



JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

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HONORING VETERANS

Community remembers those who have served

By Air Force Staff Sgt. William Banton
JBER Public Affairs

The Alaska National Guard and the Alaska Department of Military and Veterans Affairs hosted a Veterans Day ceremony on Joint Base Elmendorf-Richardson, in coordination with the Royal Canadian Armed Forces Remembrance Day Ceremony at Fort Richardson National Cemetery, Nov. 11.

Hundreds of veterans and their families attended the ceremonies, which included music, speeches, presentation of awards and wreaths and readings of proclamations from President Barack Obama and Alaska Gov. Bill Walker.

“Our veterans left everything they knew and loved and served with exemplary dedication and courage so we could all know a safer America and a more just world,” Obama wrote in his proclamation. “They have been tested in ways the rest of us may never fully understand, and it is our duty to fulfill our sacred obligation to our veterans and their families.

“On Veterans Day, and every day, let us show them the extraordinary gratitude they so rightly deserve, and let us recommit to pledging our full support for them in all they do.”

Walker echoed the sentiment in his proclamation to the state.

“Veterans Day is a time to honor America’s veterans for their patriotism, love of country, and willingness to uphold the nation’s founding principles of liberty, opportunity, and justice for all,” Walker wrote. “Alaska is home to approximately 75,000 military veterans who have served our nation honorably and selflessly, both at home and abroad, protecting the liberty of our nation and liberating the oppressed from tyranny and terror ... today we express our gratitude for the men and women who risk their lives every day to protect our families and our freedom, and for those who have made the ultimate sacrifice for the freedom of others.”

The keynote address for the day’s event was made by Brig. Gen. Laurie Hummel, Alaska National Guard adjutant general,



Royal Canadian Armed Forces service members stand at attention for the U.S. and Canada national athenms, during the Alaska National Guard and Alasska Department of Military and Veterans Affairs Veterans Day ceremony, on Joint Base Elmendorf-Richards, Nov. 11. Hundreds of veterans and their families attended the ceremonies, which included music, speeches and wreath layings. (U.S. Air Force photos/Staff Sgt. William Banton)



The Joint Base Elmendorf-Richardson Honor Guard, presents arms during the Royal Canadian Armed Forces Remembrance Day Cermeony at Fort Richardson National Cemetery on JBER, Nov. 11. Hundreds of veterans and their families attended the ceremonies, which included music, speeches and wreath layings.

who spent time talking the term hero and how it is a too easily used substitute for harder conversations which society should be having about the human cost of war.

Hummel defined the word hero as “a person of character who in the face danger, adversity or from a position of weakness displays courage, bravery or self-sacrifice for a greater good.”

“That is you, never doubt for a moment even if it isn’t self-evident to you,” Hummel said, addressing the veterans. “True heroism is remarkably sober and very undramatic. I would add that it’s not the courage to surpass all others at whatever the cost but the courage serve others at whatever the cost [that defines a hero].”

The day’s events concluded

with the Remembrance Day Ceremony, which provided an opportunity for JBER leadership to honor Canadian service members with moments of silence and laying wreaths.

In Canada, Remembrance Day celebrates Canadians who died in the First and Second World Wars, Korean War, Afghanistan and peacekeeping duties.



Guardian Angels rescue 2 near Skwentna

By Staff Sgt. Edward Eagerton
AKNG Public Affairs

Airmen with the Alaska Air National Guard’s 210th and 212th Rescue Squadrons rescued two individuals after their plane crashed at a remote airstrip southeast of Skwentna Nov. 7.

According to the Alaska Rescue Coordination Center, the two individuals were attempting to land at a remote airstrip near Eight Mile Lake when the plane flipped over during landing.

“The snow was too deep,” said Master Sgt. Armando Soria, superintendent of the Alaska Rescue Coordination Center. “The aircraft was not equipped with skis, and as they were attempting to land, the snow caught the wheels and flipped the plane.”

Though the two survivors were uninjured from the crash, they were not prepared with survival gear, and were unable to make their way out on their own, explained Soria.

“Nobody would have been able to get to them by ground,” said Soria. “They were approximately 30 miles from a ground team, and they would have had to cross rivers and streams that weren’t frozen yet.”

After being notified by the AST, the RCC decided which assets would be most effective for the response.

“Darkness was approaching, so we couldn’t send out the Civil Air Patrol,” Soria said, “and so we sent out the HH-60.”

The Alaska Air National Guard launched an HH-60G Pave Hawk helicopter from the 210th Rescue Squadron with a team of pararescuemen from the 212th Rescue Squadron on board out of JBER.

The team flew to the location, rescued the survivors and flew them to Mat-Su Regional Hospital, where they were released to medical personnel.

“It’s important to remember to be prepared when you’re navigating the skies of the Alaska wilderness,” said Soria. “You can’t take for granted the size and scope of this state, and how much the weather can play a role in your survivability in the event something unexpected happens. It is important to always pack at least the minimal essential survival gear, ensure you have an emergency locator beacon. That will help your chance of survival.”

For this mission, the 210th and 212th Rescue Squadrons were awarded with two saves.

LEFT: Air Force Lt. Gen. Russell J. Handy, commander, Alaskan Command, U.S. Northern Command; commander, Eleventh Air Force, Pacific Air Forces; and commander, Alaskan North American Aerospace Defense Region, North American Aerospace Defense Command, renders a salute to Royal Canadian Armed Forces service members during the Remembrance Day Ceremony at the Fort Richardson National Cemetery on Joint Base Elmendorf-Richardson, Nov. 11. Hundreds of veterans and their families attended the ceremonies, which included music, speeches and wreath laying.

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Hockey for heroes

Alaska Aces host military appreciation games in honor of Veterans Day
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Carter: Alaska plays critical strategic role for America

By Sachel Harris
USARAK Public Affairs

FORT WAINWRIGHT — Defense Secretary Ash Carter visited Fort Wainwright October 30 to observe the 1st Stryker Brigade, learn more about Pacific partnerships, and speak to Soldiers and Airmen about the future of the force and innovation.

Upon his arrival, Maj. Gen. Bryan Owens, commanding general of U.S. Army Alaska, and Lt. Gen. Russell Handy, commander of Alaskan Command, welcomed Carter.

During the visit, Carter met with senior military leaders during various roundtable discussions focusing on operations in the Pacific.

Throughout his address to the

troops, Carter thanked the service members and emphasized how important they are.

“Right now, right here in Alaska, you are at the hinge of a lot of what’s important strategically and what’s happening strategically,” said the secretary. “You stand for 70 years of the United States being the pivotal power in the Indo-Asia-Pacific region.”

Carter added that Alaska is a key location for the defense department because of its proximity to Asia and the Arctic.

“That’s a two-way street, so it means that everything that could affect us comes over or by or near Alaska, and that puts you at the center of an awful lot,” he said. “The Asia-Pacific region is of great consequence to the American

future, more than any other single area in the whole world.”

Fort Wainwright is the home of the United States Army Garrison and units of USARAK, including the 1st Stryker Brigade Combat Team, 25th Infantry Division, also known as the 1-25th SBCT and the Medical Department Activity - Alaska.

USARAK is the Army’s northernmost command and the only command that trains year-round in arctic and subarctic conditions, making Soldiers who train here experts at high-altitude and extreme-cold-weather operations.

Carter commended the Soldiers for taking part in the Pacific Pathways exercises with partner countries, describing it as a “great innovation” to situate the Army at

the center of the strategic transition.

Soldiers recently returned from a Pacific Pathways deployment to Korea, Japan and Mongolia and are preparing for additional training with Asian armies this year.

Before closing, he reiterated what he said was his most important message of the day.

“The main thing I want to tell you is thank you. Thank you for what you do four our country,” said the secretary. “As secretary of defense, you are what I wake up for every morning. You’re where my heart is all the time. I am incredibly proud of you.”

After speaking, Carter answered questions from the service members, addressing concerns such as the fight against sexual

assault in the military and suicide prevention.

He also discussed his concerns for the world.

“The bad news is there’s a lot [of problems]. The good news is that you wake up every morning being part of the solution to all those problems,” added the secretary. “And that is a tribute to you. But it’s an honor and privilege to live your life being part of something bigger than yourselves. And you guys each get to do that. So thank you for that.”

At the conclusion of the event, Carter shook the hands of and coined the 200 service members and civilians in attendance.

His visit to Alaska was the beginning of an eight-day trip focusing on the rebalance to the Pacific.

Just drive – leave the talking and texting for later

Commentary Master Sgt Luis Duran
11th Air Force Safety Office

What are the rules of the road on JBER when it comes to cellphone use?

Leadership of 673d Security Forces and 673d Air Base Wing Safety are pushing for education and awareness for service members when they inprocess the base.

So why is it when I drive around base or walk just about anywhere, I see many folks talking on their cellphone or texting while driving?

As I work in safety, I’ve been asked, “Why are so many people utilizing their cell phone while driving?”

I conducted an unscientific poll when I asked folks around the base if they have seen an increase in people using their cellphones while driving.

The results were not surprising, as most agreed with my observations. Throughout the base, personnel are on their phones.

You can see them – phone in their hand against their ear, their head cocked to the side holding the phone between their ear and shoulder – while they drive.

According to a Harvard University study, cellphones cause more than 200 deaths and half a million injuries each year.

I also noted the number of drivers doing the “drop and bob maneuver” (looking down at their phones and then back up to watch traffic) while driving. If this sounds like you, you’re not fooling anyone. This creates unsafe conditions across the installation as drivers are distracted enough to cause injury or death.

The driving environment is changing as road conditions or vehicle movement ahead of you changes.

The two-car-lengths following distance you thought you had is now gone as someone changed lanes in front of you, and you haven’t slowed down to compensate for the loss of space. With Old Man Winter upon us, it’s only bound to get worse.

The odds are not good for distracted drivers, as we continue to lose daylight and road hazards only compound with distractions.

There are many people who walk across busy streets without reflective belts, making it even worse for drivers to see them, much less if the driver is distracted.

Eleventh Air Force Safety office has joined forces with 673d SFS to inform the base populace that security forces are heightening their surveillance and will issue citations.

“If you notice an increase in these violations in a specific area, we encourage you to



Using a cell phone or other device – for talking or texting while driving is a non-starter. The 673d Security Forces Squadron and 11th Air Force safety office are teaming up, heightening surveillance and issuing citations for those violating the rules. The policy, mandated by the Department of Defense, applies to all drivers on JBER – and citations lead to loss of driving privileges. (U.S. Air Force photo/Justin Connaher)

contact the security forces operations section to report it at 552-6509,” said Senior Master Sgt. Chad Roberts, 673rd SFS superintendent. “Efforts will be made to eliminate these instances – especially in our housing areas.” said Senior Master Sgt. Chad Roberts, 673rd SFS superintendent.

All drivers should know the rules and instructions for driving on base and the repercussions of not following them.

According to Air Force Instruction 91-207, Para. 3.2.1., vehicle operators shall give their full attention to the operation of the vehicle. All drivers must comply with applicable federal, state and local laws that are more stringent than this guidance regarding distractions while driving (e.g., using cellular phones, text messaging).

The definition of hands-free device

operation/use is the use of a vehicle voice-activated system or cellular phone in speaker mode or with a hands-free attachment (headset or single bud earpiece) that allows vehicle operators to keep both hands on the steering wheel and eyes on the road whenever the vehicle is in motion.

According to Joint Base Elmendorf-Richardson Instruction 31-118, Para. 4.3.9., Cellular Phone Use, use of cellular phones while operating a motor vehicle is prohibited at all times, unless the vehicle is safely parked or unless vehicle operator uses a hands-free device.

The wearing of any other portable headphones, earphones, or other listening devices, while operating a motor vehicle is prohibited.

Use of those devices impairs driving

and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles, and human speech.

There are serious penalties for violating these rules.

For driving while talking on cell phone without a hands-free device, on the first offense, means a seven-day suspension of driving privileges and three points. The second offense in one-year period nets you a 30-day suspension and three points.

For more information, visit dvidshub.net/image/543300/cell-phone-awareness-or-stoptextsstopwrecks.org.

Bottom line: If you’re driving, do that ... just drive. If you must use your phone, kindly pull over and handle your electronic business before proceeding. The life you save may be your own.

Black socks to attend PT formation: Army revising AR 670-1

By Gary Sheftick
Army News Service

WASHINGTON — Soldiers are now authorized to wear either black or white socks with their Army physical fitness uniform.

Effective immediately, black socks can be worn with either the gray-black PT uniform or the new gold and black uniform.

Like white socks, the black socks must be plain with no logos. The socks can be calf-length or ankle-length, but must at least cover the entire ankle bone, said Sgt. Maj. Eva M. Commons, Army uniform policy sergeant major with G-1.

The new policy comes as a result of Soldiers requesting the change over the last several months, Commons said.

“The senior Army leaders will

go out to various installations and receive questions from the field,” Commons said. “...One of the ones brought back was the request to be authorized to wear black socks.”

The Army staff then examined the request, she said. The black sock question was also placed into a uniform item survey completed in August by 18,588 Soldiers. Almost 67 percent of respondents, or 12,408 said that black socks should be authorized.

Since the black socks will be optional, there was no production requirement, no cost associated, and the logistical aspect was minimal, so this change was able to go through an abbreviated board process, Commons said, but added all of the steps of the Uniform Board process were still completed before the change was considered by the Army chief of staff.

“We were able to get through all of the steps much more quickly and get it approved and get it implemented so Soldiers can start operating under this new guidance,” she said.

The new guidance is outlined in an Exception to Policy, or ETP, memorandum signed by Lt. Gen. James McConville, Army G-1, Nov. 5. That memo will serve as the authorization for Soldiers to wear black PT socks until DA Pam 670-1 is updated in a few months, Commons said.

Another change to the new DA Pam 670-1 will be the elimination of all reference to the dress green Army Service Uniform, or ASU. Sept. 30 was the wear-out date for the green Class A jacket, she explained. All Soldiers should now have the blue ASU.

Other items in the recent uni-

form survey must go before the Uniform Board at Department of the Army before they can be implemented, Commons said.

The survey included questions about a wind-proof blue Eisenhower jacket, a single-style “campaign hat” for all drill sergeants, and a single-style ASU cap for all Soldiers.

A majority of Soldiers voted for the optional wind-proof Eisenhower, or Ike, jacket meant to be worn in the workplace. A total of 11,613 Soldiers, or 62.5 percent of the respondents, were in favor of authorizing the Ike jacket to be worn in addition to the current black windbreaker.

Soldiers also voted that all drill sergeants, including women, should wear a single-style “campaign hat,” already worn by male drill sergeants.

A total of 11,590 Soldiers, or 62.4 percent of respondents, wanted this headgear for all drill instructors.

A majority of survey respondents wanted the Army to go to a single-style service cap for all Soldiers. A total of 12,250 Soldiers, or 65.9 percent, wanted the “bus driver” type cap – now worn by males – to be authorized for wear by all Soldiers.

In addition, 10,313 respondents, or 55.4 percent, wanted the blue service cap to be the required headgear with ASUs for senior noncommissioned officers (sergeant first class and above), officers and warrant officers, instead of the beret.

A representative sample of active-duty, National Guard and Army Reserve troops were asked to complete the uniform survey.

From master sergeant to lieutenant: SNCO makes transition

*Superintendent
one of two
PACAF NCOs
selected for
SLEC Program*

By Tech. Sgt. John Gordinier
11th Air Force Public Affairs

The day started out as a normal work day for Master Sgt. Abby Keffer, 611th Air Operations Center Strategy Plans Division superintendent.

But in mid-afternoon she received a call from U.S. Air Force Vice Chief of Staff, Gen. David Goldfein, informing her of, and congratulating her on, selection for commission under the new Senior Leader Enlisted Commissioning Program.

“General Goldfein is an American war hero and I was shocked to hear his name when I answered the phone,” Keffer said. “He introduced himself over the phone as our new vice chief of staff and said he wanted to be the first to congratulate me on my selection for Officer Training School.

“I was so excited, I jumped up and down.”

Sergeant Keffer is one of only two senior non-commissioned officers selected from the U.S. Pacific Air Forces through the Senior Leader Enlisted Commissioning Program.

The SLECP allows designated Air Force senior leaders to directly select exceptionally performing, highly talented enlisted members for commissioning through OTS.

Unlike other commissioning programs, this program allows senior Air Force leaders to choose a SNCO based on performance, ethics and character.

“Being selected for OTS is a dream come true, and it’s all thanks to God, my supportive husband, and the wonderful mentors and teammates who helped guide me toward success,” Keffer said. “Becoming an officer is something I’ve always aspired to do and I’m honored to take the opportunity to apply my experi-



Air Force Master Sgt. Abby Keffer, 611th Air Operations Center Strategy Plans Division superintendent, was selected to attend Officer Training School to earn a commission through the Senior Leader Enlisted Commissioning Program. She is scheduled to attend OTS in early 2016 and upon graduation she will be a second lieutenant. (U.S. Air Force photo/Tech. Sgt. John Gordinier)

ence to lead teams in a new and different way.”

“One of the proudest moments I have had as a commander ... to see Master Sgt. Keffer’s leadership team help her achieve one of her life goals is truly amazing,” said Col. Harlie Bodine, 611th AOC commander.

Keffer said she expects to attend OTS in early 2016.

Upon graduation, she will be a lieutenant and already has future aspirations.

“As an officer, I will have an increased capacity to serve,” she said. “I will work hard to lead and mentor a broader scope of future warfighters and equip them with the skills

necessary to fly, fight and win.”

She plans to achieve her goals by applying the experience and expertise she gained from her experiences in all three tiers of the



enlisted ranks.

She said SNCOs are vital to managing resources and translating leaders’ direction into specific tasks and responsibilities their teams can understand and execute.

“Yes, [the transition] will be a change, but I’m up for the challenge,” Keffer said.

“Unfortunately for us, OTS candidate select Keffer will not be able to immediately return to the 611th AOC following her commission,” Bodine said.

She has desires to pursue a career path that maximizes her interaction with people because that is what she enjoys the most and

explains why she is such a natural leader, he added.

She said she wishes to explore public affairs, personnel or similar career fields which focus on interacting with other people on a daily basis.

“My commander, Colonel Bodine, said it best, that this is a ‘team’ win,” Keffer said. “I’m so thankful to the 611th AOC, the command and control community, and the 11th Air Force team for their support.”

“Sergeant Keffer is the epitome of the complete Airmen we must have as the leaders in the Air Force, facing the most volatile, uncertain, complex and ambiguous environment,” Bodine said.

“I know she will do great things and I’m 100 percent confident whatever career field she is selected for will be lucky to have her.”

THE WEATHER OUTSIDE IS FRIGHTFUL

JBER Public Affairs
Staff Report

This time of year, blizzard warnings, snow advisories, sleet, and winter storm warnings or heavy snow are not uncommon. While emergency kits and preparations can get you through, Joint Base Elmendorf-Richardson has procedures for inclement weather.

These procedures are based on conditions of the installation – not in Anchorage or the valley.

JBER has three reporting options when weather makes driving conditions dangerous for drivers: mission-essential reporting, delayed reporting and early release.

When mission-essential reporting is initiated, only mission-essential people, as determined by unit commanders and supervisors, are required to report to duty. Unit commanders must specifically identify who they determine is mission-essential in advance. If you have not been told, ask your supervisor.

Delayed reporting means all members report for duty while exercising caution and arriving as soon as conditions permit. Expected reporting time will be specified, but it will normally be 10 a.m.

Unit commanders are responsible for managing early release within their organization when the commander initiates this action. The goal is to stagger departure times to alleviate congestion and to allow those who live farthest from the base to leave first.

These options give leadership the flexibility to balance safety and mission needs against the weather situation. When conditions at home are severe enough to warrant changes to normal reporting times and no option has been directed, personnel must coordinate with their supervisors and unit commanders to modify arrival times and work schedules.

When the commander decides to initiate any of these actions, the command post is notified, and disseminates the information and specific reporting procedures.

“We have three checklists we run to determine weather notifications, road conditions and delayed reporting,” said Tech. Sgt. Bryan Chansler, 673d Air Base Wing Command Post senior emergency action controller. “Every morning, we coordinate with several agencies on base include Base Operations, Security Forces, and weather to prepare a report for [Air Force] Col. Franklin Howard [673d Mission Support Group commander] with recommendations from those agencies on what the road condition should be and whether delayed reporting should be considered. If Colonel Howard decides delayed reporting should be considered, he coordinates with the JBER and 673d Air Base Wing Commander, Col. Brian Bruckbauer.”

To make the recommendations



During the winter, arctic warriors and families are reminded to be aware of winter hazards while driving. When winter weather makes driving conditions hazardous Joint Base Elmendorf-Richardson has three reporting options: mission-essential reporting, delayed reporting, and early release, as well as four road condition advisories: green, amber, red and black. (U.S. Air Force photo/Staff Sgt. Sheila deVera)

for the following reporting condition, Howard receives inputs from Base Operations, Command Post, Security Forces and the Anchorage Police Department to obtain a detailed status of the weather or road conditions. Howard also receives input from the Anchorage School District regarding school reporting hours in order to ensure maximum coordination between JBER and the ASD and to minimize the impact to members with school age children.

During that time, the 673d Civil Engineer Group commander, Col. Scott Matthews, receives input concerning road clearing operations and road condition.

“The 673d ABW commander provides the combined recommendation from the MSG commander and CEG commander to mission partners (3rd Wing, 176th Wing, U.S. Army Alaska, Alaska Air National Guard, etc.) to assess the impact to their respective missions,” Howard said. “After discussion with the mission partners, the installation commander will make an informed decision to continue with normal operations or choose an option to alter duty hours.”

For road conditions, there are four advisories for JBER.

Green: Roads are clear and dry. Drivers will comply with normal vehicle operating procedures and posted speed limits.

Amber: It has been determined that roads may be slippery due to snow, ice, or reduced visibility.

ROAD CONDITION RED

Drivers will exercise caution.

Red: It has been determined that roads may be hazardous due to snow, ice, or reduced visibility. Drivers will exercise caution and reduce speeds by 10 miles per hour below the posted speed limit.

Black: It has been determined that road conditions are extremely hazardous due to ice, snow, or reduced visibility. Vehicle dispatching is prohibited unless directed by command authority. Only operate mission-essential and emergency response vehicles. Drivers will exercise extreme caution and reduced speeds by 10 miles per hour below the speed limit.

Bruckbauer has delegated to the 673d MSG commander the authority to activate or deactivate “amber” and “red” road conditions. However, the installation commander is the final authority for activating or deactivating road condition “black.”

“Road condition change recommendations will usually come in through Security Forces patrols, who will call the command post to be patched into the 673d MSG commander, who will decide what condition to implement,” Chansler said. “The decision is passed to Public Affairs to update the JBER information line, JBER website and social media. At the same time, the command post pushes out the notification via AtHoc.”

The AtHoc Installation Warning System Alerts is a network-centric emergency mass-notification system capable of alerting base personnel within minutes of an emergency from a single, centralized, web-based system.

The Public Affairs office notifies local news media and initiates changes to the JBER Information Line at 552-INFO (4636), JBER web page, Facebook, and Twitter with the latest reporting instruc-

tions. JBER personnel can expect to receive the information as early as possible, but decisions will normally be made by 5 a.m.

“Passing this information to the base populace is essential to help keep everyone safe,” Chansler said. “Getting the word out via AtHoc, phone calls, emails and social media helps keep traffic to a minimum, which helps our first responders and civil engineering deal with weather.”

According to the Air Force Emergency Management Newsletter, Anchorage is predicted to have a total snow fall of 75.5 inches this winter.

“The safety of our greatest asset, our people, is first and foremost in the minds of all our senior leaders,” Howard said. “The goal is to ensure the safety of every member of JBER and their families while still conducting the mission we are charged with carrying out.”

Briefs & Announcements

November 13, 2015

M&FRC relocation

The Military and Family Readiness Center (Log Cabin), located in Building 8535 Wewak Drive will temporarily relocate to Building 8124 Doolittle Avenue (near the Polar Bowl) beginning Monday to allow for renovation for the next 10 weeks. The temporary location will be open Monday-Friday, 7:30 a.m. to 4:30 p.m.

For information call 552-4943 or visit jber.af.mil/mfrc/index.asp.

Exchange return policy

The Exchange extends its return policy for items purchased between Nov. 1 and Dec. 24. Holiday return/exchange policy changes the standard 90 days to the end of January 2016, with sales receipt. For information, call 753-0232.

Pharmacy renovations

The JBER hospital pharmacy in the main building is undergoing renovations through November. There are 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 isportsman.com

man.com 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 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.

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. 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 jberspousesclub.com or call 753-6134.

Quartermaster Laundry

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

Giant Voice testing

Giant Voice mass notification system testing occurs every Wednesday at noon. If the announcement is difficult to hear or understand, please call 552-3000. If the announcement is difficult to hear or understand in any base housing area, please contact JBER at [Facebook.com/JBERAK](https://www.facebook.com/JBERAK).

JBER 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>.



Boomer, Alaska Aces mascot, introduces the Aces hockey team at the Sullivan Arena, Nov. 6. The Aces faced the Utah Grizzlies for a military appreciation series Nov. 6 and 7. At the beginning of the games and during the intermissions, military members from all branches of service participated in a variety of events. (U.S. Air Force photo by Airman 1st Class Christopher R. Morales)



CLOCKWISE FROM TOP: Service members from Joint Base Elmendorf-Richardson holds an unfolded U.S. flag for the national anthem during an Alaska Aces hockey game at the Sullivan Arena. (U.S. Air Force photo/Staff Sgt. William Banton)

Air Force Col. Brian Bruckbauer, Joint Base Elmendorf-Richardson and 673d Air Base Wing commander, receives an Alaska Aces jersey from Terry Parks, team owner. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)

Canadian Armed Forces Col. Martin Frank, U.S. Army Alaska deputy commander of operations, and Pfc. Robert Briggs, the youngest USARAK Soldier, prepare to drop the ceremonial puck for Brent Gwidt, Utah Grizzlies hockey player, and William Wrenn, Aces team captain. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)

The referee drops a puck the at the beginning of the game. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)

Military members representing all branches participate in a game of musical chairs during the first intermission. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)

The color guard presents the colors for the national anthem. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)



November rhythms, remembering and giving thanks

Commentary by Army Chaplain (Lt. Col.) Greg Thogmartin
Command Chaplain, USARAK

It has been six years since I first watched the movie “Taking Chance” in late October 2009, just after the release.

The movie is based on the true story of Marine Lt. Col. Mike Strobl, played by Kevin Bacon, and his journey as the escort officer for a fallen Marine, Pfc. Chance Phelps. Chance was killed in action in Iraq on Good Friday, 2004. He was buried at Dubois, Wyoming and posthumously promoted to lance corporal. The story that unfolds is a stirring look at the themes of respect, remembrance, and gratitude through the eyes of Strobl.

At the time I was the ethics instructor and regimental chaplain for the Engineer Regiment at Fort Leonard Wood, Missouri. I was asked to use the movie as part of a pilot class on resiliency and self-care for the Engineer Captains Career Course.

Watching it for the first time with my oldest son was a profoundly moving experience for me. I shared it with a number of iterations of the EC3 and each time proved to be a powerful encounter for the students and for me as we remembered those with whom we had served.



A memorial honoring fallen service members displayed at the Veterans and Remembrance Day ceremony hosted by the Department of Military and Veterans Affairs. (U.S. Air Force photo/William Banton)

It was in relationship to watching that movie in the weeks just prior to All Saints Day, Veterans Day, and Thanksgiving that made me look at the month of November in a new way.

I don’t know if you have ever thought about it this way, but it seems to me that the special days or

holidays in the month of November are designed to focus our attention.

From the beginning of the month to the end of the month there are these points on the calendar that focus our attention on the three actions that are reflected in “Taking Chance” – respecting, remembering and giving thanks

(four – if you are from Missouri and include deer hunting.)

Nov. 1 is celebrated in many Christian denominations as “All Saints Day.” It is a time for remembering and reflecting on the example of faith and endurance of those who have walked this road ahead of us. It is a reminder

that we are not the only ones to face life’s challenges. It is also a reminder that none of us develop in a vacuum, but instead are shaped and influenced by family, friends, and community.

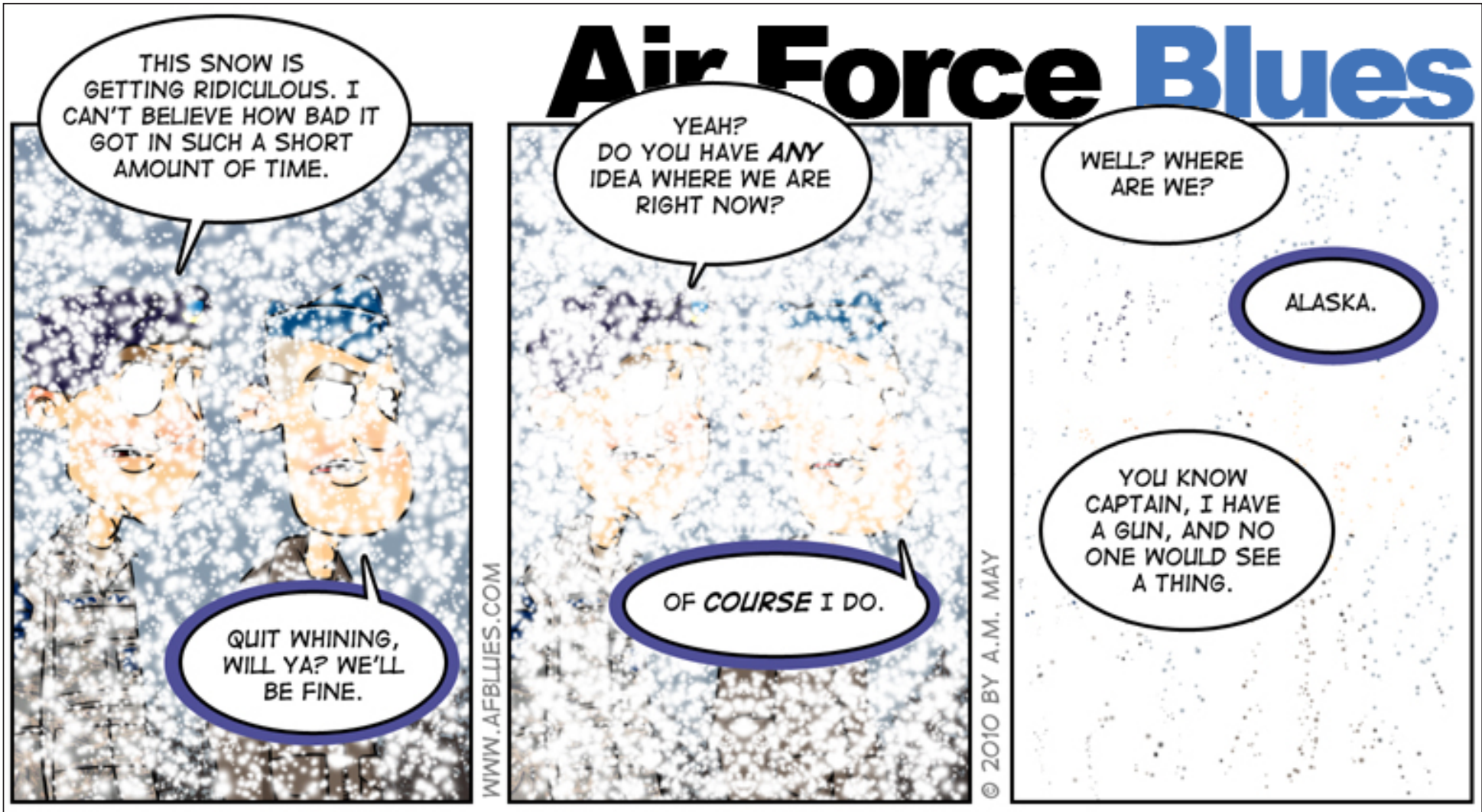
Nov. 11, Veteran’s Day, is a day for remembering those who have served our country and the cause of freedom. We remember their service and their dedication. As we remember, in the language of the movie “Taking Chance,” we become their witnesses. “Without a witness they just disappear.”

Thanksgiving Day reminds us to consider all of our blessings – the food we eat, the clothes we wear, the roof over our heads, the ones we love, and the freedoms we cherish.

I believe that this rhythm of remembering and giving thanks is good for who we are and “for what ails us.”

It reminds us that we have benefited from the wisdom and investment of time and energy of others. It leads us to true humility which is a key character trait for becoming the strong people that is envisioned when we talk about resiliency.

I hope you will find opportunity to bear witness to those from whose legacy you draw strength and inspiration as you count your blessings this November.



THROUGH NOV. 30
Buckner pool closure
The Buckner Physical Fitness Center pool and hot tub will be closed throughout November for annual maintenance.
For information, call 384-1302

FRIDAY
Youth volleyball
Today is the final day to register for the JBER Youth Volleyball season. Those wishing to play must have a current sports physical.
To register, stop by the Two Rivers or Kennecott youth centers or call 552-2266 or 384-1508.

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.

SATURDAY
Free archery classes
The Northwest Archers club offers their expertise Saturday mornings through the end of November at the Kincaid Annex. Learn to shoot a bow, from 10:30 a.m. to 12:30 p.m.; equipment is provided.
For information, call 343-4217.

Blood drive
The Blood Bank of Alaska will be accepting donations at the JBER Exchange from 10:30 a.m. to 5:30 p.m. in their LIFEmobile.
For questions about donating, call 222-5630.

MONDAY
Family stress management
Do the upcoming holidays already have your family stressed out?
Join the staff at the Two Rivers Youth Center from 4:15 to 6 p.m. for an interactive discussion on stress reduction techniques that are sure to get your family through.
For information, call 384-1508.

WEDNESDAY
Blood drive
The Blood Bank of Alaska will be accepting donations at the JBER Hospital from 9 a.m. to 4 p.m. in their LIFEmobile.
For questions about donating, call 222-5630.

THURSDAY
American Indian Heritage Month celebration
Celebrate American Indian Heritage Month with featured guest speaker, founder of the Alaska Federation of Natives, Mr. Emil Notti, from 1 to 2 p.m. in the Frontier Theater. All members of the JBER community are welcome to attend.
For information, call 384-0336 or 552-2098.

Intro to winter camping
Looking to learn a new winter activity? Check out the Outdoor Adventure Program's Intro to Winter Camping seminar from 5:30 to 6:30 p.m. at the JBER-Elmendorf Outdoor Recreation Center.
For information or to sign up, call 552-4599 or 552-2023.

Nov. 27
Holiday Tree lighting
The Anchorage Downtown Partnership hosts this traditional event starting with a short concert at 5:20 p.m. The tree lights go live at 5:30, and Santa and his reindeer will arrive at 6:25 for cookies, cocoa, music and much more.
For information, visit anchorage.downtown.org.

ONGOING
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 anchorage.museum.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 alaska-zoo.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., Monday, Thursday, or Friday 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 animals featured in the story, starting at 10:30 a.m. Mondays at the coffee shop.
For information, email camp@alaskazoo.org.

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.

673d FORCE SUPPORT SQUADRON

FREE Movie Night!

Cash only concessions!

Arctic Oasis Community Center

Disney Pixar

INSIDE OUT

November 13
Talketna Theater
Movie starts 6:30 p.m.
doors open 5:30 p.m.
JBER - Elmendorf

For more info, contact 552.8529

No outside food or beverages.

TURKEY TROT

huffin' for the stuffin'

1.5 MI. FUN RUN

Nov. 13

12 P.M.
(SIGN UP AT 11 A.M.)

FREE!
1st 30 TO SIGN UP
GET A FREE T-SHIRT!
TURKEY DINNER PRIZES!

FOR MORE INFO, CALL ELMENDORF FITNESS CENTER AT 552.5353

Archery Turkey shoot - win a turkey!

November 13
6 p.m.

Teams must consist of 1 parent & 2 youth or teens.

KENNECOTT YOUTH CENTER

Bldg. 6104 | 552.2266

Turkey Trot 9 Pin No Tap Tournament

November 15 • 6 p.m.

\$15 per person. In this competition, 9 pins on the first ball is scored as a strike. Special prize to the first bowler who bowls a "Turkey!" A turkey is defined as three consecutive strikes.

7176 Fighter Dr. • 753.7467 (PINS)

the Polar Bowl

384.9023 | Bldg. 655

H2Oasis Waterpark

Nov. 14

FREE!

BOSS

Meet at the Warrior Zone
11:30 a.m.
14 spots available!!
For Single Soldiers & Geo-Bachelors.

Bldg. 23400
552.4838

SEASON SKI/TEP

LITTLE HILL...BIG FUN!

Season Pass & Season Rental Sale:
November 14
9 a.m. - 4 p.m.



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

Beating the battle of the bulge

Tips to avoid holiday weight gain

By Kathleen A. Viau
Kenner Army Health Clinic

FORT LEE, Va. — Just when people finally get their eating pattern under control, the holidays always seem to roll round bringing a cornucopia of food temptations. From the office to shopping, not to mention parties and Family events galore, it seems as if the Thanksgiving-to-New Year’s celebration season is one long, tempting food fest designed to make everyone gain weight.

How can people beat this battle of the bulge? The Kenner Army Health Clinic recommends that people gain knowledge, not weight, this holiday season.

Here are some tips to help keep the pounds off:

Keep weight in check

Weigh yourself in the morning, at least once or even twice a week Monday and Thursday during the holidays. This is enough to notice any slight increase from the week and to keep people in check for the weekend and vice-versa.

Jump start your metabolism for the day

Get up and at it 15 to 30 minutes earlier and do some fun movement. Early morning workouts strengthen everyone’s resolve for the day and rev up metabolism. Remember, energy creates energy, physically and mentally. Consider purchasing a walking video, downloading a quick workout app, or “shaking it” with Hip Hop Abs or a Zumba video. A lot can be found on YouTube.

Be thrifty with calorie spending

Peruse the buffet table and only take the foods enjoyed once a year. Don’t start with avoiding sushi, especially if eaten all the time, and then expect to be able to resist the chicken wings, which most people love.

Eat what is loved in moderation to stave off those cravings that get you in trouble later. Don’t waste calories on foods anyone can eat anytime.

Avoid food-orexia

Don’t starve all day just to pig out at night. Eat lean protein and non-starchy vegetables throughout the day. It will keep blood sugar from dipping and spiking, and keep



It’s common this time of year to be concerned about staying on track with your health and fitness goals. During the holiday season, more than ever, we tend to be surrounded by the temptation to eat more and exercise less, which, as we all know, is the textbook recipe for weight gain. (Courtesy photo)

you full until the big event. The combo even gives calories to spare on an individual’s favorite splurge.

Empower willpower

Don’t let others lessen your resolve, say “no” – and mean it. Each time someone says no it can strengthen them. But remember, the stress is in the resistance. So, if people have to say no too many times, it may be better to decline an invite. Having to resist too much can backfire.

Holiday parties are social times, but they shouldn’t leave an individual feeling guilty and depressed. Enjoy the festivities and a few favorite treats and to those “eating-encouragers,” have a few planned responses such as:

1. “No thank you, I’m full.”
2. “No thank you, I am on a special program and it’s really working for me. I’m excited at the results I am getting.”
3. “No thank you, I’ve already enjoyed some of my favorite goodies.”
4. Comment on the spread or decorations and party-planners efforts.

Many times, compliments are what they want, not necessarily caring about what’s on the plate.

For those persistent partiers, pause, look

them in the eye, and smile. Say something like, “Why do you want me to eat more than I want to?” That will usually stop their food-pushing. Remember, nothing tastes as good as healthy and fit feels.

Intensify workouts

Time is always in short supply during the holidays, but don’t ditch a workout – just bump up the intensity to shorten the time. If you usually walks on the treadmill for 30 minutes, do 15 minutes of higher-intensity intervals. If going to the gym is cutting into shopping time, use shopping as a workout – take the stairs, park farther away, walk faster. And after a purchase, take it to the car.

When standing in line, do calf raises, contract and relax abs, use a purse as a dumbbell, stand up straight, tighten your shoulder blades – get creative to avoid just standing in place scrolling thru a phone.

Practice the three-bite rule

Just have to have it? Take enough for three small bites – that amazing first taste, a satisfying middle and then a lingering finale bite – savor each bite. All the bites after that will taste the same and just add calories.

When all else fails, go on the “no thanks honey, I’ll just have a bite of yours diet.”

Avoid hangover food

Don’t take leftovers home or send them home with others. If it’s not in your house, it won’t tempt you and others in your household. If family members insist, tell them to portion out what they want and put it in the freezer.

Have non-perishables? Keep them up high in the cupboard behind the cornstarch. In moments of weakness, people generally go for what they see first. Out of sight, out of reach, out of mind, off the hips.

Keep healthy snacks readily available

Good options include fresh fruit in a bowl, dried fruits and nuts in snack packs, veggies and fruits cut up in the fridge, packs of tuna or salmon, yogurt and cheese sticks.

Many times, snacking is about accessibility and visibility. Keep healthy snacks on hand, in sight, easy to grab and go.

Nutrition classes and counseling are available to beneficiaries enrolled at the military treatment facility. All people need is a referral from their provider; it’s easy as 1-2-3:

1. Contact your provider’s nurse
2. Request referral to see the dietitian
3. Receive a phone call to set up an appointment time.

City of Anchorage honors past and present vets

By Staff Sgt. William Banton
JBER Public Affairs

The City of Anchorage, state and federal officials and Joint Base Elmendorf-Richardson leadership gathered in downtown Anchorage to honor service members, past and present, in the inaugural Anchorage Veterans Day Parade, Nov. 7.

The parade, hosted by the Anchorage Veterans Day Parade Committee, featured personnel and equipment from JBER, which included Soldiers from C Company, 3rd Battalion (Airborne), 509th Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division; 673d Civil Engineer Squadron fire trucks; 673d Security Forces Squadron patrol vehicle; and a Humvee from the 176th Security Forces Squadron.

The parade also highlighted Junior ROTC cadets, members of a combat veterans association, and American Legion riders who participated to honor local veterans.

“It brought a tear to my eye when the last unit went by, simply because we made it happen,” said Art Bell, President of the AVDPC. “Every man in my family has served. My father was a prisoner of war in Korea, my brother died from Agent Orange in Vietnam... I believe in doing what’s right, and

[this] needed to happen.” Reviewing officials for this year’s parade included Canadian Armed Forces Col. Martin Frank, U.S. Army Alaska deputy commander; Air Force Col. Brian Bruckbuer, JBER and 673d Air Base Wing commander; Anchorage Mayor Ethan Berkowitz; senators Lisa Murkowski and Dan Sullivan; and Gov. Bill Walker.

“Memorial Day is for those who have fallen and that has its place, and rightfully so,” Bell said. “On the Fourth of July, we have a parade that has a veteran’s component in it, but there has never been an active duty parade like we had today.”

The planning for this year’s parade was initiated by Tom Wozencraft, vice president of AVDPC, a local citizen who said he was surprised to find out, after moving to Alaska from Oklahoma, that Anchorage didn’t have a Veterans Day parade.

“He’s a gold star father, his son died in service; that’s behind his motivation, that we need to honor all our veterans,” Bell said.

Bell said he feels strongly that active duty service members generally get overlooked during the federal holiday, but many service members are just grateful to be able to give back.

“It’s pretty important, sup-



U.S. Army Alaska Deputy Commander of Operations Canadian Armed Forces Col. Martin Frank and his wife, Margo Frank, share a moment with Vincent Speranza Nov. 7 at the first-ever Veterans Day Parade in Anchorage. Speranza served as a paratrooper with H Company, 1st Battalion (Airborne), 501st Parachute Infantry Regiment, 101st Airborne Division, during World War II. (U.S. Army photo/Mary M. Rall)

porting an inaugural parade; it’s not something you get to do every day,” said Cpl. Michael Sierras, a Soldier from C/3-509th. “It’s great to be able to go out and show the public what the military has to offer while being able to give back to the community and those who have come before us.”



More than 50 Airmen of the Alaska Air National Guard’s 176th Wing joined approximately 200 other military members to represent actively-serving veterans in Anchorage’s first-ever Veterans Day Parade Nov. 7. (U.S. Air National Guard photo/Tech. Sgt. N. Alicia Halla)



Soldiers with C Company, 3rd Battalion (Airborne), 509th Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division march down 10th Ave in Anchorage Nov. 7 during the city’s first Veterans Day Parade. (U.S. Army photo/Mary M. Rall)

November designated Month of the Military Family

By Army Staff Sgt. Darron Salzer
Army News Service

Since 1993, the month of November has been recognized as Month of the Military Family across the Department of Defense as a way to thank all Family members, who have supported the career of a service member.

“National Guard families are important because the strength of our service members comes from the strength of their families,” said Jennifer Armstrong, the readiness manager for the National Guard Bureau Family Programs office.

“Families are a vital part of the Guard’s ability to remain strong, and with thousands of service members deploying over the past 14 years, our families have never wavered in their support despite the many challenges they have faced.”

Though the focus is often on the immediate members of a Soldier’s or Airman’s family, and Armstrong said family for most extends well beyond that.

“This month is to honor all family members – mothers, fathers, aunts, uncles, grandparents,” she

said. “Friends can become family, especially for those in the military because you’re not always close to home and for some, employers are an extension of family as well.”

That is especially true for the men and women scattered across the country, who serve in the Guard.

“When our citizen-Soldiers leave [on a deployment] they leave their family behind, often times with no support other than themselves. A lot of times they are geo-dispersed; we’re not installation-based. So November is when we honor those sacrifices that the entire [family] makes,” she said.

As a way to recognize those sacrifices, the National Guard Bureau is scheduled to host an expo Nov. 19 in Washington D.C. highlighting a number of services available to family members through the military.

Armstrong said services that will be highlighted include child and youth programs, spouse employment programs, the Military Family Life Counseling program, which includes personal financial counseling, and

volunteer programs.

The mission of the Guard is combat and service member readiness, Armstrong said.

“But we have to also think about family readiness, because if your service member’s home life is not together then [often] times they’re not ready or able to deploy and be a productive member of that team,” she said.

And as Guard members, having peace of mind about family readiness often includes domestic operations as well.

“[Domestic operations] can happen overnight and because they happen like that we’re called to serve our governors and states in a moment’s notice, and that can be stressful to the family,” Armstrong said. Which is why ensuring family readiness is critical, she said.

“The military family is important to the mission of the Guard, and we are committed to helping families remain strong by providing the services necessary to ensure every member of the family feels supported and connected to the military and the nation,” Armstrong said.



Ashlynn Deer, 7, waits for her father, Spc. William Goodwin, assigned to the 98th Maintenance Company, 17th Combat Sustainment Support Battalion, U.S. Army Alaska, before a redeployment ceremony to reunite Soldiers with their families at the Buckner Physical Fitness Center Wed. Nov. 4 on Joint Base Elmendorf-Richardson. The “Wolverines” deployed to Southwest Asia for nine months in support of Operation Inherent Resolve, and Operation Enduring Freedom in Afghanistan. November honors military families and the sacrifices they make. (U.S. Air Force photo/Justin Connaher)

JBER Airmen participate in Resiliency Day activities



Air Force Staff Sgt. Geoffrey Reed, foreground, and Senior Airman Christopher Davila, background, participate in a sumo wrestling competition at a JBER Outdoor Recreation Booth during Resiliency Day Nov. 6. JBER’s Fall 2015 Resiliency Day focused on sleep wellness associated with the change in reduced daylight hours and work cycles, financial preparedness for the upcoming holiday season and connecting JBER personnel with community clubs and activity groups. Davila and Reed are both assigned to the 673d Contracting Squadron. (U.S. Air Force photos/Airman Valerie Monroy)



Air Force Staff Sgt. Seth Stambaugh, 673d Contracting Squadron contracting specialist, drives a drunk cart, which simulates the effect of alcohol on motor skills, during Resiliency Day in Hangar 1 at Joint Base Elmendorf-Richardson Nov. 6. Resiliency Day activities emphasize informational awareness, accountability, team-building and communication skills.