

DEPUTY DRAGOON



Canadian officer in deputy position at USARAK

By David Bedard
JBER Public Affairs

D-Day. The English Channel. M4 Sherman tanks of Canada's 1st Hussars Tank Regiment – enshrouded in inflatable flotation screens and motivated by duplex-drive propellers – sputtered toward the Juno Beach shoreline, fighting the pitching channel waters as much as they would soon grapple with the Nazis.

Close enough to the shore to deflate their screens, 1st Hussars crews hastily transformed their tanks in an effort to get their 75-mm guns in action. Still track-deep in the water, the tanks blasted away at Nazi bunkers, machine gun nests and anti-tank guns. Once they were satisfied they had achieved fire superiority, the Canadian Shermans marauded up and down the shoreline destroying any crew-served enemy emplacements they could find.

Operating American-made tanks and fighting in the massive Allied invasion of France, the Hussars' effort was one in a long line of cooperation between the Canadian Armed Forces and the United States military.

Indicative of this longstanding partnership is the recent assignment of Canadian Army Col. Martin Frank to U.S. Army Alaska as deputy commander-operations, the second-highest ranking position in the two-star headquarters.

Assignment Alaska

Previously, the second-in-command of USARAK was the deputy commander stationed at Fort Wainwright. With Frank's assignment, the Fort Wainwright position – currently held by Col. Shawn Reed – transitioned to deputy commander-sustainment.

Responsible for operations, Frank said he felt his previous command of the Canadian Manoeuver Training Center prepared him well for his new billet.

"Because I was involved in the training of brigade-size units coming through our training center, I think it made me a really good fit for being the deputy commander-operations who is responsible for the readiness and training of the USARAK force," Frank said. "It was a really good fit."

Weeks after his arrival, Frank found himself knee deep in USARAK operations. He issued division-level orders to 4th Brigade Combat Team (Airborne), 25th Infantry Division for exercise Spartan Fusion, and was exercise director for the brigade's command post computer-aided force-on-force exercise.

"The one thing I really did highlight with everybody was I was the only new addition to the headquarters," Frank explained. "I didn't arrive here at USARAK with an army of staff officers that could work on



Canadian Army Col. Martin Frank, then a lieutenant colonel commanding the Royal Canadian Dragoons, escorts Prince Charles, Prince of Wales, and Charles' wife, Camilla, Duchess of Cornwall, during the prince's Nov. 11, 2009 visit to the regiment at Canadian Forces Base Petawawa. Prince Charles is the dragoons' colonel-in-chief. (Canadian Army courtesy photo)
TOP: Canadian Army Col. M.A. Frank, U.S. Army Alaska, Deputy Commander-Operations, poses for a photo in his office on Joint Base Elmendorf-Richardson Nov. 25. (U.S. Air Force photo/Justin Connaehr)

projects I thought were really important.

"So I was very conscious of the fact that all the great work that needs to be done to enable training was being done before I got here," he continued. "I was coming into a position no one had occupied before, so I was able to define my own space and role within the headquarters."

Though responsible for operations, Frank said there is a distinct delineation between what he does and what the G-3 operations officer does. Likewise, there is a delineation between what Reed does and what the G-4 logistics officer does.

"It is very clear to me that there is one commanding general, and [Maj.] Gen. [Bryan] Owens is the commander," Frank elaborated. "But, with me on the operations side and Colonel Reed on the sustainment side, we're another tool in his toolbox to be able to address operations, training, readiness and sustainment as well as logistics and infrastructure issues."

Among the Yanks

Wearing the Canadian Disruptive Pattern Uniform – somewhat similar to the green U.S. Marine Corps digital Marine Pattern uniform – Frank stands out on Alaska's military installations. Despite wearing a colonel rank comprising two ornate stars

and a Saint Edward's crown, Frank said U.S. Soldiers still know to salute him. Perhaps word has trickled to the Soldiers to keep an eye out for the Canadian tank officer, or perhaps they are simply following the age-old rule: when in doubt, salute.

Belonging to an Army that traces many of its traditions back to the British Army, Frank nonetheless said there is little to discern between the Canadian and U.S. armies.

"I don't think there's a lot of difference quite honestly," the colonel said. "I think we're both focused on the readiness of our troops and making sure they're trained to the best of their capabilities. We take the resources that are available, the constraints that are placed on us, and we come up with the best possible solutions to make sure our soldiers are ready to go where they're needed."

With the Canadian Army scheduled to send a Light-Armored Vehicle III platoon to the upcoming USARAK exercise, Arctic Anvil, Frank said it is critical U.S. and Canadian soldiers learn to work together through training exercises.

"We worked shoulder to shoulder in Afghanistan," he said. "Canada no longer has a role in Afghanistan, but we know for sure

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Airmen create works of art with metals technology

By Airman 1st Class
Kyle Johnson
JBER Public Affairs

Off Japan's east coast, The Continental Plate and the Pacific Ocean Plate meet to form the Japan Trench.

On March 11, 2011, the downward pressure from the Continental Plate on the Pacific plate suddenly released, causing it to surge more than 200 feet upward, triggering a magnitude 8.9 earthquake – named the fourth-largest earthquake in modern history.

The temblor and its subsequent tsunami killed more than 15,000 people and displaced more than 200,000 more. Amid the devastation, it also started the ticking of a time-bomb 130 miles north of Yokota Air Base, Japan.

A nuclear power plant began to melt down.

"If they don't have cool water consistently pumping through the plant, it overheats. When the tsunami came, it wiped out their backup generators," said U.S. Air Force Staff Sgt. Jeremy Hamblin, 3rd Maintenance Squadron aircraft metals technology craftsman. "At that point they were unable to keep the plant cool, and with widespread power outages, they didn't have a good way to tell people what was going on, either."

In less than a week, the Royal Australian Air Force showed up with new water pumps, courtesy of the U.S. government, for immediate use in cooling down the reactor. However, the Japanese hoses did not fit the new water pumps, and they could not be used. The reactor continued to heat up.

Hamblin, then an Airman first class at his first duty station, was one of eight metals technology Airmen who immediately began 12-hour shifts.

Their task was not simple: draw, design, and create adapters so the Japanese hoses could securely connect to the U.S. water pumps – and do it quickly enough for them to be implemented before a nuclear meltdown.

Two days later, the parts were delivered, and a catastrophe was averted.

While this is by no means an average day for metals technology Airmen, it is what they're trained to do.

"We're here to support the aircraft and all the support equipment for the aircraft. We do everything from welding, to machining, to sometimes prototyping and manufacturing," Hamblin said. "The majority of our work is split between aircraft and support equipment."

Often, their work takes them out on the flightline to measure damage to aircraft. Even the most minute of damages, like a shallow scratch may render a piece of equipment non-mission-capable.

Aircraft metals technology Airmen are like the happy union between graphic designers and blacksmiths wrapped into one Air Force package, but before they draw, or put a piece of metal in their 2,900-degree furnace, they measure.

"The tools we use are hand tools like micrometers, dial calipers, and pick calipers – which have a point on them so fine you can measure the depth of a scratch. Some of the calipers we have can measure a 30th of a hair's thickness," Hamblin said. "So if you took a human hair, cut that into three pieces and cut each of those into 10 pieces, we can measure the thickness of that. It's really precise. We go out there and give them an exact measurement on the size of the damage so the engineers can go back, evaluate it, and decide if that's something that is repairable or if it's something that's going to have to be replaced."

Some parts may allow zero damage, but some parts may allow what we would consider quite a bit of damage," Hamblin said. "The standard is different for every part."

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USARAK team, including JBER Airman, travel to Fort Bragg, N.C., for combatives tournament

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ABOVE: Paratroopers with the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, prepare to board a CH-47 Chinook at Forward Operating Base Sparta on Joint Base Elmendorf-Richardson Dec. 3. (U.S. Army photos/Staff Sgt. Brian Ragin)
TOP RIGHT: A Soldier watches his comrades descend during an airborne operation Dec. 3 on JBER.
LEFT: Army Staff Sgt. Charles Knight, a squad leader with 3rd Battalion (Airborne), 509th Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, gives the command for personnel to stand up during an airborne operation over Malemute Drop Zone on Joint Base Elmendorf-Richardson Dec. 3. U.S. Army Alaska troops train – including airborne operations – year-round to maintain their combat readiness.

Thwart crooks by using social media with caution this holiday season

By Mary Markos
USACIDC Public Affairs

WASHINGTON — As Soldiers and families prepare for the holidays, the U.S. Army Criminal Investigation Command warns that posting travel plans on social media sites makes your home vulnerable to burglary.

While Soldiers should always be vigilant in their postings to avoid releasing sensitive information, revealing personal holiday travel information puts Soldiers, families and homes at risk.

“Social media is a powerful and frequently used tool for Airmen, Soldiers, their families, and friends to stay connected, especially during the holiday season,” said Daniel Andrews, director of the CID’s Computer Crime Investigative Unit. “Unfortunately, criminals use the same social media sites to conduct surveillance and identify

potential targets.”

In fact, Andrews said, posting vacation plans is like announcing your residence will be unoccupied for an extended period.

“We recommend personnel avoid publicizing the details of holiday plans and travel arrangements, whether upcoming or in progress,” Andrews said. “Wait until the vacation is over to comment on it and share photos, but still be cautious about what information you make publicly available.”

Personnel are also advised to take basic security measures before leaving.

The FBI’s “2014 Crime in the United States” reported an estimated 1,729,806 burglaries in the United States with burglaries of residential properties accounting for 73.2 percent.

The average dollar loss for each burglary incident was \$2,251.

Basic security measures, such

as locking all doors and windows, not leaving spare keys outside, using variable light timers, keeping valuables out of sight, and having a friend retrieve the mail and newspapers are the first line of defense.

The use of a home security or video system is a further deterrent to crime.

“Criminals are always on the lookout for opportunities to exploit. Whether driving through neighborhood streets or surfing social media sites, the criminal’s goal is to identify ‘soft targets’ that are lucrative and present the least chance of being caught,” Andrews said. “This underscores the very real connection between the physical and virtual worlds.”

Officials encourage personnel to take the following steps to reduce their risk of being targeted by crooks:

- Update your privacy setting

on social media sites before leaving for vacation.

- Do not “check in” to airports or your holiday destination on social media sites. Some sites use the GPS built into a phone to allow users to “check in” to businesses and locations.

This tells would-be burglars the home is likely to be vacant until the user announces their arrival at the airport for their return flight.

- Do not post in “real-time.” Posting information about your location while you are there is equivalent to telling a would-be burglar that you are not home. To minimize the risk of burglary, post information after you return home.

- Remove GPS data from pictures. GPS data, to include location coordinates, is automatically attached to photos taken from both smart phones and many digital cameras. When posted in real-time,

the GPS coordinates gives a would-be burglar your exact location, which makes your home vulnerable if you are not there.

- Do not geotag posts or tweets. Much like the Facebook “check in” feature, geotagging or adding your exact GPS coordinates to a Tweet or post tells would-be burglars exactly how close you are to your home.

- Monitor what family members post. A would-be burglar only needs one member of the family to announce they are leaving or have left for vacation to know the house might be empty.

Speak to everyone, especially teens, about what they choose to post online.

Personnel and family members should also review CID’s Computer Crime Investigative Unit’s crime prevention and online safety flyers at its website for more ways to avoid being victimized.

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that we will be going somewhere else again, and we will be working with our partners in dangerous areas in combat.

“We need to maintain those relationships and build those relationships during peacetime here, now, so we can hit the ground running when we go down range.”

Growing up Army

Frank’s father was a soldier in the Royal Canadian Engineers. He and his family trundled around from base to base in Canada, exposing the younger Frank to a life of adventure, deployments and explosions.

“I saw a lot of what it was like to be in the Army,” Frank said. “So I always felt a life in uniform was for me.”

After attending college for a few years, Frank enlisted in the Canadian Army and pursued the Army Officer Cadet Training

Plan, ultimately attending armor officer phase training and earning an Army commission.

His early career would see a variety of command assignments with Leopard 1 tank units and include two tours to Bosnia with the NATO-led Stabilization Force.

Eventually, he would rise to the prestigious command of the Royal Canadian Dragoons, a reconnaissance regiment equipped with Coyote Reconnaissance Vehicles – similar to the LAV and the U.S. Army’s Stryker Reconnaissance Vehicle.

Upon taking command of the regiment, regimental Colonel-in-Chief Prince Charles sent a congratulatory letter to Frank, requesting occasional correspondence in return detailing the status of the unit.

Frank twice deployed to Afghanistan, most recently as deputy commander for the Canadian Operational Mentoring and Liaison Team in Kandahar in 2010, when he mentored the commander of 1st Brigade, 205th Corps, Afghan National Army.

“Having an opportunity to look at the Afghanistan situation from a different perspective was really unique,” Frank said.

Arctic warrior

By the time Frank was able to unpack his Harley-Davidson Electra Glide Ultra Classic touring bike, it was too late. An early September snowfall at Joint Base Elmendorf-Richardson had closed the base to motorcycling.

Perhaps it was an ignominious introduction to Alaska, but the colonel took it in stride.

Frank said he looks forward to the opportunity to fish for salmon, hunt big game, and rent an RV with his wife, Margo, heading north to explore the vast state.

The Canadian officer recently attended the Cold Weather Orientation Course at the Black Rapid Training Site with USARAK leadership.

He said he was impressed with U.S. Army equipment, specifically American

snowshoes and the seven-layered Generation III Extended Cold Weather Clothing System.

“I want to learn as much as I can about soldiering in Alaska, so I can professionally improve as an officer, broadening my understanding of – not just the way the U.S. Army conducts operations – but also [with the U.S. Air Force] on the Elmendorf side.”

Frank said his goals for his time as the deputy commander-operations are simple.

“I’m hoping I have a positive impact on the way USARAK Soldiers are trained and the way USARAK Soldiers maintain readiness,” he said. “I’m hoping I will be able to assist General Owens in the execution of his wide range of duties and responsibilities.”

Though he answers to the general, Frank said he also serves small-unit leaders.

“I’m here to work for companies,” the colonel said. “I’m here to work for company commanders and company first sergeants to ensure they have what they need to train their Soldiers.”

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From METALS • A1

Often, if it is determined that a part is in need of replacement, and the part cannot be ordered in a timely manner, people turn to metals technology for help. This creates some unique opportunities: like creating adapters for coolant hoses to avert a nuclear meltdown.

More recently, Hamblin had a similar opportunity; he’s now machining the first-ever Air Force manufactured F-22 Raptor Infrared Countermeasures bucket bracket.

“The IRCM bucket bracket holds the dispensers that go on the side of the aircraft. Whenever there’s a threat, it can dispense countermeasures through those brackets,” said Steven Mate, 3rd Maintenance Squadron, Aircraft Metals Technology foreman. “The original bracket in the airplane was damaged and it had to be replaced. Currently, the aircraft is only partly mission-capable with the damaged bracket in it, meaning they can’t put any of the electronic countermeasures in on that side.”

The IRCM, like many F-22, parts has been designed to be as thin as possible to save weight, Mate said. Because of this, there’s not much room for damage before a part needs to be replaced entirely.

”Being an F-22 part, it wouldn’t typically be made in an Air Force shop. It would be handled by the factory,” Hamblin said. “We aren’t typically allowed to make aircraft parts of this caliber, specifically on this aircraft.”

“Lockheed was going to make the new part, but the soonest they could get it to us was the latter part of February 2016,” Mate said. “So we started doing some research to see if we were going to be able to make it. After evaluating the drawings, we stated we could make it.”

So Hamblin and his co-workers set to work measuring the model Lockheed Martin sent in with their portable coordinate measuring machine – which looks roughly like a high-tech hot-glue gun attached to a jointed carbon fiber arm and a red circle at the tip of the nozzle.

“Basically you’re measuring coordinates in a 3-D space,” Hamblin said as a 3-D printer hummed away on a different project behind him. “That machine can tell you exactly where every point on a specific thing is in that 3-D space.”

The arm uses software and materials so complex, it costs upwards of \$120,000, Hamblin said.

“We reverse-engineered it by measuring it with the Romer arm and feeding the measurements back into the computer with the blueprints,” Mate said.

Once they had the measurements, the metals technology Airmen assumed the role of graphic designer and drew the part in their custom-built computer from scratch, using \$15,000 3-D modeling software.

“The drawing part is the easy part. That’s the part everyone picks up on,” Hamblin said. “It’s the same as using paint. When you’re telling it how to cut that box, that’s when it gets really complicated.”

They draw the part by using a series of lines separated and organized in such a way that it looks like a 3-D blueprint. The program sees the lines as toolpaths, which are best described as digital “roads” it creates for the computer numerically controlled machine to follow with its tool bit.

“It converts the inputs into what’s called G-Code,” Hamblin said. “Then reads that to give the machine coordinates on where



ABOVE: Air Force Staff Sgt. Jeremy Hamblin, 3rd Maintenance Squadron, Aircraft Metals Technology Flight craftsman, measures inconsistencies on a plastic mold in the Aircraft Metals Technology building November 24. After measuring the discrepancies, Hamblin can plug the data into the system to ensure they are not replicated on the aluminum billet. (U.S. Air Force photos/Airman 1st Class Kyle Johnson)

LEFT: Hamblin machines a part in a closed environment.

to move, how to move, what speed to move and we can cut pretty much any shape we want out of a piece of metal.”

The program may be giving the machine those details, but someone has to tell the program what to translate, Hamblin does that, right down to the thousandths of an inch.

“This program is where the real parameters are. You’re telling it how much material to cut per rotation, so say I only want to cut .001 inches per rotation, so every tooth on that cutter is going to cut one thousandth’s thickness, I’m telling it how fast to spin the spindle, because that changes with the material, I’m telling it how fast to go in, how fast to come out, how fast to move across the machine, and what angle to do each of those at.”

The Airman has to know the kind of

metal they are working with too, and not just whether it’s aluminum or steel, but what grade of aluminum or steel, because different qualities can take different levels of heat, which affects how fast the machine can carve the part out of the block of metal it’s working with. That includes when to wash the block with coolant and how often, Hamblin said.

“This [program] is another tool, that’s all it is.”

Each of those details can affect another detail, so they compound together and create a complex web of commands the Airman is directly giving the machine.

Once those commands are laid out, they can run a simulation of the project and determine if the part meets their precise requirements. This is vital because a mistake

by even one thousandth of an inch could cost the Air Force thousands of dollars in special alloys the jets need, Hamblin said.

At the end of the day, a metals technology Airman uses 3-D modeling programs like a graphics designer to sculpt precise parts out of a block of material much like an artist would out of marble. That’s when they’re not heat-treating metals like a blacksmith with a furnace so they can harden or soften them.

“What I love the most about my job is when somebody comes to us, we’re the last thing there is. If we can’t fix it, it’s done, it’s broke,” Hamblin said. “You’re going to have to get a new one.”

Last resort indeed – when the Earth itself shakes, a few Airmen from the Aircraft Metals Technology Flight can help.

Stop the world and melt ... the frost off the plane

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

If driving in snow is a hassle, imagine flying. Instead of every turn being a skidding accident waiting to happen, blocky wings couldn’t get the right lift and flying straight would be an impossible task.

While the roads and parking lots on base have snow plows clearing the way, global ground-support aircraft deicers clear aircraft for the skies.

“Snow and ice can accumulate on the wings and severely affect aircraft performance and our ability to accomplish the mission,” said Air Force Capt. Michael Hayes, 525th Fighter Squadron ‘Bulldogs’ standardization and evaluation officer. “Deicing allows aircraft to continue to operate despite the harsh Alaska winters.”

Aircraft aerodynamics are paramount to proper flight, and heavy layers of snow, ice and frost can weigh the aircraft down, freeze the flaps’ movement and disrupt the airflow providing lift.

The combined efforts of contracted truck drivers and deicer-qualified Airmen with deicing and anti-icing capabilities prevent those problems and more.

“Deicing basically removes all the snow, ice, frost – everything from the aircraft,” said Air Force Staff Sgt. Paul Lampe Jr., 3rd Maintenance Squadron aircraft deicing non-commissioned officer in charge. “The anti-ice [solution] is used right before takeoff so, as it is taxiing down the runway, it doesn’t refreeze before it gets off the ground.”



Air Force Staff Sgt. Tyler Derr, 732nd Air Mobility Squadron avionics specialist, deices a KC-135 Stratotanker from Fairchild Air Force Base on the flight line at Joint Base Elmendorf-Richardson Dec. 3. There is always a person in the truck, one in the deicer and one on the ground to make sure the aircraft is deiced all around. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)

There are two types of deicing machines available on Joint Base Elmendorf-Richardson to fit the need of any size aircraft.

The standard GL-1800 deicer works on regular aircraft.

For taller planes, crews use the extended-reach deicer, which can cope with aircraft like the C-17 Globemaster III, Lampe said.

“Basically, we deice anything that comes en route as far as C-5

[Galaxy], C-135 [Stratolifter], and C-17,” Lampe said. “We [also] do transport aircraft like C-12 [Huron] and C-40 [Clipper] to C-130 [Hercules].”

Deicing an aircraft takes place right before it flies, for maximum efficiency. To plan a deicing, the flightline schedule is passed down to the deicing NCOIC, who then plans accordingly.

“Depending on the aircraft and

weather, usually [deicing is] real quick, from 30 minutes to a couple of hours,” Lampe said.

Weather is a primary factor when deicing. If it snows four inches overnight, or slush freezes into a thick layer of ice on an aircraft, there is work to be done.

The time it takes to finish the job depends of the size of the aircraft and the current weather, such as if it’s still snowing.

The deicing program runs from October to April or whenever the snow falls.

There are many jobs that only grow more difficult in the cold, but some jobs are only available during the winter.

The deicers, whether behind the desk, driving the truck, or operating the deicing machines, are one of the many definitions of an Arctic warrior on JBER.

Joint Commission names JBER hospital top performer in 2 areas

By Airman 1st Class Kyle Johnson
JBER Public Affairs

In late November, the Joint Commission officially recognized the 673d Medical Group with its “Gold Seal of Approval” as a top performer amongst more than 3,000 U.S. hospitals in the Surgical Care and Venous Thromboembolism categories.

“This recognition by the Joint Commission is for the efforts of the entire 673d Medical Group team in providing safe, quality healthcare at Joint Base Elmendorf-Richardson,” said Air Force Col. Teresa Bisnett, commander of the 673d Medical Group.

Only 31 percent of hospitals that submitted data were recognized as top performers.

Only one other Alaska location was recognized as a top performer in the venous thromboembolism category.

VTE is a condition that can develop during surgery, in which a blood clot breaks loose and travels through the bloodstream, potentially to deadly locations.

As a top performer in the VTE and surgical care categories, the 673d MDG has proven to be one of the nation’s best hospi-



Surgical technicians with the 673d Medical Support Squadron work in an operating room of the JBER hospital. (U.S. Air Force Photo/ Airman 1st Class Omari Bernard)

tals at preventing such incidents.

The Joint Commission is a nonprofit organization that grades and accredits American medical facilities.

The process to be recognized as a top performer is complex, but essentially a hospital must have a 95 percent score in

evidence-based practice of a certain category as graded by the Joint Commission.

According to the Joint Commission’s website, the “Top Performer” program has three main goals: to increase transparency to the public regarding their hospitals, inspire increased performance, and

to recognize hospitals that are performing well.

For more information on the Joint Commission and its accreditation, and to see which hospitals won kudos, visit www.jointcommission.org/accreditation/top_performers.aspx

Pothole repair

The 773d Civil Engineer Squadron encourages all Joint Base Elmendorf-Richardson personnel to report potholes. In housing areas, contact Aurora Housing at, 753-1051/1091. All other requests will be tracked by 773 CES.

Take note of the location – including street and cross-street names or building numbers. Then email 773CES.CEOH.PotHoleRepair@us.af.mil or call 552-2994 or 552-2995. Include your name and contact information so crews can follow up about location or the severity.

Weather and mission permitting, the potholes are repaired within 24 hours of reporting.

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.

Exchange return policy

The Exchange extends its return policy for items purchased through 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.

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 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.

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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, visit the office at 984 Warehouse Street, or call 384-2901.

Rental Partnership

The Rental Partnership Program at JBER is available to all eligible active-duty members and consists of two options.

The first option, RPP Plus, includes utilities and sometimes cable costs, providing an easier budget with a set rental payment year round.

The other option, RPP 5 Percent below market, saves the member five percent off the rental fee other tenants pay; however, utilities are paid for by the tenant.

Both options are available with no deposits or fees to the member except pet fees as applicable.

This program is designed to provide active-duty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option of the RPP for the rental payments which is made directly to the landlord resulting in a more trouble free transactions.

JBER-Elmendorf members can see RPP officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Drive, or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

At JBER-Richardson, visit the Housing Management Office, Building 600, Richardson Drive, or call at 384-3088 or 384-7632.

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, 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. 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 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).

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, will be closed December 18 through Jan. 4.

It will reopen Jan. 5 for regular hours: 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., with consignments accepted Wednesdays 10 a.m. to 12:30 p.m. Volunteers are always welcome.

For information, visit jberspousesclub.com or call 753-6134.

JBER’s Attic

Joint Base Elmendorf-Richardson’s Attic, located in building 8515 off of 20th Street, is open on Tuesdays for paygrades E-1 to E-4 from 10 a.m. to 2 p.m. and 6 p.m. to 8 p.m.; Wednesdays for paygrades E-1 to E-6 from 10 a.m. to 2 p.m., and the first Saturday of the month for all paygrades from 11 a.m. to 2 p.m.

For more information, call the Attic at 552-5878.



OPERATION SANTA *returns to its origin*

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

There's something indispensable about returning to your roots, like an intrinsic yearning that needs to be filled. And who knows yearning better than children awaiting Christmas?

Operation Santa Claus answered that calling when its volunteers and partners delivered gifts, fresh fruit, school supplies and Santa Claus to more than 250 children in St. Mary's, a community in southwestern Alaska, Dec. 5.

The operation began 59 years ago as a request from St. Mary's Mission for Christmas donations for their orphans after a rough year of subsistence living. The Alaska Air Guard responded, delivering not only gifts and food, but also Saint Nick.

Since then, the annual event evolved into the current partnership with the Alaska National Guard supporting Operation Santa Claus alongside more than 30 other organizations such as the Salvation Army and local businesses.

"It was awesome," said Bill Alstrom, the city's mayor, recalling childhood memories of the first operation. "They landed on the river — they were C-123s, and of course they brought Santa Claus."

Almost six decades later, members of the Alaska National Guard arrived in a C-130 Hercules aircraft, bringing Santa and his merry band of helpers once more.

The elementary school gym filled with smiles, wrapping paper and push-up challenges issued by brazen, energetic youth. Traditional Christmas music played as children met with the Clauses, ate fruit and ice cream and showed off gifts.

Thank-yous were exchanged from both patrons and volunteers for the opportunity to serve. The event ended with a traditional Native dance, which both U.S. Senator Dan Sullivan and Governor Bill Walker joined at the residents' request.

"What a gorgeous sight this is," Walker said. "Thank you to the Alaska National Guard who flew us out here today, and the tons of volunteers [that helped] make this happen."

Next year, Operation Santa Claus plans to visit five villages, decided by an application process based on the needs of Alaska's rural communities and the aircraft capabilities of the Alaska National Guard to support them.



TOP: Operation Santa Claus, a nonprofit organization partnered with the Alaska National Guard to collect toys, school supplies and food staples and deliver them to school children in Alaska's remote communities. This mission was the second and final Op Santa mission of 2015. St. Mary's was the site of the original Operation Santa Claus in 1957. (U.S. Air National Guard photos/Capt. John Callahan)

ABOVE: Santa Claus and Mrs. Claus wave as they exit an Alaska Air National Guard C-130 at St. Mary's, Alaska, Dec. 5. The Clauses visited as part of Operation Santa Claus, a nonprofit organization partnered with the Alaska National Guard to collect toys, school supplies and food staples and deliver them to school children in Alaska's remote, rural communities.

Operation Homefront brings Christmas joy to kids

By Staff Sgt. Wes Wright
Joint Base Elmendorf-Richardson Public Affairs

The Service Member and Family Assistance Center hosted the third annual Operation Homefront holiday toy distribution event at Joint Base Elmendorf-Richardson Dec. 4.

More than 400 people were on hand at the event which saw hundreds of brand new toys given out to the children of military families who signed up weeks in advance.

"We worked with several community partners to bring the community together and make this event a success," said Janice Collee, Operation Homefront Pacific Northwest director of programs. "The families registered for the event to ensure we had an appropriate count for all ages and genders to receive a toy." Toys weren't the only things bringing wide-eyed smiles to the faces of JBER's children.

"Home Depot brought a kids clinic to set up for the children to make a project to take home with them," Collee said. "We also had Hank the Moose available for the families to get their pictures taken. Santa was there, and the children were definitely excited. We had a gift wrap station so the families didn't have to worry about wrapping their gifts at home. We also had food provided by the base security forces personnel. Additionally, the Armed Forces YMCA was a partner with us for the first time."

Gloria Schiers, wife of Staff Sgt. Nathan Schiers, 962d Airborne Air Control Squadron communications systems operator, brought their daughter Kambryn, 3, to the event and was impressed with everything the organizers put together.

"It's an amazing experience just to be able to be here, especially for people who maybe can't do much. Seeing the kids' faces light up is what it's all about." Organizers began putting the event together in August to allow time for donors to contribute and time for families to sign up for reserved attendance slots, which fill up rapidly after they're announced, according to Collee.

"The event was a huge success for the families," Collee said. "Anytime you can bring community partners together and families in the community to help build strong military families it is a success. We had huge support from the command at JBER as well. It shows the comradery of this community and the support the families have from the local community."

Operation Homefront's mission is to



help build strong, stable military families through family and emergency assistance programs. More than \$7,000 worth of toys were given out to JBER's children through the toy distribution program.

Maria Vazquez, wife of Bryan Vazquez, 4th Quartermaster Company, 725th Brigade Support Battalion (Airborne), 4th Brigade Combat Team (Airborne), 25th Infantry Division rigger, was excited to bring their daughter, Angelique, 2, to pick out a toy.

"It's awesome," Vazquez said. "It makes us a more tight-knit family and community. It's great to be able to have these types of resources. It demonstrates how supportive the local community is of military families."

According to Dana Rosso, 673d Air Base Wing Public Affairs community engagement chief, the event highlighted the positive relationship the base has with Anchorage.

"We have a multitude of internal programs here at JBER designed to help us reach out and support the local community," Rosso said. "It's always great to see the community giving back so enthusiastically."

Collee said that while the toy drive was supported primarily by local businesses, anyone can donate to Operation Homefront. People can visit www.operationhomefront.net or call (503) 928-6794. Operation Homefront is also part of the Combined Federal Campaign.



TOP: Gloria Schiers, wife of Staff Sgt. Nathan Schiers, 962d Airborne Air Control Squadron communications systems operator, points out a doll to her daughter Kambryn, 3, at the third annual Operation Homefront holiday toy distribution event at Joint Base Elmendorf-Richardson Dec. 4. (U.S. Air Force photo/Staff Sgt. Wes Wright)

ABOVE: Ellie Hamblin, 6, builds a tool box during Operation Homefront's holiday toy drive. Holiday gifts were distributed to junior enlisted family members to show appreciation and enhance junior enlisted families holidays. Ellie is the daughter of Staff Sgt. Daniel Hamblin, with the 962nd Airborne Air Control Squadron, and Sara Hamblin. (U.S. Air Force photo/Airman Valerie Monroy)

Preparing wisdom for the new year

Chaplain (Maj.) John Min
673d Medical Group Chaplain

The year 2015 is coming to an end, which is a time when most of us reflect on the past year. How well did we do? Did we accomplish everything we set out to do? Did we have any significant milestones? Did we do what we could during the year to steer our life in the direction we desire?

Now that we are wrapping up 2015 and are answering all these questions, it is crucial to take this opportunity to prepare ourselves for how we are going to grow and manifest our desires in 2016, take what we have learned from this year and develop a detailed blueprint for this upcoming year.

What do people do in the new year?

The start of New Year’s Day, at midnight, is heralded by fireworks, parties and special events, which are often televised. Very few people have to work on the day itself.

For many it is a day of recovery from the New Year’s Eve celebrations the previous night. In some towns and cities, parades are held and special football games are played.

The birth of the first baby of the year is often celebrated with gifts to his or her parents and appearances in local newspapers and on local news shows.

Many people make New Year’s resolutions. These are usually promises to themselves that they will improve something in their own lives. Common resolutions are to stop smoking or drinking alcohol, to lose weight, exercise more or to live a healthier lifestyle.

When I was stationed in Germany, my family visited my cousin who lives in downtown London, England. We had



How do we prepare for the new year? Proverbs 8:11 states, “for wisdom is better than rubies; and all the things that may be desired are not to be compared to it.”

wonderful fellowship and dinner with his family that New Year’s Eve. After the dinner we walked downtown on every main street. An hour before midnight, we went to visit one of the oldest and most famous churches in London and attended a New Year’s Eve worship service. It’s a great opportunity to attend worship service during New Year’s Eve in England. We were also blessed to meet locals and worshippers of other nations in the church. God has been giving my family the wisdom to meet with valuable people and worship him every New Year’s Eve. I have found that great wisdom comes during the holiday season, because

it is a time for helping and sharing within our neighborhood— through our fellowship, friendships or relationships.

How do we prepare for the new year?

Proverbs 8:11 states, “for wisdom is better than rubies; and all the things that may be desired are not to be compared to it.”

“Wisdom is a treasure, the key whereof is never lost,” wrote Edward Counsel in his book, Maxims.

King Solomon wrote his Proverbs somewhere between 900 and 1000 years before the birth of Christ. Perhaps some may have been written even before that. Proverbs mean “to be like” and are simple moral

statements that teach fundamental realities about life.

In the beginning of his reign as King over Israel, Solomon sought wisdom from God, the only source of true wisdom. He offered these sayings to help us contemplate the fear (love, reverence and respect) of God, living by God’s wisdom, and finding the sum of this wisdom through a relationship in Jesus Christ.

In antiquity, jewelry was one of the most portable, guardable and displayable form of riches. “The things one may desire” seems to include all manner of wealth, beautiful artifacts and so forth.

Wisdom will bring us a better price in the long run than gold, rubies or other jewels. God’s wisdom will adorn us far more richly and elegantly than all that sparkles and glimmers. Its preciousness is far more than precious stones of great value.

Wisdom contributes to a person’s character, integrity, ability and peace. Whatever you can desire and wish for from the wealth of this world, nothing will be of more eternal value than God’s wisdom.

All of us carry with us the collective wisdom passed on to us by the people who have been most significant in our lives. We pick this wisdom up from parents, friends, teachers, leaders, relatives, barbers, and just about everybody ... all the people who shaped and molded us as we were growing up. Some of this wisdom is very helpful, but some of it is just plain wrong.

In those times, we need wisdom for our human life or relationship with others.

Wisdom— what is it and how can we get more of it? It is defined in one dictionary as being “The ability to apply, or use correctly, all knowledge gained, every experience of life, and all understanding born of knowledge and experience, along with insight. It is also defined as being “common sense” and “using good judgment.”

So here are four steps to consider as we anticipate the upcoming New Year:

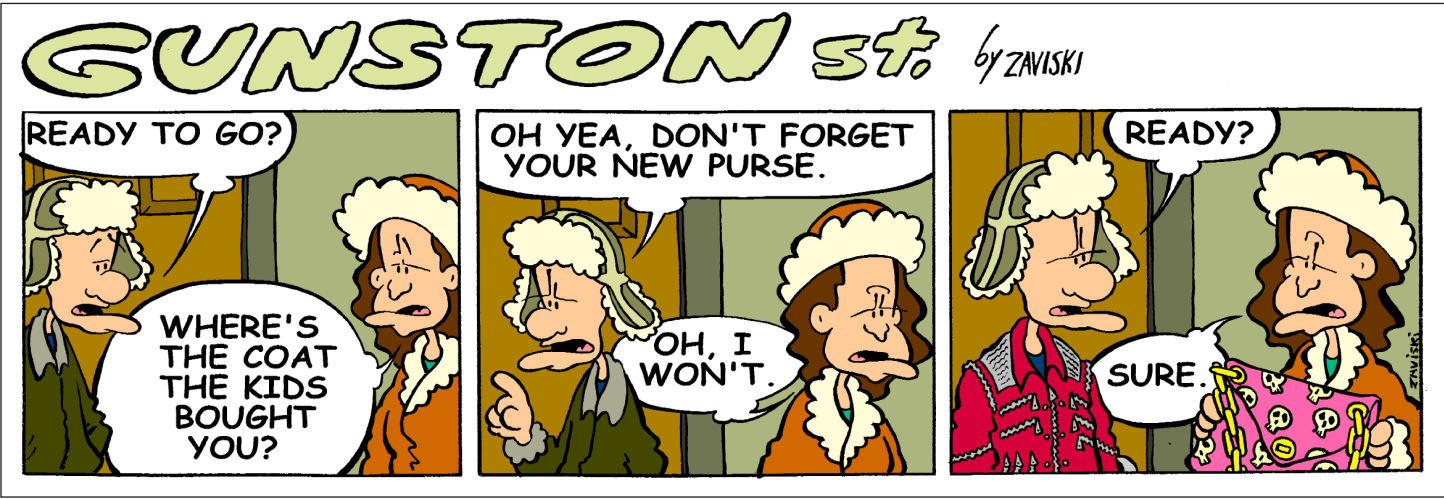
Step one; seek God’s wisdom for our lives.

Step two; know God’s wisdom for our lives.

Step three; apply God’s wisdom in our lives.

Step four, repeat steps one through three.

May God’s wisdom rest upon on you and your family during this holiday season!



FRIDAY Holiday concert

The 9th Army band's Ursa major Jazz Actic-stra, Vernal Equinox, Groovin Grizzlies, and Jammin' Salmon perform. Takes place at 7 p.m. at Community Covenant Church 16123 Artillery Road, in Eagle River. Admission is free.

FRIDAY AND SATURDAY Anchorage International Film Festival

The 14th annual film festival brings some of the best independent films from around the world to Anchorage.

For information, visit anchoragefilmfestival.org.

FRIDAY AND DEC. 18 After School Ski and Snowboard Program

Learn to Shred with these lessons held on Friday, Dec. 11 and 18 at Hillberg Ski Area from 5:00 to 6:30 p.m. Registration includes lessons, rentals, and lift tickets.

For information, call 552-5026.

SATURDAY BOSS Snowmobile Trip

10 slots are available for this weather dependent trip. Meet up at 7:45 a.m. at bldg. 7301.

For more information and to sign up please call 384-9023.

Intro to Fat Tire Biking

This class will be held at Eagleleglen Fitness Park, building 7301, from 11 a.m. to 1 p.m.

Call 552-4599 or 522-2023 for more information or to sign up.

MONDAY Intramural Water Polo roster deadline

This is the last day to sign up for Intramural Water Polo. Teams consist of 7 people, with 5 people to start. Must be 16 or older, and able to swim.

Call Buckner Pool at 384-1301. for more information.

Snowshoe Evening Tour

This class will be held at building 7301, from 5 p.m. to 8 p.m.

Call 552-4599 or 522-2023 for more information or to sign up.

TUESDAY Snow Machine Safety class

This class covering snow machine safety will be held at Ea-

gleglen Fitness Park. Takes place from 5 p.m. to 7 p.m.

Please call 552-4599 or 522-2023 for more information or to sign up.

DEC. 19 Paws to Read

Children in kindergarden through grade three are invited to read with a service/ therapy dog. Preregister at the library for this event from the JBER Library and Midnight Sun Service Dogs.

For more information, call 384-1640.

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 anchagemuseum.org.

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 anchagemuseum.org.

Football on NFL Ticket

Looking for a place to watch your favorite NFL football team? Join the staff at the Warrior Zone or Polar Bowl and never miss a game.

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

Wildlife Wednesday

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

For information, visit alaska-zoo.org.

NAF jobs

Looking for a fun job? Check

out 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 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/msmurre.

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.

Win a \$20 FSS Gift Card

Leave an ICE comment for a JBER FSS facility and your comment could be chosen to appear in our monthly "JBER Life!" magazine.

To leave a comment, visit tinyurl.com/z9vtg2s

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

December 20th, Family Christmas Celebration
1:00 p.m. – Arctic Oasis
3:30 p.m. – Arctic Oasis

Christmas Eve
6:00 p.m. – Midnight Sun Chapel
Midnight – Midnight Sun Chapel

Christmas
11:00 a.m. – Arctic Warrior 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

Christmas Eve
6:00 p.m. – Arctic Warrior Chapel

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



Snowmobile Trip
December 12 • \$25
Meet up at ORC-E, Bldg. 7301 at 7:45 a.m.
10 slots available!

Bldg. 655 • 384.9023

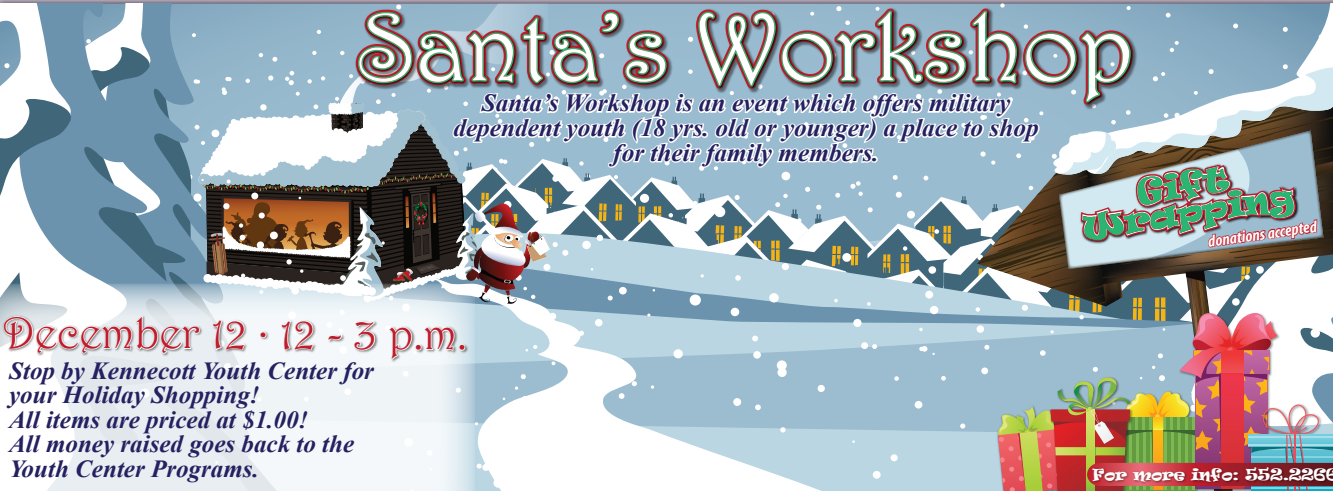




Breakfast with Santa
December 12
10 a.m. - 1 p.m.
\$7 per person


Photo booth choir performances Crafts & Games
dog sled rides photos with Santa face painting
mini golf





Santa's Workshop
Santa's Workshop is an event which offers military dependent youth (18 yrs. old or younger) a place to shop for their family members.

December 12 • 12 - 3 p.m.
Stop by Kennecott Youth Center for your Holiday Shopping!
All items are priced at \$1.00!
All money raised goes back to the Youth Center Programs.





December Classes
Cold Weather Safety Class - FREE
Dec. 16 • 5:30 - 6:30 p.m.
Snow Machine Safety Class - \$25
Dec. 15 & 22 • 5 - 7 p.m.
Located at Eagleleglen
(save your receipt for \$25 off your first snow machine trip!)



December Trips
Indoor Rock Climbing - \$10
Dec. 16 • 5 - 7 p.m.
Willow Snow Machine Ride - \$99
Dec. 19 • 8 a.m. - 5 p.m.
Intro to Fat Tire Biking - \$20
Dec. 12 • 11 a.m. - 2 p.m.
Located at Eagleleglen
Snowshoe evening tour - \$20
Dec. 14 • 5 - 8 p.m.
Hillberg Fat Tire Biking - \$20
Dec. 26 • 11 a.m. - 2 p.m.





NOW HIRING
Buckner Pool is currently hiring for FLEX lifeguard positions!! Please call Buckner FC Pool with any questions. 384.1301



To Apply:
www.nafjobs.org



Sunday Fun Day Bowling Bingo!

Every Sunday \$3.49 per game. Receive 1 Bowling Bingo Card. 1 card per game, per person. Bowlers will attempt to cover the pattern of the day posted at the front desk for a chance to win prizes! \$12.99 for 3 game series, 3 bingo cards per person, including shoes!

Polar Bowl, 7176 Fighter Drive, 753-7467 (PINS)



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

Transitioning Soldiers learn skills through Toastmasters

By Airman Tech. Sgt. Raymond Mills
JBER Public Affairs

Stress, worry, anxiety. These are symptoms associated with retiring or separating from the military, but the transition to the civilian workforce doesn't have to be an overwhelming ordeal. For service members who are separating, the Soldier for Life-Transition Assistance Program on Joint Base Elmendorf-Richardson is available to provide a helping hand during their next transition.

SFL-TAP provides information, training and tools to successfully navigate the rigors associated with civilian employment and education.

"SFL-TAP is very important, because it helps create a plan for Soldiers and Airmen who are transitioning to shift their mindset from the military to the civilian," said Pua Naluai, SFL-TAP career counselor. "The biggest part is planning what they want to do and how to get there whether it's going to school or finding a job. We offer a lot of classes to prepare for that step."

Although SFL-TAP offers a variety of classes from résumé writing to financial readiness, part of the training that is particularly helpful in preparing members transitioning to the civilian workforce is Toastmasters.

According to the Toastmasters International website, their organization helps members improve skills by regularly giving speeches, gaining feedback, leading teams and guiding others to achieve their goals in a supportive atmosphere.

"The Toastmasters program is for anybody who wants to improve their communication and leadership skills," said Maj. Raul Rovira, U.S. Army Alaska. "Toastmasters specifically targets public communication and speaking skills."

When transitioning to the civilian sector, potential employees will brave interviews before getting hired. During the interview process,

perspective employees want to appear cool, calm and collected. The Toastmasters portion of the course teaches verbal skills which improve confidence and better prepares candidates to articulate their thoughts.

During the class, students engage in various verbal exercises that remove them from their comfort zone. The goal is to evaluate the speaker's ability and provide positive feedback so the person can learn from and improve upon their mistakes.

Rovira pointed out it is better to make mistakes in a non-threatening environment with a group of people who are there to help than to do so during a real interview. "Toastmasters changed how I look at public speaking," said Sgt. James Hurst, an assistant team leader, 3rd Battalion (Airborne), 509th Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division. "This is one of the better classes I have attended at the SFL-TAP, because it includes valuable information such as interview techniques, talking to people and overall interactions. I would highly recommend this class to anybody who wants to do anything outside of the military."

Although the program is Soldier oriented, the JBER SFL-TAP provides assistance to Soldiers and Airmen.

SFL-TAP is a mandatory program for Soldiers that follows a pre-separation timeline.

Soldiers are encouraged to visit the SFL-TAP website to learn about specific requirements, as well as a range of available resources that will assist them during their transition.

Retiring personnel should register for SFL-TAP 12 to 24 months prior to their transition, while those finishing their term of service should begin 12 to 18 months prior to their separation date.

For more information on Toastmasters and other SFL-TAP programs, visit www.acap.army.mil

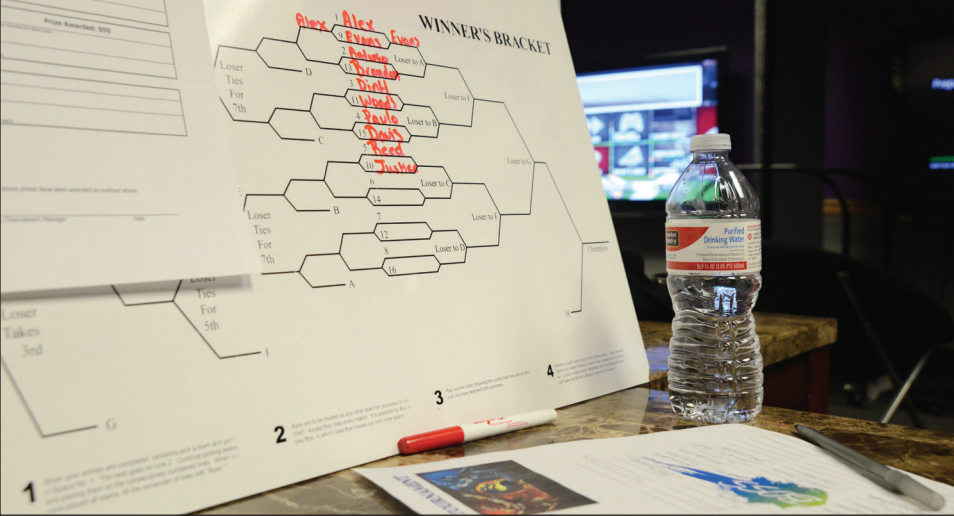


Soldiers and members of the Top of The World Toastmasters organization discuss the importance of speaking skills during the Soldier For Life Transition Assistance Program Dec. 8 on Joint Base Elmendorf-Richardson. Toastmasters, an organization focused on improving communication skills, helped separating Soldiers work on skills for job interviews. (U.S. Air Force photo/Tech. Sgt. Raymond Mills)

Mortal Kombat tournament



Airman 1st Class Justice Wingfield (left) and Pvt. Antonio Glascoe (right), Mortal Kombat Tournament participants, won 1st and 2nd place, respectively, on Dec. 5. Wingfield won the tournament despite it being his first time and Glascoe won second after participating in the Warrior Zone's first tournament earlier this year. (U.S. Air Force photos/ Airman 1st Class Christopher R. Morales)



Mortal Kombat was the first rated 'M', for mature, game and since 1992 has been setting the bar of fighting games along with other popular titles like Street Fighter, Killer Instinct and Soul Calibur.



A gamer uses an arcade gamepad during the Mortal Kombat tournament. Two players used a gamepad during the tournament because it's designed for quicker responses. The gamepad is similar to the first arcade format early Mortal Kombat fans were used to when it came out in 1992.



Sgt. Courtney Garriss (left), Better Opportunities for Single Service members president, takes feedback from the participants to improve the next tournament.



Sgt. Courtney Garriss (right), Better Opportunities for Single Service members president, prepares to update the Mortal Kombat Tournament roster while participants watch the current match.

Soldiers and Airman fight to win for US Army Alaska

By Sachel Harris
USARAK Public Affairs

Some do it to test their limits. Others do it because they love to compete. Some just do it for fun. But no matter what drives them to do it, one thing is for sure: it takes a lot of courage to walk into a ring and get punched in the face.

Sixteen fighters will travel to Fort Bragg, North Carolina, to represent U.S. Army Alaska in the Fort Bragg Open Invitational Combatives tournament this week. The USARAK team is made up of Soldiers and one Airman from both Joint Base Elmendorf-Richardson and Fort Wainwright.

“It’s all about feeling ready and being mentally tough,” said Spc. Ericka Bernardo, the only female member of the team. “I know I’m going to get hit in the face, but when I see another female across the cage, I feel confident.”

Combatives, or hand-to-hand combat, is much like mixed martial arts fighting and allows the use of both striking and grappling techniques, both standing and on the ground, from a variety of combat sports. The

skills learned can be used on the battlefield, making proficiency in hand-to hand combat one of the fundamental building blocks for training today’s Soldier.

“What we’re doing here is instilling warrior spirit in today’s Soldiers,” said Sgt. 1st Class Chad Yeagley, Arctic Warrior Combatives Academy noncommissioned officer in charge. “We’re pushing their bodies to the limits, but it’s building confidence and preparing them to be OK with taking a hit.”

Nearly 300 service members from Fort Bragg and other Department of Defense installations are expected to go head-to-head with each other during the preliminary and semi-final rounds to determine who will fight in the finals.

This is the first invitational U.S. Army Alaska will be participating in.

While she is grateful for fighting helping her to build her confidence, Bernado, who has been fighting for a year, said once she’s in the cage, it’s all about the fight.

“I’ve been training for months for this competition,” said Bernado. “I am aggressive and ready to take on the woman I’ll be in the cage with.”

The finals take place Saturday.



Members of the U.S. Army Alaska combatives team go head-to-head in a warm-up fight Dec. 3 at the Arctic Warrior Combatives Academy on Joint Base Elmendorf-Richardson. Combatives, or hand-to-hand combat, is much like mixed martial arts fighting and allows the use of both striking and grappling techniques, both standing and on the ground, from a variety of combat sports.



Spc. Ericka Bernardo waits for warm-ups to begin Dec. 3, at Joint Base Elmendorf-Richardson. Bernado is the only female on the U.S. Army Alaska combatives team. (U.S. Army photos/Sachel Harris)



Members of the U.S. Army Alaska Combatives Team fight during practice Dec. 2.