



JOINT BASE ELMENDORF-RICHARDSON AIR FORCE FOR NEWS

# ARCTIC WARRIOR

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## FLIGHT LINE BRAKE CHECK

### Winter weather keeps Airmen busy doing the math for aircraft safety

By Airman 1st Class Kyle Johnson  
JBER Public Affairs

Alaska’s weather brings all kinds of perils to motorists. When the snow first came this year, road conditions put more than 80 cars in the ditches around Anchorage after just one day of snowfall.

The risks are real – and even more so when they endanger military aircraft.

That’s why the Airfield Management Flight is on the runway all day doing brake checks, said Senior Airman Jerred Johnson, an Airfield Management operations supervisor with the 3rd Operations Support Squadron.

“We get up to a speed of 20 to 30 miles an hour, and we stomp on the brakes to induce a skid; then the decelerometer kicks out a number: our friction reading,” Johnson said. “We combine our friction measurement with our surface condition to get the road condition reading.”

A decelerometer is a device in their trucks that allows them to judge how long it takes to stop. After performing a series of complex mathematics, the device condenses this information into a friction measurement.

“We give that to the pilots and – based on their training orders and that measurement – they determine if they are able to taxi and take off,” Johnson said.

While being employed by the military to brake-check the snow-covered flightline over and over again throughout the day may sound like a care-free joy ride in a government vehicle, it is anything but.

“You need to know what all your priorities are, what time is this aircraft taking off, what parking spot is it on, what’s its taxi route, what are its minimums, and keep an eye on the weather – is it going to start snowing in the next 30 minutes?” Johnson said. “If so, those F-22 [Raptors] that are in the air may have to divert to a different location if we can’t keep the runway conditions within their minimum.”

Because each aircraft has different features, landing gear and weight, each aircraft also has a different tolerance for surface conditions on the runway.

“Every aircraft in their training order has a set number that says it can take off with a certain runway condition, which are expressed as numbers,” Johnson said. “A C-17 [Globe-master III] has reverse thrust, so its number might be lower, versus a fighter aircraft that needs a higher number to land because he’s coming in a lot faster and doesn’t have reverse thrust.”

By establishing a measurable value to surface conditions, the airfield management team is able to quickly and efficiently determine which aircraft can use the flightline safely and where. This is further complicated by the fact the runway is actually composed of different types of pavement.

One runway has concrete on one end, but asphalt on the other. The concrete is going to be slicker than the asphalt, but both need to be within a certain aircraft’s minimum friction measurement to allow for a safe landing.

To ensure this happens, the runway is constantly maintained to the highest safety standards, and the airfield management flight coordinates which sections need attention and when.

“All the asphalt and concrete is grooved to help with friction, and every year the Air Force Flight Standards Agency comes out and does a friction evaluation of the runway,” Johnson said. “We work in conjunction with the snow removal teams. We let them know what priorities certain areas are, what time aircraft are taking off, and what their taxi route is.”

Much like the air traffic controllers have a tower they use to coordinate the direction of aircraft coming and going on the flightline, the airfield management team coordinates ground efforts to make sure the right runways are ready at the right time.



“Our first priority is ensuring the runway numbers are constantly kept up to the minimum for the Combat Alert Cell so they can launch, the [Airborne Warning And Control Systems] can launch, and our rescue aircraft can take off at any time,” Johnson said.

On a normal day, two Airmen coordinate more than 70 civil engineer troops all around the flightline while planes come and go, each with their own unique runway requirements.

“Usually the operations supervisor is out doing the skid checks, and the operations coordinator is the one inside answering phones, plugging the information in, maintaining logs, taking requests. All snow removal requests for the airfield are coordinated through us, so we can prioritize them,” Johnson explained. “Otherwise everyone will just be calling roads and ground and saying ‘we need this’ and ‘we need that.’ It would be a nightmare.”

Every plane that takes off or lands safely is a testament to these Airmen’s dedication to excellence, but there can always be improvement. This holiday season, the Air Force is going to bring them some new toys.

“We’re getting everything set up to be wireless-capable; there’s going to be an antenna on the truck and an antenna on this building and it’s going to automatically update on a stand-alone computer and the tower will be able to get those numbers real-time,” Johnson said.

Currently, they write down all their measurements and update a variety of different databases, which the tower then taps into to get the friction measurements the pilots need to determine their safety while taxiing or inbound to land, Johnson said.

“We used to use an older decelerometer, and we just got some new ones which are definitely state of the art,” Johnson said. “It’s the only one I know of that’s capable of doing the wireless transmissions.”

The new equipment is another example of innovation applied across the Air Force to make the mission more efficient.

“Those numbers are crucial. We may have to take off very quickly, and that information is important, because in 15 minutes, the weather can change completely,” said Air Force Capt. Robert Crespo, chief of squadron training at the 962nd Airborne Air Control Squadron. “Those 15 minutes can determine whether we are grounded or taking off.”

“No aircraft can fly without first getting a friction measurement,” Johnson said. “Without that, nobody flies.”



**TOP:** Senior Airman Jerred Johnson, Airfield Management operations supervisor with the 3rd Operations Support Squadron, checks his decelerometer after inducing a skid on the Joint Base Elmendorf-Richardson flightline Nov. 9. By reading how the vehicle performs in the brake, the decelerometer quantifies the friction level of the runway in a measurable way.

**ABOVE:** Johnson brings his vehicle up to speed in preparation for a skid-check on the JBER flightline Nov. 9. Skid checks like this are how Airfield Management personnel get accurate readings of the friction conditions on the flightline in order to determine the safety of the runways. (U.S. Air Force photos/Airman 1st Class Kyle Johnson)

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ETERNALLY VIGILANT

673d SECURITY FORCES SQ



# Birds of a feather ‘mock-board’ together

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

The Arctic Warrior Airman’s Advisory Council hosted a mock below-the-zone board Nov. 7 during their monthly meeting to educate new Airmen how boards work in the Air Force.

“This is what the Airman’s Council is about, helping Airmen on base [because] our biggest focus is the younger Airmen,” said Senior Airman Renna Moses, 673d Air Base Wing Judge Advocate specialist and AWAAC board member. “We are going by the saying ‘practice makes perfect’ and that’s what we want to portray.”

To provide the most information in the limited allotted time only one Airman went through the mock board which was displayed in front of more than 30 Airmen at the meeting.

Senior Master Sgt. Raymond Delgado, 3rd Munitions Squadron Material Flight chief, and Master Sgt. David Thomas, 517th Airlift Squadron Operations superintendent, volunteered to ask the mock board questions, additionally answering any questions the AWAAC had.

Since every board is different, the critiques and tips the SNCOs provided revolved around the one aspect that can be taken anywhere: the Airman’s sense of self.

“The board wants to know who you are,” Delgado said. “90 percent of points are in confidence and presentation. Even if you have no idea [what the answer is], we want to see the wheels turning.”

Airman 1st Class Anthony Taylor, 673d Logistics Readiness Squadron vehicle management analyst, volunteered to meet the mock board because he is actually scheduled for a real Airman BTZ board in February.

He completed his career development course tests quickly, and became a physical training lead, and is currently working towards his community college of the Air Force degree while doing his job every day.

“Now I know how it is going to be and what I need to practice,” Taylor said. “I wish I could’ve done that one more time.”

The mock board was suggested to the AWAAC earlier in the year to benefit new Airmen who haven’t been to any kind of board yet.

For any Airman looking to meet with a board, the best resource is leadership – and the best practice is practice.

“The more you practice, sit in front of a practice panel, [the more] you will be confident and relaxed in the situation,” Thomas said. “Remember that not everybody is going to get elected. Don’t let that failure deflate you, there will always be more to achieve.”



Senior Master Sgt. Raymond Delgado (left), 3rd Munitions Squadron Material Flight chief, and Air Force Master Sgt. David Thomas (right), 517th Airlift Squadron Operations superintendent, provide tips about Airman below-the-zone boards to the Arctic Warrior Airman’s Advisory Council on Joint Base Elmendorf-Richardson Nov. 5. Delgado and Thomas volunteered to help the AWAAC in educating the new Airmen about Air Force boards. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales)



Airman 1st Class Anthony Taylor (middle), 673d Logistics Readiness Squadron vehicle management analyst, goes through the process of a mock board. The mock board was hosted by the Arctic Warrior Airman’s Advisory Council to educate new Airmen on how boards work in the Air Force.

# Stopping sexual assault before it starts

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

Air Force leadership implemented a five-year sexual assault prevention and response strategy Oct. 27, which includes a new phase adding to preventative efforts and response capabilities.

The goal of the Air Force Sexual Assault Prevention strategy is to have an Air Force free from sexual assault.

The foundation of the new strategy is to stop an assault before it occurs by identifying risk factors and following through with increased bystander intervention.

Some of the risks a potential perpetrator might have are unhealthy relationships or experiences, or beliefs that promote risky behaviors.

These risk factors can also be aggravated in a culture that tolerates sexual hazing, harassment and assault.

“Sexual assault prevention is critical to the health, morale and welfare of Airmen and [is] ultimately essential to Air Force readiness,” said Secretary of the Air Force Deborah Lee James. “This strategy lays out the deliberate, science-based process we will follow to eradicate this crime from our ranks.”

The long-term objective of the strategy is to provide Airmen with developmental education and training to uphold an environment free of violence.

JBER plans to do so with an advisory board.

“At the installation level, we are setting up an advisory board to combine different agencies such as mental health, drug abuse prevention,

“ The first step is establishing the advisory board, and planning monthly meetings. In these meetings, we will talk about the root cause of these problems. ”

public health, [the] legal office, safety, equal opportunity, inspector general, chaplains and career assistance,” said Darmaly Williams, JBER SAPR program manager.

“We are creating our own action plan based on our basic local needs.”

Each organization’s specialty can shine a light on a specific cause related to violence and, with their help, further resolve the issue. The advisory board will address violence through a holistic approach.

board will address violence through a holistic approach.

“Instead of just sexual violence, we’re addressing different kinds of violence and [its] surrounding factors,” Williams said. “The first step is establishing the advisory board, and planing monthly meetings. In these meetings, we will talk about the root cause of these problems – because a Band-Aid isn’t going to fix [them].”

Forms of violence the advisory board plans to address include domestic, workplace, sexual assault, child treatment and suicide.

Once the risk factors specific to JBER have been identified, additional training will educate the community on more efficient preventative efforts.

“Social violence is a public health issue. Rather than simply being a personal responsibility, it is also a community responsibility,” said Capt. Meghan Cummings, Sexual Assault Response Coordinator deputy.

“This new strategy gives bystanders a more positive direction.”

According to the SAPR guidance, sexual assault reports have gone up and overall incidents have gone down.

There is trust in the system, and awareness of the problem, but the next step is transforming that awareness into action.

“We’ve come a long way in figuring [the issue] out, and the military has made a lot of progress in recognizing and addressing this problem,” Williams said. “I am really looking forward to improving our efforts.”

For more information, call 551-2020/2033 or 2035, or visit the new SAPR strategy guidance at [tinyurl.com/p52t2ce](http://tinyurl.com/p52t2ce).



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## ARCTIC WARRIOR

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# Yearly combatives training

Part of the 673d Security Forces Squadron's yearly required training, combatives training is designed to teach defenders how to handle situations when they are in hand-to-hand combat with the enemy. More than 50 defenders participated in the training at Joint Base Elmendorf-Richardson Nov. 9th.



Airman 1st Class Thomas Bastien demonstrates the proper dominant mount on Airman 1st Class Christian Thomas during combatives training at Joint Base Elmendorf-Richardson. The combatives training was aimed at improving the skills of security forces defenders. Bastien and Thomas are both assigned to the 673d Security Forces Squadron. (U.S. Air Force photo/Airman Valerie Monroy)



Staff Sgt. Heath Parish holds Senior Airman Sean Pender in a rear-neck restraint during combatives training. Parish and Pender are both assigned to the 673d Security Forces Squadron. (U.S. Air Force photo/Airman Valerie Monroy)



Airman 1st Class Melanie Bautista-Manning escapes a rear mount from Airman 1st Class Olivia Jaymes by using the baseball-bat escape. Bautista-Manning and Jaymes are both assigned to the 673d Security Forces Squadron. (U.S. Air Force photo/Airman Valerie Monroy)



Defenders assigned to the 673d Security Forces Squadron conduct pre-drill warmup. (U.S. Air Force photo/Staff Sgt. Sheila deVera)



Air Force Staff Sgt. Heath Parish, top, and Senior Airman Sean Pender, bottom, establish a proper mount form. Parish and Pender are both assigned to the 673d SFS. (U.S. Air Force photo/Staff Sgt. Sheila deVera)



# Guard’s senior enlisted leader bolsters ties with rural Alaska

By Sgt. Marisa Lindsay  
Alaska National Guard Public Affairs

With the village of Bethel serving as the backdrop for his youth, and much of his military career spent engaging with residents of rural Alaskan communities, you could say Command Sgt. Maj. Richard Hildreth was made for his current position.

Hildreth was hand selected by Brig. Gen. (Alaska) Laurie Hummel, the adjutant general, to serve the Alaska National Guard as the senior enlisted leader, and additionally, he was charged with spearheading the Guard’s new rural initiative.

A life-long Alaskan, Hildreth has lived and worked throughout rural Alaska. All journeys begin with one small step, and his journey into the far-reaching communities of Alaska began in 1981.

“My dad was a state trooper out of Anchorage, and when I was 12, he got this assignment that took us to Bethel,” Hildreth explained.

Bethel is a fairly flat region by Alaska’s standards. It sits inside braids and weaves of the Kuskokwim River in an area that makes up the second largest wildlife refuge in the United States, the Yukon Delta National Wildlife Refuge. Bethel has a population of approximately 6,000 people, but when Hildreth arrived in 1981, he joined a community of barely 3,000.

“I didn’t get it at the time, and I honestly couldn’t wait to leave after we got there, but looking back, Bethel had a profound impact on me,” Hildreth said. “Growing up with Native friends, building those connections and having that root system in Bethel was really good for me.”

Not long after graduating from Bethel Regional High School in 1986, Hildreth found his ticket out of rural Alaska with a two-year Army enlistment as a truck driver.

His active-duty career took him across the United States to Fort Story, Virginia, but was short-lived. While away, returning to Bethel was at the forefront of his mind.

After moving back to Bethel, Hildreth stayed busy working odd jobs. But his interest in the Alaska Army National Guard was piqued while talking to a Black Hawk mechanic in the local unit. He decided to join the Guard and found a full-time position as a vehicle mechanic.

“My first shop was manned by a crew of all Native [noncommissioned officers], they were Yup’ik Eskimos ... some of the best guys I’ve ever had the pleasure of working for,” described Hildreth. “They were honest as the day is long, very compassionate; but when it was time to work, we were going to work.

“I didn’t realize it then and took that situation for granted,” Hildreth continued. “Looking back, it was the best time of my career.”

So began Hildreth’s long and varied career as an Alaska Army National Guardsman. He looked for opportunities that allowed him to work with and be a voice for Alaska’s rural communities. He was a recruiter in Bethel, a guidance counselor at the Military Entrance Processing Station in Anchorage, and had a three-year stint at National Guard Bureau’s recruiting office in Washington, D.C.

These opportunities provided Hildreth with vast and diverse recruiting experience and knowledge. It also gave him an avenue where he was able to build rapport and



**Command Sgt. Maj. Hildreth (right) shakes the hands of sergeants attending the Noncommissioned Officer’s Professional Workshop as they were inducted into the NCO Corps during a ceremony hosted at the Alaska National Guard armory on Joint Base Elmendorf-Richardson Nov. 19. The inductees were welcomed by their state command sergeant major, brigade command sergeant major and fellow AKNG NCOs. (Alaska National Guard photo/Staff Sgt. Balinda O’Neal Dresel)**

relationships with rural Alaskans while developing a deeper understanding of Alaska’s unique Native culture. Most importantly, he earned the trust of rural Alaskan families, all of which are imperative to his position with the rural Guard initiative.

Gov. Bill Walker and Lt. Gov. Byron Mallott recognize that Alaskans state-wide are interested in restoring the prominent role and positive social and economic presence of the rural Guard. They recognize the valuable experience the historic rural Guard brought to Alaska and see enormous significance in strengthening the Alaska National Guard presence in remote villages.

Many of the Last Frontier’s rural communities are nestled among more than 54,000 miles that make up Alaska’s coastline. These populations are in need of monitoring and search-and-rescue supplemental support, making the rural Guard initiative of utmost importance to Alaskans and its leaders.

“Our desire for rural participation isn’t just a slogan – there’s something behind it. It’s our job to find creative ways to engage that population and make opportunities for them to participate,” Hildreth said. “I am and will remain unflinchingly supportive of not only the National Guard, but of these

rural communities.”

Minimal infrastructure, lack of road systems, weather challenges, and distances to Alaska National Guard armories are just a few of the difficulties rural Alaskans face with National Guard membership. In an effort to educate National Guard Bureau leadership, most of whom have never visited Alaska, Hildreth coordinated a three-day tour of Alaska National Guard armories. The visitors experienced first-hand the complications that weather and lack of road systems can have on travel.

“They were shocked, to put it plainly, at how a little bad weather can really impact travel, itinerary, and training events where you have Soldiers coming in from all over the state,” Hildreth said. “At one point, we were trying to travel from Bethel to Hooper Bay, and although the weather was fine in both places, there was a system we weren’t able to get through with the Black Hawk.

“What I wanted them to take away from their trip is that most states don’t have to worry about traveling their variously-located Soldiers who are a three-hour flight away from their armories, and most states are able to utilize a road system as alternate

means of travel,” Hildreth said. “We are a unique state.”

Hildreth’s roles as senior enlisted leader also include advising the adjutant general on all matters affecting training, effective utilization, health of the force and enlisted professional development.

When Hildreth isn’t keeping up with the variety of responsibilities and challenges he faces at work, he enjoys his home life in Wasilla with his wife, Marlene, who he describes as his “rock.” Marlene is an Alaska Native of Yup’ik descent from Akiak. They met in Bethel prior to Hildreth joining the Guard. They have six children, all of whom are old enough to drive the Ford vehicles he has restored for each of them.

“I love Fords ... I love opening up a truck, taking a look at the engine, figuring out what’s wrong and knowing how to fix it,” expressed Hildreth, with an amusing smile. “For me, the instant gratification in repairing something like that is therapeutic.”

With Hildreth’s Army experience having spanned nearly three decades, and with his career taking him to various corners of the earth, one could say that Hildreth’s refurbished Ford F-150s aren’t the only ones that are built tough.



**Disposition of effects**

Air Force 1st Lt. Amanda Montgomery, 673d Medical Support Squadron, is authorized to make disposition of personal effects of Senior Master Sgt. Travis Dyer, 673d MDSS, as stated in Air Force Instruction 34-511.

Any person or persons having claims for or against the estate of the deceased should contact Montgomery at 580-5583.

**Power outage**

There will be a scheduled power outage at JBER-Richardson Nov. 27 between 9 a.m. and 4 p.m in order to test the emergency backup power generation system. Officials anticipate that no particular facility will experience an outage for more than one continuous hour.

For more information, call 384-0051.

**M&FRC relocation**

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

For information, call 552-4943 or visit [jber.af.mil/mfrc/index.asp](http://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](http://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](http://isportsman.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.

**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](http://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, is available to patients and medical group staff at Joint Base Elmendorf-Richardson.

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.

**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).

**Veterinary hours**

Though the Veterinary Treatment Facility primarily works on military working dogs, the facility also provides services for pets of active duty service members, retirees, National Guard and Reserve service members on active orders (greater than 30 days), and their dependents.

The VTF is capable of providing care for most routine services, including vaccination and sick call.

The VTF is open Monday through Wednesday, 8 a.m. to 4 p.m.; and Friday, 8 a.m. to 3 p.m.

For more information and to make an appointment, call 384-2865.

**Hazard communication**

All workplace supervisors should be aware of the hazard communication program for hazardous materials.

Each industrial work area, Army or Air Force, is required to have an individual HAZMAT/HAZCOM program established per Air Force Instruction 90-821, Hazard Communication and Occupational Safety.

Compliance is mandated at a federal level by 29 Code of Federal Regulations 1910.1200, Occupational Safety and Health Standards.

For copies of the mentioned training, or for a more detailed explanation of last year’s changes, call the Bio-environmental Flight at 384-0482.



## In the midst of a winter wonderland



A winter scene on Joint Base Elmendorf-Richardson Nov. 17. (U.S. Air Force photo by Alejandro Pena)



ABOVE AND BELOW: This past week Southcentral Alaska and JBER have endured the coldest winter temperatures of the season thus far. During sub-zero, low-humidity weather, hoarfrost can form on nearly every outdoor surface – making for some spectacular scenery and excellent opportunities for photo enthusiasts. (U.S. Air Force photos by Alejandro Pena)



A frozen leaf settles in the snow Nov. 17. (U.S. Air Force photo by Airman 1st Class Christopher R. Morales)



## Ensuring mission readiness with a few good zzzs

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

According to *sleepfoundation.org*, 60 percent of Americans between the ages of 13 and 64 say they experience a sleep problem every night or almost every night. But only about 50 to 70 million Americans are affected by sleep disorders.

Just because people are tired or have a tough time falling or staying asleep doesn't mean they have a sleep disorder.

Many sleeping difficulties are self-induced, such as consuming caffeine after noon or staying up all night late watching a bright screen.

"It would be beneficial for the entire community to look at sleep and sleep habits with the same amount of focus as we look at exercise and nutrition," said Air Force Col. Teresa Bisnett, JBER hospital commander. "We are fortunate the Air Force has a sleep clinic here."

Sleep is vital because it helps recharge the brain, like taking a rest day recharges muscles after a workout. A poor sleep schedule can disrupt daily functions and worsen conditions such as hypertension, heart disease, diabetes and depression.

The JBER hospital Sleep Clinic is equipped to treat all adult military beneficiaries.

"[The SDC] is committed to readiness and seamless health service to provide high-quality health care to our mission-ready arctic warriors, dependents, veterans and retirees," said Air Force Staff Sgt. Cheryl Kuntz, 673d Medical Group SDC cardiopulmonary technician.

The center's goal is to increase overall health, daytime functions, restore regular sleep patterns and minimize risks of associated diseases.

Going to the sleep clinic, just like going to behavioral health, doesn't negatively affect someone's career.

"It should improve your career to maintain your mission readiness by not struggling to stay awake," said Air Force Maj. Ross Dodge, 673d Medical Group SDC medical director.

To be admitted to the sleep clinic, a patient must be referred by their primary care manager. Depending on the symptoms, one would go to the insomnia class or schedule an appointment with the sleep clinic.

Insomnia is difficulty falling asleep or staying asleep. People with insomnia can experience fatigue, low energy, moodiness, lack of concentration and decreased performance.

The insomnia class, hosted by the Behavioral Health Optimization Program, educates participants on bad sleeping habits people have and some techniques to prepare the body for sleep. These include creating a bedtime routine and developing a sleep environment to associate the bed with sleep.

It is also recommended to have a light dinner and not to have alcohol, nicotine, an intense workout or anti-drowsy medication right before sleep.

"You don't have to have a sleep test just because you don't sleep well," Kuntz said. "You have to eliminate the factors in your control, then work on the ones outside of your control."

The sleep clinic treats out-of-control fac-



Electrodes attached to a patient's skin are just part of the the sleep study process in the 673d medical Group Sleep Disorder Clinic at the JBER Hospital Oct. 30. During a sleep study, many wires are attached to the patient to monitor things like brain function, heart rate, temperature and movement. (U.S. Air Force photos by Airman 1st Class Christopher R. Morales)

tors like chronic sleep disorders, sleep apnea, restless-leg syndrome, narcolepsy and more.

By conducting overnight sleep studies and daytime studies with multiple tools tracking breath, temperature, heart rate, noise, movement and brain functions, the sleep clinic can accurately identify the root of the medical problem.

Sleep is a personal responsibility, but maintaining mission readiness is everyone's concern. Everyone sleeps one-third of their lives, so make it an important part of every day – or every night to get adequate sleep.

For more information, talk to your primary care manager or call the SDC at 580-6498.



An Airman wears a continuous positive-air pressure mask in the 673d Medical Group Sleep Disorder Clinic at the JBER Hospital Oct. 30. The CPAP is the primary tool to prevent chronic sleep apnea by keeping the airway open and stop snoring.



A patient falls asleep in the 673d Medical Group Sleep Disorder Clinic Oct. 30. Overnight sleep studies start at 8:30 p.m., and patients rest in one of the four beds available for use to perform the studies.



## Are your traditions meeting your priorities?

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

I recently read that the month of November is International Drum month and Peanut Butter Lover’s month.

This article also reminded me Nov. 3 is Sandwich Day, but I was taken aback when I read Nov. 15 was National Clean out Your Refrigerator Day. It made me laugh, because this is at least a weekly event in the Musselman household.

As I thought longer about these “special” days, I got to thinking about the holidays I celebrate and the traditions that tend to accompany them.

Without a doubt, Thanksgiving is my favorite holiday. Friends and family gather to eat great, home-cooked food, to watch parades on TV, take in a football game or two, laugh [a lot] as we talk about our funniest Thanksgiving moments, and gather around the kitchen later in the afternoon for some much needed leftovers and a second dose of tryptophan.

Then, there is the traditional discussion of who gets to clean up. The answer is always: the person who didn’t cook the most.

Have you ever stopped to think about the traditions you follow? Would you get rid of any of them? Would you highlight a few of them a bit more?

Jesus challenges the tradition of one of the sects of his day. Tradition would have it the Pharisees of Jesus’ day believed they could become defiled should they touch or do anything considered impure.

For example, as commanded in scripture, one would never have seen them touch a leper on the street. Furthermore, contrary to what Jesus did in Mark 5:27-30, a Pharisee would never have attempted to help a hemor-



**We honor many different traditions such as Thanksgiving. However, do those traditions support the greatest priorities in our lives? (Courtesy photo)**

rhaging woman.

The Pharisees in their ways of spirituality and tradition of maintaining a religious life, approached Jesus and his followers wondering why they weren’t following the traditional act of washing their hands before eating. Recorded in the Gospel of Mark chapter 7 verses 1 through 23 of the Bible, I’m not at all surprised by Jesus’ response to the Pharisees, who were out to not debate the followers of Jesus as much as they wanted to challenge Jesus’ ways and his thinking.

Jesus responds to their challenge by, first, getting on their level. How does he do this? He goes to the Old Testament, the book of law with which all Pharisees were familiar.

Jesus says their commitment to their tradition – the tradition of the elders or the

oral law that was handed down through the ages – only led them to give lip service to God and not act, live and breathe as an expression of one’s heart, feelings coupled with reason.

Blaise Pascal, the 17th century mathematician, said “the heart has reason of which reason knows nothing about.”

The point Jesus begins to make with the religious leaders of his day at this point in Mark is “you’re leaning way too much on tradition and you are void of any genuine meaning, pure and selfless motive.” I would even surmise that he’s saying “by following your tradition, you can be so stuck up and focused on yourself that you never truly see the needs of others.”

Jesus responds to their challenge again

by speaking about a concept all too familiar to the Pharisees; butted up against the Fifth Commandment, to honor your father and your mother is the concept of Corban in these passages. Corban means “devoted to God.” The story is given by Jesus that folks could refrain from helping their parents in order to help themselves.

For example, a piece of property could either be given to one’s parents or could be labeled as Corban. Corban meant the property or proceeds of selling the property were to be devoted to God. However, though the Pharisees could make this claim, the reality is that the proceeds didn’t have to go towards the temple (i.e. devoted to God) or any particular use – according to tradition – but they could keep it for themselves. It was a concept based upon tradition. Their tradition superseded what the law of God stated (e.g. Honor your father and mother).

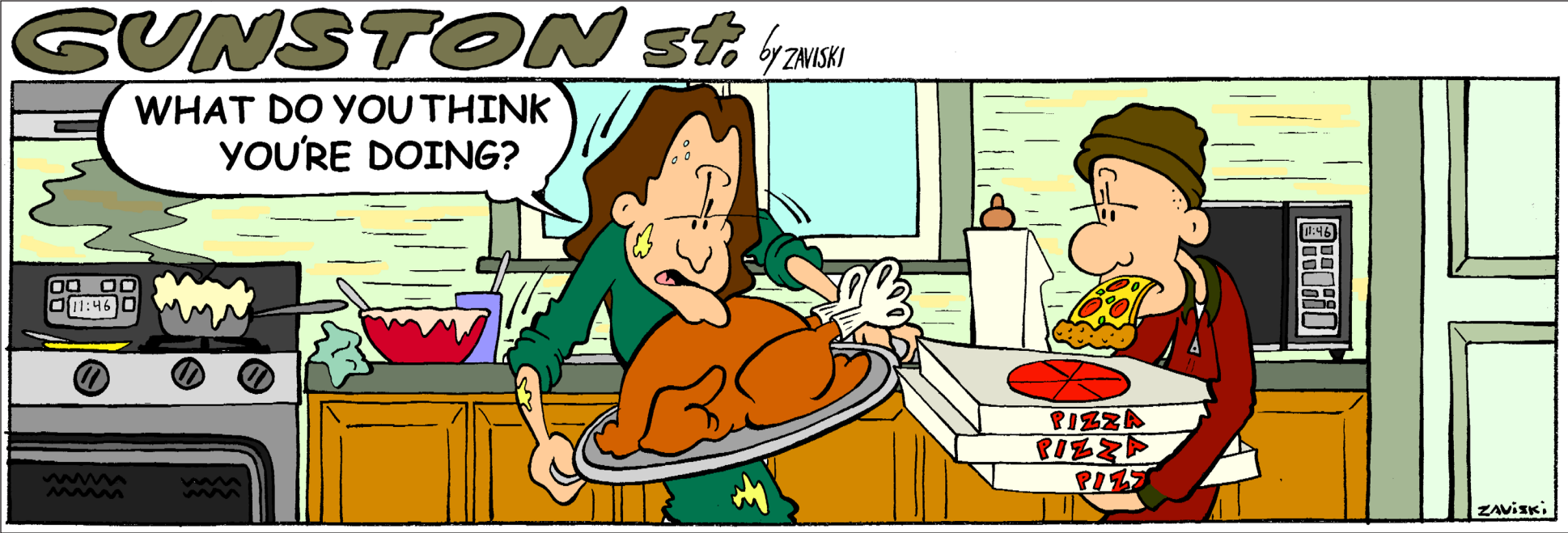
As a Christian, the case in point I see is tradition can sometimes take priority over what’s more important ... honoring God and taking care of family.

It is clear in my mind these passages speak to people who subscribe to the Christian faith, such as myself, and we should be very careful not to follow our own created traditions that may stand in the way of serving God and following him wholeheartedly.

But, what if you’re not a Christian and you believe something altogether different? Or, what if you don’t have a belief, then how might this help you?

My encouragement to you is to weigh carefully your motive and your greatest priority. Take an introspective look at the “whys” of what you do and consider; is this meeting one of your greatest priorities in life?

Placing integrity first, as a strong consideration is a great starting point.





**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**  
**Family movie night**  
Looking to get out of the house with your family? Head on over to the Kennecott Youth Center at 6 p.m. for a free family movie night.  
A current G or PG movie will be shown and refreshments available to enjoy.  
For information, call 552-2266.

**TUESDAY**  
**Cold weather safety class**  
Planning to maximize your Alaska experience with winter activities? Take time to learn critical safety skills with the cold weather safety class offered by Outdoor Adventure Program experts from 5:30 to 7:30 p.m. at the JBER-Elmendorf Outdoor Recreation Center.  
For information, call 552-4599.

**WEDNESDAY**  
**Pumpkin pudding day**  
Join your child for a delicious fall treat, pumpkin pudding, at the Child Development Centers.  
For information and times, see your child's CDC staff.

**THURSDAY**  
**Skinny Raven Turkey Trot**  
The annual Skinny Raven Turkey Trot is back and warmer than ever. There is a new a, single-loop 5K for the big turkeys and a single-loop 3K for those mini turkeys out there. Runs will start and end at the Dena ina Center downtown.  
For information, visit [skinny-raven.com/races/turkey-trot](http://skinny-raven.com/races/turkey-trot).

**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](http://anchorage-downtown.org).

**Nov. 27 THROUGH 29**  
**Nutcracker ballet**  
This holiday classic comes to life at the Alaska Center for the Performing Arts. Be swept into the

Land of Sweets and the Sugarplum Fairy at 2 p.m. or 7:30 p.m. Friday or Saturday, or at 1 p.m. or 5:30 p.m. Sunday.  
For information, visit [myalaskacenter.com](http://myalaskacenter.com).

**DEC. 3**  
**JBER Holiday Tree lighting**  
JBER's annual tree-lighting kicks off at 5 p.m. at the Joint Military Mall. Music, cookies and hot chocolate are followed by time to meet and take photos with Santa and his reindeer.  
For information, call 552-5762.

**THROUGH DEC. 27**  
**Life: A Cosmic Story**  
How did life on Earth begin? Find out on this journey through time at Anchorage Museum's planetarium, Saturdays and Sundays at 3 p.m. Witness key events since the Big Bang that set the stage for life. See the first stars ignite, galaxies coalesce and entire worlds take shape.  
For information, visit [anchorage-museum.org](http://anchorage-museum.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](http://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](http://alaska-zoo.org).

**NAF jobs**  
Looking for a fun job? Check out [nafjobs.org](http://nafjobs.org) for fun and exciting

positions within the JBER Force Support Squadron. FSS is an equal opportunity employer.

**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](mailto: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](http://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](mailto: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.

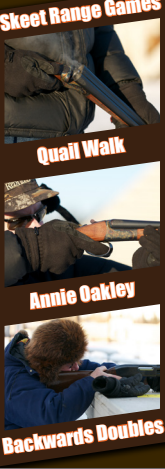
## 673d FORCE SUPPORT SQUADRON

Bldg. 45-100 • 384.1480

**SKEET, TRAP & ARCHERY Range**  
**Turkey Shoot**

**November 21**  
**12 - 4 p.m.**

**Come & participate in a number of traditional Skeet Range games to include Quail Walk, Annie Oakley Shoot Off, Backwards Doubles & more! Winner of each event receives a Thanksgiving Turkey!**



**5th Annual**

**Moose On Parade**

**Register today!**

Stop by the front counter for more details.  
\$10 registration fee includes all rules, directions, and one pattern for the famous JBER moose!  
Enter to win an FSS Gift Card!

The judging will be done at the Arctic Oasis Community Center during Breakfast with Santa. Your decorated moose must be brought to the Arctic Oasis during normal business hours between December 7 - 11. Judging will be done by those who attend the event. Winners will be contacted on December 18. We will also display a compilation of pictures with the winners on the Arctic Oasis Facebook Page.



Bldg. 9497 • 552.8529



**FREE Bowling at the Polar Bowl**  
**November 21 • 3 p.m.**  
**Meet at the Warrior Zone.**  
**14 slots available/**  
**For single service members & Geo-bachelors.**  
**Bldg. 655, 384.9023**



**MADDEN TOURNAMENT**  
**NOVEMBER 26 • 2 P.M.**  
**HELD AT THE WARRIOR ZONE**  
*Must have a minimum of 6 players to play for prizes.*

**Bldg. 655 | 384.9006**  
**CALL OR VISIT THE WARRIOR ZONE TO SIGN UP!**

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

## NAFJOBS

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• Life INS  
• 401(K)  
• Retirement



[www.nafjobs.org](http://www.nafjobs.org)

**Buckner Fitness Center Pool will be**

**Closed**  
**for the entire month of November**  
**due to annual maintenance.**  
**For more information, call 384.1302.**



**Stop by and see us!**  
[www.facebook.com/JBERLife](http://www.facebook.com/JBERLife)  
[www.jberlife.com](http://www.jberlife.com)



## FSS/MWR events & activities





The search for a federal job and creation of a solid resume can easily be attained with a little preparation and training. (U.S. Air Force photo illustration by Justin Connahey)

# Sharpening your resume with purpose, relevance

By Jenny Gordon  
Robins Air Force Base  
Public Affairs

ROBINS AIR FORCE BASE — Writing a resume for federal employment consideration doesn’t have to be daunting.

In fact, it’s about providing an applicant’s best qualities when it comes to showcasing workplace responsibilities, education and career accomplishments.

Keeping a current resume has a purpose and several benefits, from being able to respond and apply for an immediate job posting, to staying abreast of job duties and highlighting ongoing significant activities.

“A resume is relevant information to give an employer an understanding of your duties and experience gained over a number of years,” said Angelia Solomon, the staffing section chief for the Air

Force Personnel Center’s operating location at Robins Air Force Base.

“It’s very important that an applicant be clear and precise with information provided on a resume.”

When writing a resume, there are several key pieces of information that should be included when describing work experience and education. There’s not a particular desired layout.

Personal information should detail your full name, mailing address and day and evening telephone numbers with area codes.

Social security numbers aren’t required, however when completing your total application package, an occupational questionnaire will ask for it, however, it’s used for verification purposes only.

On work experience, detailed information should include an employer’s name and address, employment dates (from month and year to month and year, or month

and year to present) and job title.

This area should include thorough descriptions of all paid and nonpaid positions related to the job for which an applicant is applying as well as descriptions of all duties performed. Copies of job descriptions should not be included.

Other information to include: salary, number of hours worked per week, supervisor’s name and phone number, series and pay plan or grade if for a federal position and other accomplishments and related skills.

Education information should include the school or program name and address, type of degree or level attained, completion date with month and year, major field of study, total credits earned in semester or quarter hours, honors, relevant coursework, licensures and certifications.

Copies of transcripts will be requested as needed.

Other information: job-related training courses with title and year; job-related skills such as languages, computer software and hardware known, tools, machinery, typing speed, etc.; job-related certificates and licenses; and job honors, awards and special accomplishments, to include publications, professional memberships, leadership activities and performance awards.

If applicable, include other languages known, and volunteer experience. References are optional.

Unlike in the private sector, when writing a resume for a federal job, there’s no limit to the number of pages you can include. There’s also no limit when including work experience.

“There’s no one resume,” Solomon said. “People may think there’s one generic resume when there’s not. Each job is different with specialized duties, so you may

have to alter your resume just to include what’s needed.”

All federal positions are posted on *usajobs.gov*, the federal government’s official, web-based job board. You can store up to five resumes and 10 candidate documents on the site so they’re ready to submit. It’s free and available to everyone. There’s also a helpful resume builder to take you through each step of the process.

One benefit to adding a current resume to the site is that recruiters can use it to help determine if there are qualified candidates for a job.

Always double check if a resume has been attached to specific job packages.

Also, keep it simple and easy to read, and focus on delivering the most current, best representation of yourself to prospective employers.

For more information about Air Force personnel programs go to the *myPers* website.



# JFAP Conference gives JBER community a voice

By Airman Valerie Monroy  
JBER Public Affairs

For 32 years, the Army has provided people the opportunity to raise installation-wide issues to higher command. With joint basing, the program has been grandfathered to become what is now the Joint Family Action Plan.

Five years later, the program continues to help bring issues to light with its annual conference at the Joint Base Elmendorf-Richardson Community Education Complex, Oct. 28 and 29.

JFAP is a connection linking the community to the command and a place where voices can be heard.

“It provides the JBER community with a direct line to leadership,” said Lisa Williams, 673d Force Support Squadron work/life specialist.

“It gives command ideas of what’s going on in the community and issues we need to fix to make our community better.”

Forty delegates were chosen to work on the issues presented. The delegates were chosen from a variety of demographics – including active-duty military, National Guard, retirees, civilians and spouses.

During the first day, the del-

egates divided into smaller groups to discuss their issues.

“We had a total of 27 issues that were submitted this year for the conference, and those 27 issues were divided up into the three work groups,” Williams said.

Each work group then looked at all the issues and prioritized them in order to choose which issues would be briefed to the command.

“The second day, we have an out brief to the command,” Williams said.

Command will look at all 27 issues, but were only presented the top two issues from each group during the brief, Williams said.

As an example, one issue brought up was the hours of operation of the Arctic Valley Gate.

They provided several examples;

The hours are not conducive to the needs of the commuters, due to insufficient manning and funding, gate hours have been reduced over the past four years.

The exit-only nature of this gate contributed to its low-priority placement.

The current hours of operation – 4 to 7 p.m., Monday to Friday – and lack of morning commute hours led to higher traffic flow through residential areas and two separate school zones.



**Lt. Col. Kathy Merritt, 673d Mission Support Group, listens to delegates during the Fifth Annual Joint Family Action Plan Conference at the JBER Community Education Complex, Oct. 29. The JFAP conference is a tool to bring up issues and provide a better quality of life for JBER residents. (U.S. Air Force photos by Airman Valerie Monroy)**

The likelihood of accidents and safety issues and violations affecting school kids and residents may increase due to this issue.

Delegates recommended the following solutions;

Increase hours during peak times to 6 to 9 a.m. and 2 to 6 p.m.

Require a sign at gate to accurately reflect hours of operation.

Review the current Security Forces augmentation program and its utilization here at JBER.

Though command is able to listen to these issues and work on them throughout the year, there are some issues which they might not be able to fully fix themselves.

For instance, an issue with healthcare continuity for Tri-care beneficiaries requires more work than what JBER’s command can do.

Delegates within the JFAP conference said that, when transferring duty stations, Tricare beneficiaries have to re-establish healthcare treatment plans.

However the requirement to establish a new primary care manager before continuing previously prescribed treatment plans delays access to service providers and creates lapses in care.

“We can’t fix everything here but the command can obligate it to be looked at by higher command,” Williams said. “I encourage people to participate because their voices are heard by command.

“This command takes all these issues seriously and we can only make our community better and safer if we know the issues.”

Williams said it all starts when one person speaks up and raises attention to the issue at a grassroots level conference.

“Whether it be a simple issue with the paint color in housing or a more complex issue that requires a service-level answer, we’re able to advocate on behalf of those issues to bring closure,” said Col. Franklin Howard, 673d Mission Support Group commander.

“Hopefully we’ll be able to satisfy everyone’s concerns.”

Howard said command takes every situation very seriously.

During closing remarks, Col. Brian Bruckbauer, 673d Air Base Wing and JBER commander, said he appreciated the work of each individual who participated and raised important concerns for command to work on.

“There will be a feedback mechanism, so you all know what we did,” Bruckbauer said.

“You all put a lot of time into this and I want to make sure you get an answer back.”

Those who missed this year’s conference can still raise issues throughout the year by submitting them to the work/life specialist at 384-1513.

“I take issues year round and already have two issues for next year’s conference,” Williams said. “Nothing is too big or too small.”



**Col. Brian Bruckbauer, 673d Air Base Wing and Joint Base Elmendorf-Richardson commander, right, Lt. Col. Christopher Busque, 673d Force Support Squadron commander, center, and Chief Master Sgt. George Richey, 673d Logistics Readiness Group superintendent, listen to delegates during the Fifth Annual Joint Family Action Plan Conference at the JBER Community Education Complex, Oct. 29. The conference gives command ideas of what’s going on in the community and what quality of life issues need to be fixed to make the community better.**



# Disabled vets bake to work through PTSD

By Shannon Collins  
Defense Media Activity

WASHINGTON, D.C. — Smiles and the smells of freshly baked bread, cakes and cookies greet visitors of Dog Tag Bakery here, a place where disabled veterans can learn more than just baking.

Disabled veterans, their spouses and caregivers can participate in a work-study fellowship that will help them as they transition from the military to the civilian workforce, said Kyle Burns, senior program director for the fellowship program at Dog Tag Bakery.

### The program

Burns said the program has three prongs: The first is education, where they partner with Georgetown University to deliver a certificate in business administration through the university’s School of Continuing Studies.

The second prong is rotations through the different business roles at the bakery, such as management, human resources, marketing, public relations, product development and customer service.

The third prong is developing transition skills such as resume preparation, interview skills, group dynamics, resolving conflict in the workplace and networking.

“Throughout the course, we put what they learned from the classroom into the hands-on experience here in the bakery,” she said.

The bakery opened last year, and its second set of students began their five-month course in June and graduate next week. Most of the students have post-traumatic stress disorder or traumatic brain injuries.

“It’s incredible to see the transition for all of them,” Burns said. “They start anxious and excited, and then they go through this journey. It’s challenging, and it’s interesting and exciting.

“It’s just amazing to watch as they blossom and grow and begin to see how valuable the skill sets are and how needed they are in the civilian world – and they begin to see their place in it.”

### Helping veterans plan for the future

For Josh Tredinnick, a medically retired Army sergeant, the Dog Tag Bakery fellowship gave him a new future.

Tredinnick was injured in 2009 in Afghanistan when he was struck by an improvised explosive device. He had hip and back surgery and has a TBI and PTSD. He said his work in a veteran support office was fulfilling, but baking has always been beneficial for him.

“Baking has been very therapeutic as far as just getting me involved in a healthy activity,” he said.

“What I’ve enjoyed most about it that you can take this set of ingredients, you can follow these steps, and you’re more than likely to come out with this final product every single time.

“You take these small steps and do it



**Josh Tredinnick, a medically retired Army sergeant and fellow at the Dog Tag Bakery, is training to become a baker through a work-study program conducted by Georgetown University’s School of Continuing Studies in Washington, D.C., Oct. 19. (Department of Defense photos by Marvin Lynchard)**

correctly, you put everything you’ve got into it, and you’ll come out with a better product on the other end,” Tredinnick added. He said his favorite part of baking is the variety of breads that can be made from the same basic set of ingredients.

He said his wife, Erica, has enjoyed his work at the bakery, especially when he brings home some of the French baguettes he bakes.

“She’s been very supportive,” he said. “She’s excited for what happens next.”

### Taking advantage of an opportunity

Burns said Tredinnick is making the most of his fellowship.

“Josh is really dedicated to the program and what he can take from it, taking advantage of all kinds of opportunities and making this an experience that will benefit him in his future,” she said.

Tredinnick said he hopes to open his own bakery and already has a job lined up at another bakery when he graduates next week.

He and Burns recommend that disabled veterans and their spouses and caregivers consider applying to programs like this one.

“It’s okay to take help, and it’s okay to know that the next steps are probably going to be a little difficult. But take advantage of the opportunities that are out there, es-

pecially when you can find good programs like this. It will really be beneficial,” Tredinnick said.

The professors provide handouts, resources online and a book to reinforce the material for those with PTSD and TBI issues, he added.

“There are two fellowship programs each year,” Burns said. We are always looking for wounded warriors, sponsors and caregivers to be a part of those classes.”

The application is available on the Dog Tag Bakery’s website, she said, noting that they are recruiting right now for the January class. “We encourage anybody who thinks this might be a great program for them to please apply,” Burns said.

She also encourages anybody who would just like to visit the Dog Tag Bakery to just stop by.

“We’re open Tuesday through Sunday in Georgetown, off M Street and Wisconsin, toward the river. We have free Wi-Fi. Come down and get a great cup of coffee and great pastry or a sandwich,” Burns said.

“You can also get a dog tag made on one of the original dog tag presses and take one home as a keepsake, and we’ll hang the other up on the dog tag chandelier to honor a fallen service member. Proceeds go toward the fellowship.”



**Army veteran Josh Tredinnick bakes in the Dog Tag Bakery, Washington, D.C., Oct. 19. The Dog Tag Bakery is operated by the administration and faculty of Georgetown University’s School of Continuing Studies and helps rehabilitate disabled veterans by training them in the art of baking.**