy bags are empty, and children are dressed as their favorite fictional characters – eager to celebrate the centuries-old tradition of Halloween.

Between the hours of 5 and 8 p.m. Halloween night, Joint Base Elmendorf-Richardson’s Pumpkin Patrol will be out in the housing communities ensuring residents, parents and children are safe.

“Our mission for Pumpkin Patrol is to facilitate safe pedestrian travel, provide traffic assistance and emergency response, and foster community relations to ensure every one has a safe and fun Halloween night in the housing communities,” said Air Force Staff Sgt. Carl Pella, 673d Security Forces Squadron noncommissioned officer in charge of corrections.

“If anyone sees any suspicious activity or has an emergency during Halloween or at any time, they should find one of us during the patrol or contact the Base Defense Operations Center at 552-8550 or 552-3421.”

During Halloween, children age 11 and under must be accompanied by another person at least 12 years of age or older, or by an adult, Pella said.

Trick-or-treaters should use flashlights, wear proper reflective equipment and warm clothing, he added.

“Even with proper reflective gear, running from house to house, walking diagonally across the road or out from between parked vehicles is very dangerous, and parents and children should be aware of their surroundings,” said Mike Lundvall, 673d Ground Safety Office administrator.

Pella added drivers should be extremely cautious of children in housing areas and keep their speed limited to 15 miles per hour.

Before leaving home, individuals should make a cautious decision with their costume of choice for the night.

“Costumes should allow the person wearing them to see properly and should not drag on the ground to prevent trips or falls,” Lundvall said.

Not only are costumes a part of being safe while trick-or-treating, but safely using proper crosswalks while walking between streets can make the nighttime hunt for candy safer.

During trick-or-treating hours, JBER residents should leave their porch lights on to let children know where to get their candy.

If parents have a concern with the candy their children receive, the Air Mobility Command Passenger Terminal will X-ray candy on Halloween night. For questions or about the PAX terminal X-raying candy, contact them at 552-3782.



A driver stops for children crossing a street while trick-or-treating in Anchorage. Safely using proper crosswalks while walking between streets, using flashlights and wearing proper reflective equipment can make the nighttime hunt for candy safer, said Air Force Staff Sgt. Carl Pella, 673d Security Forces Squadron noncommissioned officer in charge of corrections. Pella added drivers should be extremely cautious of children in housing areas on and off Joint Base Elmendorf-Richardson, and to keep their speed limited to 15 miles per hour during trick-or-treating hours. (U.S. Air Force photo/Senior Airman Tammie Ramsouer)

Lundvall said people should walk in groups and be beware of animals, such as resident animals or moose searching for pumpkins to snack on. He also recommends residents keep an eye on candles burning in their pumpkins, as they are a hazard and can possibly start a fire.

“We recommend residents use artificial pumpkins; that way it is less of a hazard to the children and parents having their fun on Halloween night,” said Mark Sledge, 673d Civil Engineer Squadron Conservation Law

Enforcement officer on JBER.

Within two weeks after Halloween, all JBER residents must take down holiday decorations.

All pumpkins and jack-o-lanterns must be removed immediately after the hours of trick-or-treating.

Leftover decorations could become a free meal for animals, which is not safe for residents or wildlife.

There can be a hefty fine for the individual accused of negligently feeding wildlife

in Alaska, Sledge said.

According to Alaska State Law 92.230, a person may not negligently feed moose, bears, other wildlife, or leave human food, animal food or garbage in a manner that attracts animals.

For further information about trick-or-treating safety on JBER, contact the safety office at 552-6850, the Wildlife Conservation office at 552-8609, Aurora Housing at 753-1023 or 375-5515, or the 673d SFS at 552-5345 or 552-2132.

Spirituality, faith hold Airman up through trying times

By Airman 1st Class Jordyn Fetter
35th Fighter Wing Public Affairs

MISAWA AIR BASE, Japan — Waking up to three missed calls from his sister was alarming enough, but then he discovered his 10-year-old great-niece, Kyra, had been admitted to the hospital.

At first, Master Sgt. Wendell Barnes, the 35th Aircraft Maintenance Squadron commander support staff superintendent, assumed Kyra was being treated for her sickle-cell anemia because she was often in and out of the hospital for blood transfusions. But this time was different; the cause was intense head pain.

“It came as a surprise because the pain has only been in her joints and chest, but never in her brain or head,” Barnes said. “What made it worse was that she was screaming ‘help me’ and ‘I can’t take this.’”

Instead of assuming that the cause of her pain was sickle-cell anemia, the doctor ran a number of tests but determined the disease caused the red blood cells to be deficient in carrying oxygen to her head.

“At one point, the doctor asked Kyra to measure her pain on a scale from one to 10, and she said 12,” Barnes said.

“They tried to alleviate the pain, but nothing worked.”

Barnes was constantly waiting for news about his great-niece’s condition, he said.

“As a military member and senior noncommissioned officer, I have so many responsibilities,” he said. “I have several shops to worry about, customers to take care of and a personal life here.”

The distance between him and



Air Force Master Sgt. Wendell Barnes, 35th Aircraft Maintenance Squadron commander support staff superintendent, is stationed at Misawa Air Base, Japan. Barnes’ great niece was admitted to the hospital for head pain over a period of 10 days. He trusted in his spirituality to get him and his family through their trying time. (U.S. Air Force photo/Airman 1st Class Jordyn Fetter)

his family made his great-niece’s fight for health at the hospital more difficult.

“Not being able to see, touch or talk to her was awful,” he said. “I couldn’t do anything because I’m in Japan and they’re stateside.”

While in this state of anticipation, Barnes turned to his spiritual beliefs and faith in God.

“Since I was born, I’ve learned to pray for God’s help because he’s in control of everything,” he said. “If we want something, all we have to do is ask, believe in his will and we will be taken care of.”

From the moment Kyra was admitted to the hospital, Barnes said he and his siblings began praying.

“I’m not a doctor and I wasn’t there to help with anything physically, so just believing God would take care of her eased my tensions

so I could focus on what I needed to get done here,” he said. “I supported my sister by giving her a confident voice.”

Although there is no cure for sickle-cell anemia, Barnes knows of others who have it and are living productive lives with the illness.

“I believe if people are able to live with it, there will be a cure one day,” he said.

Believing in a higher power has led many to a trust in all outcomes of life.

“Sooner or later, we have a crisis in our lives that can come in any shape or form,” said Maj. William Logan, the 35th Fighter Wing deputy wing chaplain. “Having a belief in something bigger than ourselves to lean on empowers us, especially during the times we feel powerless.”

Logan said personal faith and prayer carried Barnes through this situation, both sustaining him and keeping his sense of belonging alive.

“Faith helps people realize what they can control in order to do something about it, and to let go of things outside their control,” he said. “Prayer was able to prioritize what was really important for Barnes and his family during that time.”

After nine days of pain and worry, Barnes said Kyra opened her eyes and said she was going to be OK, because God said she would be.

“The doctors ran more tests to see if there was permanent brain damage, but there wasn’t anything wrong,” Barnes said. “From the first to the 10th day in the hospital,

we prayed and believed God was going to take care of her even if the worst happened and she passed or had irrevocable brain damage.”

Barnes said he aspires to continue incorporating his faith first in all aspects of his life, whether through crisis situations or waking up and going to work.

“It puts things into perspective,” he said. “I love what I do in the military, but it is temporary and my faith is forever.”

By giving thanks and praise every day, Barnes knows he will continue down his life path knowing he belongs to something bigger.

“Spirituality affects all aspects of resiliency,” Logan said. “The things done mentally, physically and socially all have a spiritual dimension to them. It’s the fuel that runs the engine.”