



FIRE PREVENTION: SIMPLE STEPS FOR SAFETY

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Senior Airman Matthew Townsend, an air traffic control journeyman assigned to the 3rd Operations Support Squadron, holds up two marionettes depicting different aircraft he may need to guide safely to a runway. Air traffic control Airmen direct ground and airborne operations, reducing risks and maximizing efficiency. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

Airmen coordinate highways of the sky

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Anchorage is a bowl filled to the brim with civilization. Office buildings stretch to the rim and Cessna 172s, Boeing 747s and everything in between circle around and above it on invisible highways more complex than any eight-lane freeway on the ground below.

The highways are stacked on top of each other thousands of feet up, the off-ramps are vertical, and the number of lanes changes constantly.

The dynamics of such traffic are too complex for mere stoplights. Instead, airborne commuters rely on the prowess of air traffic controllers in the Anchorage bowl to guide them to safety, even in the face of onerous weather. The controllers in the Joint Base Elmendorf-Richardson tower are among the best.

Air traffic control Airmen are trained and qualified to fill any potential role a tower may require. This ensures full operational capabilities 24 hours a day, seven days a week, said Senior Airman Matthew Townsend, an air traffic control journeyman assigned to the 3rd Operations Support Squadron.

Put simply, ATC Airmen aren't assigned to a work station; their station is the tower and everything in it. The Airman charged with operational success of the tower is the watch supervisor, a role Airmen train into as staff sergeants.

"[Watch supervisors] provide a top-cover in the tower," said Staff Sgt. Alex Riley, an air traffic control watch supervisor assigned to the 3rd OSS. "We trust our guys, but we are there to make sure everything happens smoothly. We'll know the big picture before anyone else does because we're sitting back with a bird's-eye view."

Under the careful eye of the watch supervisor, the local controller coordinates the aircraft currently airborne in the immediate vicinity.

"Imagine a circle around the runway up to 3,000 feet," Riley said. "Our F-22 [Raptors] will come back at a certain altitude, then we might have a C-17 [Globemaster III] right underneath them at 1,200 feet, and then a Cessna at 800 feet. So we stack all the way up with different airplanes, on different altitudes, runways and procedures."

"The local controller is responsible for separating all of those aircraft. you can have upwards of 10 aircraft at one time."

Underneath it all, aircraft, snow removal equipment, de-icing gear, and service vehicles scuttle across the runways, each one with its own mission. Coordinating the efficient movement of these elements across and over the runways safely but without impeding the overall operational efficiency of the airfield is the ATC Airman who happens to be assigned ground control that day.

"The ground controller will monitor up to six frequencies all at once," Riley said.

"So he's usually pretty busy. There are four frequencies for aircraft only, and one for vehicles only. We handle about 33,000 crossings a year, and that's just vehicles crossing the runway."

Most airfields average fewer than 1,000 crossings a year, said Air Force Master Sgt. Mack Ream, chief tower controller with the 3rd OSS.

Because the tower is open 24 hours a day, the Airmen work in two alternating swing shifts. It's the leadership's job to coordinate manning in such a way that each shift has fully qualified personnel in each position, and that each individual is getting a diverse exposure to different positions in order to maintain proficiency across all capacities,

said Master Sgt. Kory Lindsey, assistant chief controller for the 3rd OSS.

The individual in charge of this vital function is the crew boss. In a way, the crew boss is very much like a traffic controller for the traffic controllers.

Because the Elmendorf tower uses visual flight rules, the aircraft have to be able to see the runway and the tower has to get them in sight, Townsend said.

If the clouds dip below an approved threshold, or the aircraft are running night operations with their electronic footprint low, the tower may not be able to see them at all, Riley said.

See **CONTROL** • A2



Staff Sgt. Candice Chase inputs the flight plans of multiple aircraft Dec. 21 at Joint Base Elmendorf-Richardson. JBER's air traffic controllers direct the movement of aircraft into and out of the military airfields, relay flights and landing instructions, weather reports and safety informations to pilots. (U.S. Air Force photo/Staff Sgt. Sheila deVera)



168th refuelers redesignated in Eielson ceremony

By Sgt. Marisa Lindsay
Alaska National Guard

The Alaska Air National Guard's 168th Air Refueling Wing was redesignated as the 168th Wing in a ceremony at the Operations Group Theater on Eielson Air Force Base, Feb. 3.

The redesignation indicates and properly recognizes the 168th Wing's two missions: the early ballistic missile warning system mission at Clear Air Force Station, and the KC-135 Stratotanker aerial refueling mission at Eielson.

"In 2006, the 213th Space Warning Squadron stood up and was assigned to our operations group," said Col. Torrence Saxe, acting commander of the 168th Wing, while presiding over the ceremony. "This squadron is charged with missile warning and space surveillance, and a part of today and this redesignation is recognizing this relationship."

In 1986, the northern-most Air National Guard unit was activated as the 168th Air Refueling Squadron.

With their unique arctic refueling capabilities, their importance to Alaska and the federal mission continued to increase.

As their operational mission grew, so did their umbrella of responsibility and the necessity for subordinate support units.

The 168th officially became an air refueling wing in 2002.

The 168th ARW further expanded their role in 2006 by undertaking the 213th Space Warning Squadron.

"Our wing has had quite the history," said Saxe. "We have gone from flying bombers, to fighters, to a couple versions of the tanker, refueling and now expanding that to the space and warning mission."

Saxe recognizes the importance and value that every Airman brings to the wing, and he chose the redesignation ceremony as an opportunity to thank them.

The missions will change from time to time as the organization grows, he said.

"What has been the continuing thread through all of that? ... It's the people, it's the Airmen like you," Saxe noted.

Currently, 535 part-time and full-time Alaska Air Guardsmen compose the unit, known as the "Guardians of the Last Frontier."

The 168th Wing is the only Arctic region refueling unit for all of Pacific Air Forces.

Nine KC-135R refueling tanker aircraft deliver approximately 18 thousand pounds of fuel to active duty and Reserve component aircraft annually.

Maintenance and aircrews generate and fly on average 657 sorties annually.

The 213th Space Warning Squadron at Clear Air Force Station, 80 miles southwest of Fairbanks, provides early warning of intercontinental ballistic missiles and submarine-launched ballistic missiles to the Missile Correlation Center of the North American Aerospace Defense Command.

They also provide space surveillance data on orbiting objects to NORAD's Space Control Center.

Alaska Air Guard personnel operate the PAVE PAWS radar system, which scans the Arctic and Pacific regions for ICBMs and satellites.

In his closing remarks, Saxe thanked members of the 168th Wing for their hard work and continued efforts to meet the important and challenging missions of the wing.

Saxe has been acting commander since last November, and his assumption-of-command ceremony is scheduled for Feb. 20 at the Eielson Air Force Base theater.

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Celebration of leaders



**Ceremony recognizes new
chief master sergeants'
accession to highest
enlisted rank, Page B1**

Seminar aims to help applicants wanting federal jobs

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Looking to get into a federal job as a civilian? The process can seem daunting.

However, 10 Steps to a Federal Job, a transition assistance class open to Air Force and Army Department of Defense identification cardholders, is scheduled for Feb. 18 at Building 600, room A37.

The class lasts four hours and is designed to equip veterans, transitioning servicemembers and

military spouses with the tools they need to successfully establish a career in the federal workplace as a civilian, said Kristine Thomas, a Joint Base Elmendorf-Richardson Community Readiness Consultant at the Air Force Transition Assistance Center.

The classes are currently scheduled out to July with one each month, alternating between the Richardson and Elmendorf sides of base, with the next session scheduled for March 17 at the AFTAC.

“The federal application process

is very involved. It’s a very long process,” Thomas said. “We cover the entire process; from how jobs get announced all the way through tracking your application to getting the feedback on it and interviewing.”

Interested parties can sign up for the classes at anytime, but registration is required as it affects materials and seats provided, Thomas said.

“The first class I taught was a learning curve for me. People have so many questions about

USAJOBS,” said Doug Arman, a JBER transition counselor. “The most common question I can think of is ‘How do I go about getting into the system?’”

A large focus of the class is on navigating the USAJOBS website and application process and resumes.

Good and bad examples of resumes will be presented as well as reasons why people are selected or not selected for a federal job, Thomas said.

“I have earned my doctorate

in USAJOBS mistakes,” Thomas said. “They didn’t have this class when I was applying. So I have made just about every mistake there is to make when applying for a federal job.

“It’s not an easy process. We encourage everyone to come to the class.”

For more information on JBER’s transition assistance classes, call the Military Family Readiness Center at 552-4943 or the Army Community Service Office at 384-1517.

Fort Drum to host cold-weather symposia with Fort Wainwright

By Army Staff Sgt. Kelly Simon
Fort Drum Public Affairs

FORT DRUM, N.Y. — Fort Drum is known – and feared – for its harsh winters that seem to last forever. That is part of the reason Fort Drum was classified as a zone seven (arctic) base in early 2015.

The change opened doors to new extreme cold weather clothing and equipment for Soldiers as well as respect among the arctic community.

It also led to Fort Drum hosting the 2016 Extreme Cold Weather Symposium held Jan. 26 through 28.

The symposium is in its fourth year, typically hosted at Fort Wainwright, and focusing on the needs of the Soldiers stationed there.

Fort Drum was the first to host the symposium in the Lower 48 states, and will share the honors with Fort Wainwright, Drum being responsible for even years and Wainwright taking odd years.

John Korcz, the 10th Mountain Division (Light Infantry) Force Modernization Chief, spearheaded the team bringing the ECWS to Drum.

One of the greatest benefits to hosting the symposium at Fort Drum is its location, he said.

“We were able to double the attendance from the Alaska meetings, mostly because it’s easier to get here,” Korcz said.

He listed the participants able to join in the ECWS this year including representatives from the Marine Corps Mountain Warfare Training Center, Army Mountain Warfare School, Special Forces Mountaineering Detachment and arctic operations advisors from the Canadian Army.



Soldiers at Fort Drum’s Light Fighter School learn basic skiing. The Army now classifies the installation, in northern New York, as ‘arctic’ for training purposes, and the LFS will host the annual Extreme Cold Weather Symposium, alternating with Fort Wainwright. (Courtesy photo)

Bringing these experts together helps improve the training available to all service members across the Department of Defense and our coalition partners, as well as keeping everyone up-to-date on the latest and greatest in gear and sustainability Korcz explained, adding that these events will continue to get better.

“This year Soldiers were able to see the snowmobiles and other over the snow vehicles in action, we’re hoping to expand on the hands-on experience in the future,” Korcz added that he is already in the process of working on the symposium for 2018.

“We’re [Forces Command], and FORSCOM is readiness. We have to be prepared for anything,” he said.

The focus for Korcz and the symposium was the Soldier: training, equipping and sustaining them through any extreme winter weather.

A big part of that training comes from the courses available at the 10th Mountain Division Light Fighters School.

Army Staff Sgt. Gary Stancell is the noncommissioned officer-in-charge of the Mountain Warfare Course, the primary winter-weather course available on Fort Drum.

Stancell and his team offer the MWC as a two week Mobile Training Team course, teaching the basics of mountaineering including knot-tying, mountain climbing and rappelling, and survival techniques.

Stancell came to the 10th Mountain Division from Alaska, so cold weather training is nothing new to him. The lack of equipment, however, posed a challenge.

“We’re short on skiing supplies, bindings, poles, skis and wax or skins,” Stancell explained adding that their bulky snow shoes could use an update as well.

When Stancell presented at the symposium he highlighted the capabilities of the LFS and its potential, if demand for courses increased.

His bottom line was all Soldiers should have a working knowledge of cold weather survival techniques, especially since the next major conflict could take us into cold weather environments.

To help reach that goal, the LFS is developing a Cold Weather Course available to all Soldiers on Fort Drum and drawing much of its content from the Northern Warfare Training Center at Black Rapids.

The NWTC offers the Cold Weather Indoctrination Course, training more than 450 Soldiers per year, and the Cold Weather Leaders Course, which trains junior leaders to instruct the CWIC at the unit level.

These two courses will drive the design of the LFS course, which aims to be ready next winter.

Stancell said he hopes the fledgling CWIC enables leaders at all levels to empower their Soldiers in arctic environments.

“In some of the locations we are deployed to it does snow, so units that come from a place that does not receive cold weather or over snow mobility training could be at a disadvantage on the mission,” Stancell said.

Stancell added he and his team hope to mitigate that.

Air Force implements new DoD-wide changes to maternity leave policies

Secretary of the Air Force
Public Affairs
News Release

WASHINGTON — Beginning Feb. 5, active-duty female Airmen will receive up to 12 continuous, non-transferable weeks of fully paid maternity leave in accordance with Defense Department-wide changes to the policy outlined in Defense Secretary Ash Carter’s Force of the Future announcement Jan. 28.

This policy applies to all Airmen in the active-duty component, and those Reserve component service members on orders to active service for a continuous period of at least 12 months.

Airmen currently on maternity leave will automatically be granted a 42-day extension.

Airmen currently on approved ordinary leave in conjunction with their maternity leave are authorized to convert regular leave to non-chargeable maternity leave, not to exceed a total of 12 weeks.

Commanders may not disapprove maternity leave, which begins immediately following a birth event, or release from hospitalization following a birth event, for a continuous 12-week period.

This policy in no way restricts unit commanders or medical professionals from granting convalescent leave in excess of 12 weeks if a medical authority deems that leave is warranted.

A “birth event” refers to any birth of a child or children to a female service member wherein the child or children are retained by the mother.

Multiple children resulting from a single pregnancy will be treated as a single event so long as the multiple births occur within the same 72-hour period.

The new policy also protects Airmen from any disadvantages in their career, including but not limited to assignments, performance appraisals or selection for professional military education, as a result of maternity leave taken.

In addition, DoD is requesting legislative changes to paternity leave. “We will seek authorities to increase paid paternity leave for new fathers from 10 to 14 days, which they can use in addition to annual leave,” Carter said.

Joint Base Elmendorf-Richardson Airmen with questions can contact their chain of command or the 673d Force Support Squadron



(Courtesy photo)

for more details on eligibility, applicability and any other specifics related to the new policy and benefit as the Air Force begins incorporating these changes into appropriate regulations and guidance.

From CONTROL • A1

Because of this, the weather ceiling has to be greater than 1,000 feet with three miles of visibility in order for the tower to operate under VFR.

If weather conditions do not meet these requirements, then the tower reverts to operations under instrument flight rules, and they will come in on an instrument approach, Townsend said.

In an instrument approach, the aircraft use their navigation systems to land safely with tower-provided guidance regarding distance and traffic.

Each aircraft is traveling at different speeds, and different altitudes, along a different flight path, and each has different landing requirements, Riley said. It’s up to the team of Airmen in the tower to make sure each aircraft lands safely on the runway.

“If a pilot has experienced in-flight malfunctions, they might only have radio and we can get them from 10 miles out to 200 feet above the runway and lined up on the centerline based off our [precision-approach] equipment,” Townsend said.

The responsibilities of control are not light; coordinating military air traffic in conjunction with four other airfields within a seven-mile radius and producing more than 1,500 departures and landings a day means there are a lot of lives depending on effective communication.

How does the base ensure safety for these pilots and crews? With efficient training and the use of crew resource management, Townsend said.

Everyone is watching out for everyone else, and the ATC Airmen believe crew resource management is not just a skill, but a mentality.

“Situational awareness drops after four hours, so we rotate controllers out and ensure breaks are given. If someone comes in and is either not feeling well mentally or physically, they will be tasked to work in a different capacity until they recover.”

When thousands of lives depend on one’s competency in their job every day, safety cannot be underrated. By the same token, neither can the support of their teammates.

In any team-building workshop it’s not long before someone puts on a blindfold and is led by vocal directions from someone who

can see, or until someone places their back to their team and performs a “trust fall.” That’s what pilots place in ATC Airmen and their training – it’s a 3,000-foot trust fall.

The unique weather conditions at JBER make the ground control position a completely different animal than that on other bases. There is considerably more activity on the runways as snow removal, deicing, and runway conditions readings are all necessary for the better part of the year.

Air traffic control technical school is 72 class days, which accounts for a total of roughly four months. But for ATC Airmen, that school is just the beginning.

“We go through a tower and a radar portion,” Townsend said. “Then we go through some fundamental rules for air traffic. Once we’re done with that we find out where we’re going. Depending on the facility, training at the new base can take anywhere from six months to a year or more.”

“Tech school for us is just to make sure you have the capability to learn air traffic control,” Riley said.

In addition to the training, each Airmen must be compliant with Federal Aviation Administration regulations to maintain their

license. Often, local command will add stricter regulations on top of those from the FAA, Lindsey said.

Regardless of where in the system one may find themselves, air traffic control is widely considered by many to be one of the most stressful jobs in the world.

The Airmen at the JBER-Elmendorf tower disagree.

“It’s not stressful for us, its fun,” Riley said. “When we have 10 planes in the pattern, it’s not as crazy as everybody thinks it is because we’re in control. Basically, some of us can be control freaks. If we’re in control and we know what’s going on with the picture in our head, we’re having fun; it’s not busy for us.”

“The stress level is what you make of it,” Townsend said. “You can come in and think it’s going to be a really bad day and start hyping yourself up or you can look, sit back and realize the big picture. If you can keep paying attention and think on your feet correctly, it’s not bad.”

Highways in the air are an idea one may only expect to find in science-fiction, but to JBER’s air traffic controllers, it’s just another day at work.

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ARCTIC WARRIOR

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Special Victim Counselors offer services to National Guard, too

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Victims of sexual assault and sexual harassment can seek legal counsel from a special victims’ counselor at Joint Base Elmendorf-Richardson.

Army National Guard Lt. Col. Ruth Anne Cresenzo, National Guard Regional SVC for Alaska, helps victims through the legal aftermath of sexual assault/sexual harassment.

“I’m a special victims’ counsel with the National Guard in the northwest region, but I’m focused on Alaska right now,” Cresenzo said.

“I’m the voice of the victim, I consider myself a shield from – and a bridge to – the system.”

Each SVC is equipped to deal with each branch’s unique legal process and can provide victims with the ability to make informed legal decisions and seek legal representation, if necessary.

As a team, SVCs aim to provide victims of sexual assault in the region with all the resources, information and tools they need to work toward their legal interests.

The process

Like their trauma, the process is different for each victim. The best way for victims to gain understanding is to consult with an SVC in person.

To do so, victims may request to speak

with an SVC at any point during the reporting process.

If the process has not begun, victims may call the Sexual Assault Prevention and Response office or Sexual Assault Response Coordinator and request one.

There are different kinds of reports and – depending on where in the process a particular victim is – the SVC will be able to help in different ways. A victim can file a restricted report or an unrestricted report. An SVC can provide guidance on both.

Additionally, if a report is not made, they can enable a victim to make an educated decision as to which type of report to file, or whether to file at all, Cresenzo said.

Restricted reporting

The main difference between the two types of reporting is an unrestricted report may spark a legal investigation process whereas a restricted report does not.

In both cases, privacy and confidentiality are given a high priority, and recovery services are available.

“The victims have a right to privacy,” Henley said. “That is paramount to any discussion regardless of the type of report being used.”

If one wanted to file a restricted report with the SAPR or Sexual Harassment/Assault Response and Prevention office, they have the option to request legal advice from an SVC, even before filing the report.

“Half the time people talk to me for the

first time, it’s to help them decide if they want to make a restricted or unrestricted report,” Cresenzo said. “With a restricted report, a victim is able to get connected with services that may be able to help them with the trauma, and by being in the National Guard, they can get a line of duty.

A line of duty is a memorandum from the National Guard Bureau. It requires more than a claim of sexual assault to get one, but it’s not a burden on the victim either.”

If someone were to begin experiencing complications as a result of the trauma, the line of duty they received after they filed a restricted report could allow them benefits or compensation, even after leaving the service, Cresenzo said.

Unrestricted Reporting

Alternatively, a victim can file an unrestricted report, which will begin a legal investigation. For the National Guard, the investigation begins with local law enforcement, Cresenzo said.

“Many of our survivors are citizen-soldiers, so most of the time, they’re not in a duty status,” Cresenzo said. “We’re going to take care of the victim, but we are also going to refer it immediately to local law enforcement, and depending on where it took place, that would be the Anchorage Police Department or the Alaska State Troopers.”

While the investigation is handled by local law enforcement, Cresenzo will act as

a bridge between the victim and the authorities, she said.

“If the police are looking for a statement from a victim and they’re not quite ready to give that statement, then I can liaise between the victim and the investigator on that,” Cresenzo said. “I can also coordinate the interview for the victim. I can get them through that process.”

Because the military and state justice systems define sexual assault differently, it may be possible civilian prosecutors will drop the case. In this event, the investigation can be picked up by the National Guard Bureau Office of Complex Investigations and channeled through the military justice system, much like it would if it were an active duty case, Cresenzo said.

“When people have their own advocate, when they know there’s somebody out there just for them, I’m finding they put more trust in the process,” Cresenzo said.

To make a report, call 384-7272, For more information on the reporting and legal process of sexual assault, contact the SAPR office at 551-2035 or SHARP office at 384-3765.

Editor’s note: The active duty Army SVC is Capt. Wendy Schrank; and the active duty Air Force SVC is Capt. Jonathan Henley.

This article focuses on the SVC available to Alaska National Guard members and their family members, for perspective on what the process looks like for active duty, this article may be helpful: <http://tiny.cc/fdgz8x>

Simple fixes of hazards, deficiencies can prevent fires at home, work

By Airman 1st Class Javier Alvarez
JBER Public Affairs

According to the National Fire Protection Association, 730 fires involving office equipment were reported from 2007 to 2011 in the United States.

The Joint Base Elmendorf-Richardson community is not immune to the dangers office equipment can present.

Members of the 673d Civil Engineer Squadron Fire Department offer fire-safety guidance to ensure work centers throughout Joint Base Elmendorf-Richardson are free of fire hazards and deficiencies.

“A hazard will eventually start a fire,” said Ford Brooks, 673d CES assistant chief of fire prevention. “A deficiency is something that should be in compliance – it may not start a fire, but it will impede someone trying to escape or contribute to the fire spreading.”

When someone becomes a new facility manager, they are given a generalized checklist with things they should look for when they do their monthly facility inspections, Brooks said.

Some fire deficiencies and hazards observed by the JBER fire department include:

Obstructions that block sprinkler systems or damage heat sensors which delay the detection and allow the spread of fires.

“Some people have a tendency to prop fire-doors open,” Brooks said. “[The] purpose of a fire-wall or fire-door is to keep fire from

spreading throughout the facility.”

Storing items under stairs impedes occupants from escaping during an emergency, and can also become a burning hazard.

Improper use of surge protectors and power strips is another common fire hazard they see.

This includes connecting multiple power strips to each other.

“[Extension cords and surge protectors] are designed to protect sensitive electric equipment from surges,” said Jon Burpee, 673d CES fire inspector. “A lot of the time, people will plug in items that pull more voltage than the surge protector can handle – like coffee pots, refrigerators and microwaves. [These items] should be plugged directly into the wall.”

Just as important as preventing fires is knowing what to do in the event of a fire.

JBER FD offers the acronym ACTS, which lists the steps of what to do during a fire emergency.

A – Alert occupants that there is an emergency. The fastest way to do that is to pull the handle of a pull-station.

C – Call 911. Calling 911 from any phone connected to the wall will reach the JBER dispatcher.

Calling from a cellphone will reach the downtown dispatcher. They will then transfer the call to the JBER dispatcher, which can take as long as 30 seconds - valuable time.

T – Take action. Attack the fire with a fire extinguisher if you feel comfortable and it’s safe to do so.



Jon Burpee, 673d Civil Engineer Squadron fire inspector, teaches a class on fire prevention at Fire Station 2 on Joint Base Elmendorf-Richardson Feb. 4. Like a grenade, the first step when using an extinguisher is to pull the pin. (U.S. Air Force photo by Airman 1st Class Javier Alvarez)

A good rule in determining whether you should fight the fire is if the fire is size of an office trashcan.

S – Show firefighters the location of the fire and let them know what happened.

Don’t assume others have called to report the emergency.

“We would rather get ten calls reporting a fire than no calls,” Burpee said.

“Know the evacuation plan for your building and where the pull stations and emergency exits [are],” said Tech. Sgt. Timothy Horton, 673d CES NCOIC of fire prevention. “Get with the facility manager to know how to properly evacuate.”

“We are a customer-service

organization, and we are here to provide a service to the installation, to reduce fires and fire hazards on the base so we can accomplish our mission,” Brooks said.

For more information about hazards and fire, visit the JBER fire prevention Facebook page at www.facebook.com/JBERFireprevention, or call 384-5555.

ADAPT – and overcome – before an issue gets out of control

By Airman 1st Class Javier Alvarez
JBER Public Affairs

People are often a product of their environment. With this in mind, an assignment to Alaska can be challenging for service members.

Mixing the lack of sunlight throughout the winter months with the possible isolation that some first-term service members experience, the literal darkness can metaphorically send an individual spiraling down a dark path toward depression.

Adding the widespread availability of alcohol and recreational drugs makes for a recipe for addiction.

So the question arises – to whom do service members on Joint Base Elmendorf-Richardson turn if they have succumbed to the temptations so readily available?

The Alcohol and Drug Abuse Prevention and Treatment Program helps service members suffering from alcohol and drug addiction as well as provide prevention services.

ADAPT offers assistance to Air Force, Navy, Marine and Coast Guard members; Soldiers have the Army Substance Abuse Program, which parallels ADAPT in services offered.

“It can be seen as a stigma to go to mental health or go to ADAPT,” said Air Force Master Sgt. Schneewoak Upshaw, 673d Medical Operations Squadron, noncommissioned officer in charge of ADAPT. “Individuals [think they] can get in trouble at work and so they don’t seek [help]. We would rather they come in before anything happens. We are here to offer prevention and education, and connect them with the resources we have available.”

There’s a perception if service members mess up, they stand to lose their whole career and possibly other things in life.

But it’s a false perception, ADAPT officials said.

There are no repercussions for seeking information.

“Those who self-refer – if they don’t meet criteria for diagnosis, [receive] education. The purpose of that is to prevent anything from happening in the future,” said Senior Airman Christopher Durkin, 673d Medical Operations Squadron ADAPT technician.

If an individual does meet the criteria for a diagnosis, their command is notified of their diagnosis and treatment plan, Durkin said.

Once diagnosed, medical in-



The Alcohol and Drug Abuse Prevention and Treatment Program and Army Substance Abuse Program are available on Joint Base Elmendorf-Richardson to help service members suffering from alcohol and drug issues. According to the Alaska Department of Health and Social Services Division of Behavioral Health, Alaska has one of the highest per capita alcohol consumption rates in the nation – at 14 percent, it is twice the national average. (U.S. Air Force photo illustration/Airman 1st Class Javier Alvarez)

formation provided to command is based on a need-to-know basis regardless how the referral was made, said Air Force Capt. Rachel Satter, 673d MDOS ADAPT program manager.

ADAPT uses a manual, which outlines the guidelines and criteria for different diagnoses; different patients will naturally need different types of treatment.

The care provided ranges from education on the dangers of substance abuse to a 28-day stay at an off-base inpatient facility, Durkin said.

There are three other ways someone can be referred to receive treatment.

“A command-directed referral is given when there is suspected

alcohol or drug use,” Durkin said. “That 100-percent evidence that the person was intoxicated or was on drugs isn’t there, but – just to be safe – they are referred.”

Random testing may also lead to ADAPT.

“If somebody tests positive during a urinalysis, they get a referral,” he said.

Lastly there are medical referrals.

“If someone informs their doctor they’ve been drinking a lot – or maybe the doctor has certain concerns [regarding] liver function, or something that suggests alcohol or drug use, they will issue a medical referral,” Durkin said.

“What [we are] trying to get an individual to do during treatment

is to look at how they got here,” Durkin said. “How they got to this situation, how they can prevent it from [occurring] again, and how they can live a healthy life from now on. It may sound almost too simple, but people who are going through addiction or a tough time in their life, don’t always have that insight to suddenly realize they have been doing things all wrong.”

While it’s important to offer assistance to those suffering from substance abuse, ADAPT personnel would rather educate service members before an issue arises, Upshaw said.

“If there are ever any questions, people should call us and ask, instead of waiting until it’s too late and there is a problem that

gets out of hand,” Upshaw said. “If we don’t have the information or offer the help you deserve, we will guide you to the right place. Some people might like to meet with the chaplain, or [maybe they’re experiencing a] financial issue. We work hand in hand with the helping agencies on base and throughout the community.”

Self-referral is not likely to get service members separated from the service, which makes it an ideal method of getting help.

Self-medication is not the answer.

For further information, or to schedule an ADAPT appointment, call 580-2181.

To schedule an ASAP appointment, call 384-3834 or 384-2038

Tax center now open

Active duty members, Reserve Components members, retirees, and their family members can receive free tax return preparation and electronic filing at the JBER Tax Center.

Volunteers are trained to prepare Federal and state tax returns and can provide advice on military specific tax issues, such as combat zone tax benefits and the effect of the Earned Income Credit. Volunteers are also trained on how to deal with the Alaska Permanent Fund Dividend.

All tax returns done through the tax center are forwarded electronically to the IRS and by selecting direct deposit, taxpayers can receive their refunds in as little as seven to ten days.

The JBER Tax Center is located on the third floor of Building 600 and will be open Monday, Tuesday, Wednesday and Friday from 9 a.m. to 4:30 p.m., Thursday from 1 to 8 p.m., and the second and fourth Saturdays of the month from 10 a.m. to 2 p.m.

Taxpayers will need their military ID; social security cards and birth dates for all dependents; last year's federal income tax return; wage and earning statement(s) from W-2s, W-2Gs, and 1099-Rs; any Forms 1098, interest and dividend statements; bank routing and account numbers for direct deposit; amounts paid to day care providers and the day care providers' tax identification numbers. To itemize deductions, bring evidence of the expenses.

New this year is IRS Form 1095. For 2015, the Affordable Care Act requires proof of essential health coverage. Your proof of coverage is the Internal Revenue Service Form 1095: Employer Provided Health Insurance Offer and Coverage. Active duty, National Guard, Reserve, retiree and civilian employees must bring this form, available in MyPay.

Both walk-ins and appointments are welcome; to make an appointment, call 384-1040.

Legal services available

The Anchorage team of the Army's 6th Legal Operations De-

tachment will offer legal services for eligible members of the JBER community beginning Saturday. Services are hosted once a month at the USARAK legal office; for appointments, call 384-0371.

Those eligible are retirees (medical or full term), active duty, and reservists, plus their family members who have a valid ID card.

Attorneys can help with will preparation, estate planning, divorce and separation issues, child custody or support issues, adoption, landlord/tenant issues, and debt.

Volunteer submissions

Volunteer of the Year and Volunteer Excellence Award nominations are due by March 8. Community members, commanders and agency leaders are encouraged to recognize individuals who made a positive difference in the community during 2015. There are categories for active-duty, youth, Dpartment of Defense civilians and retirees, and families. Awards will be presented at the annual ceremony April 19. Download forms from www.jber.af.mil/jbervolunteers.asp. For more information, call 384-1517 or 552-4943.

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. All other requests will be tracked by 773d 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, 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 has temporarily relocated to Building 8124 Doolittle Avenue (near the

Polar Bowl) to allow for renovation. 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.

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. The seminar covers loan pre-qualifications, offers and acceptance, inspections, title searches, types of loans, and closure process.

For information or to sign up, contact the 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, 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 utility and sometimes cable costs, providing an easier budget with a set 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 provides 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, 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.

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

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 policy is in place with the priority going to military members PCSing.

For information, call 375-5540.

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 it 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 recognized 16 Airmen who joined the top one percent of the enlisted tier in a ceremony that featured congratulations from their commanders, reception of a medallion representing the moment, a candle-lighting ceremony that acknowledges each rank earned before this one, and a dinner honoring their spouse and support system who took the journey with them. (Courtesy photos)

Chief Master Sergeant recognition ceremony celebrates leadership

By Tech. Sgt. Vernon Cunningham
JBER Public Affairs

The names of a senior master sergeant and his spouse are announced as they walk carefully under an archway of sabers. He recently received a medallion that bears the symbol of his next rank, and as he looks among his peers, he knows they all worked hard and sacrificed a lot to be there. All of the honorees are wearing mess dress and have been escorted to their seats as a time-honored tradition is starting – the recognition that he is about to become a chief master sergeant in the United States Air Force.

But why have a formal ceremony for yet another promotion?

“The position of chief master sergeant was established in 1958,” said Chief Master Sgt. Garry Berry, 673d Air Base Wing command chief. “The first group of 625 chief master sergeants was promoted to the new grade on December 1, 1959. Formally recognizing the chief master sergeant promotion is a tradition that dates back 30 years with chiefs at installations across the Air Force conducting an annual recognition ceremony to highlight the significance and added responsibilities associated with being into the top one percent of the enlisted force.”

On Jan. 29, JBER recognized 16 Airmen who achieved this rank in a ceremony featuring congratulations from their commanders, reception of a medallion representing the moment, a candle-lighting ceremony that acknowledges each previous rank, and a dinner honoring their spouse and support system who took the journey with them.

For Senior Master Sgt. Jason Micklewright, 673d Medical Supply Squadron pharmacy flight superintendent, the path to the ceremony started long ago and was not the clear goal for his career.

“I joined the service in November of 1994,” Micklewright said. “I went to basic training as a 19-year-old kid in ‘open general’ and not really knowing what to expect. My second choice was ‘pharmacy’ so I was chosen for that one, went to tech school and learned about the job. My original goal was four and out.”

Micklewright’s first duty station was Fort Dix, New Jersey. After serving his enlistment at an Army post, with one temporary duty at MacDill Air Force Base, Florida, he reenlisted and later volunteered to be a military training instructor as a technical sergeant. As an MTI, Micklewright said he figured out one of the most basic mindsets of leadership.

“I found that it wasn’t about me,” he said. “It’s about others ... can I make others better? Do the people around you succeed because of your efforts? If you can make other people successful then people will want to be around you and work with you.”

Like many of the leaders honored in the ceremony, Micklewright took this concept to his position as first sergeant in 2009 and later as superintendent for his unit.

“As I progressed through the ranks, the focus was less on me and more on those coming up behind me,” Micklewright said. “Can I make their careers a little better? Can I give them something so they don’t make the same mistakes I did? Or can I move some of the rocks out of the way so they can be successful?”

The other inductees at the ceremony also proved a level of consistent leadership and professionalism which earned them the honor of wearing the highest enlisted rank, excluding Chief Master Sergeant of the Air Force. They were the focus of the evening as they rang in a new chapter in their career. However, this was obviously not the end.

“It’s the last promotion, so the ceremony should be an event that reminds us of where we came from and that there is still so much work to be done,” said Chief Master Sergeant Bryant Roy, 962nd Airborne Air Control Squadron superintendent. “I don’t think any one of us considers the stripe a destination.”

Micklewright said becoming a chief mas-

ter sergeant just gives him more opportunity and ability to help other people.

“I have been in for 21 years now and I still love doing what I do,” he said. “The vast

majority of my career is behind me, there is no escaping that. I can’t do 50 years. But in my time I can help a lot of people and I can leave the Air Force [a better place].”



Chief Master Sgt. Gemma Clark (right), 673d Dental Squadron superintendent, walks under ceremonial sabers while escorted by her son Anthony Clark during the Chief Recognition Ceremony at the Arctic Warrior Events Center.

JBER to host indoor sprint triathlon Feb. 20

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Joint Base Elmendorf-Richardson is hosting its annual indoor sprint triathlon Feb. 20 at the Buckner Physical Fitness Center and interested parties can sign up now to participate.

The sprint triathlon comprises three timed disciplines: 10 minutes of swimming, 15 minutes of running and 20 minutes of biking.

“On a traditional triathlon, you do the specific event until that distance is complete, then you move on to the next event,” said John Limon, director of Buckner Physical Fitness Center. “In an indoor triathlon, because we have limited machines and availability, you do the event until your time is up and see how far you got. An indoor triathlon is much more friendly to all ability levels. Your advanced people will still have a better shot at winning, but you go at your own pace, everybody starts at the same time, everybody finishes



Lt. Michael Bakker, a Public Health Service physician's assistant assigned to the Indian Health Service in Anchorage competes in the Indoor Sprint Triathlon held at Buckner Physical Fitness Center Feb. 9. Bakker was the male division winner with a total of 9.62 miles completed between biking, running, and swimming. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

at the same time.”

The first event is the swim, after that, participants are allotted about a five-minute break to dry off. It is advised to bring something that can be quickly changed out of and into bike clothes to start the next event, Limon said.

“If you’re late to the next station, that’s time – and distance – missed, so whatever you do, it should be quick,” Limon said.

This triathlon will use a different scoring system than triathlons hosted in the past, Limon said.

Instead of the winner being

determined by total distance traveled among all disciplines, each discipline will have a set maximum score, or criterion distance. Participants’ distances will be compared as a percentage of the maximum among the three disciplines and then averaged, Limon said.

“If you are in the swim and you only get to about 500 meters, then your criterion score is about 66 percent because you did 66 percent of the criterion distance in 10 minutes,” Limon said.

This triathlon is intended to be a springboard for an upcoming

outdoor sprint triathlon in August which will be distance-based, not time based, Limon said.

“It takes a considerable amount of work to do those,” Limon said. “The people that do them are extremely happy they did, but you gotta train for it. We want to make sure people know it’s coming, start training.”

Other upcoming fitness events include a dodgeball tournament and a row/swim challenge in March, as well as a few different 5-kilometer running competitions.

For more information on JBER

competitive fitness events, contact the Buckner Fitness Center at 384-1308.

“I think these events are great,” said Public Health Service Lt. Michael Bakker, a physician’s assistant assigned to the Indian Health Service and last year’s sprint triathlon winner. “They are a great way to get a hard workout in and have a good time. When you get done with a hard workout, you feel great. It does release endorphins, but you feel like you’ve actually done something to improve your fitness.”

The call to peacemaking, not peacekeeping

Commentary by Air Force Chaplain (Capt.) Mark Hill
673d Air Base Wing Chaplain

There are times when chaos, unrest, conflict and uncertainty seem to permeate our lives. Perhaps like me, you have wondered if it is even a possibility to experience a sense of security that comes from true peace.

The lack of peace in our homes, in our churches, and in our workplaces drains us of life, it wears us down, and it saps our strength. On a global level, we watch the news and hope that something of peace will emerge from this summit conference or that cease fire and maybe it will last for a while, but then conflict breaks out somewhere else. On a local level we hear the numbing statistics of theft, divorce, crime, abuse, suicide, and whatever else these things speak to – they speak to a lack of peace and great unrest. But I do not have to escalate to any higher levels; all I need to do is reflect on the condition of my heart knowing I experience a gnawing and unsettling feeling far too often. Sadly, there are times when peace feels distant and unattainable.

Recently I began to take a deeper look at the difference between peacekeeping and peacemaking. Prompted by Jesus’ words in Matthew 5:9, “Blessed are the peacemakers,” I wanted to know what peacemaking would look like if intentionally applied to my life. What I learned both challenged



How do we recognize a true peacemaker? They are the ones bringing light where there is darkness; speaking the truth where lies live; bringing reality and honesty where hypocrisy reigns; grace where legalism thrives; and holiness where carnality flourishes. (Courtesy photo)

and encouraged me.

Whereas a peacekeeper is tasked to keep external peace, the peacemaker is primarily concerned with internal peace. We see the former of these demonstrated on the global scene every day. Peacekeepers are stationed across the world seeking to provide an environment that fosters the absence of all conflict. Biblically guided peacemakers, on the other hand, seek to align their mission with

that of Jesus’ desire for us as found in John 14:27, “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

In pursuit of what it means to be a biblical peacemaker, I explored how both peacekeepers and peacemakers operate.

I learned that in very practical terms, it is easy to spot a peacekeeper. They are all

around us. They are the ones who change topics and invoke the “no talk rule” every time someone begins to address matters that might be upsetting or stir up contention. They are more concerned about maintaining the absence of conflict than they are about speaking the truth into difficult subjects. These peacekeepers are quick to respond and redirect whenever a peacemaker seeks to speak truth into important topics.

Rather than ignore or avoid potentially contentious matters, a peacemaker is intent on speaking the truth and unmasking the obstacles that prevent true peace from emerging.

Jesus made a point to say, “Blessed are the peacemakers.” Blessed are the ones who are willing to speak the truth. For he knew when people start speaking the truth, the door is opened to receive healing, support, and hope that can lead to true internal peace.

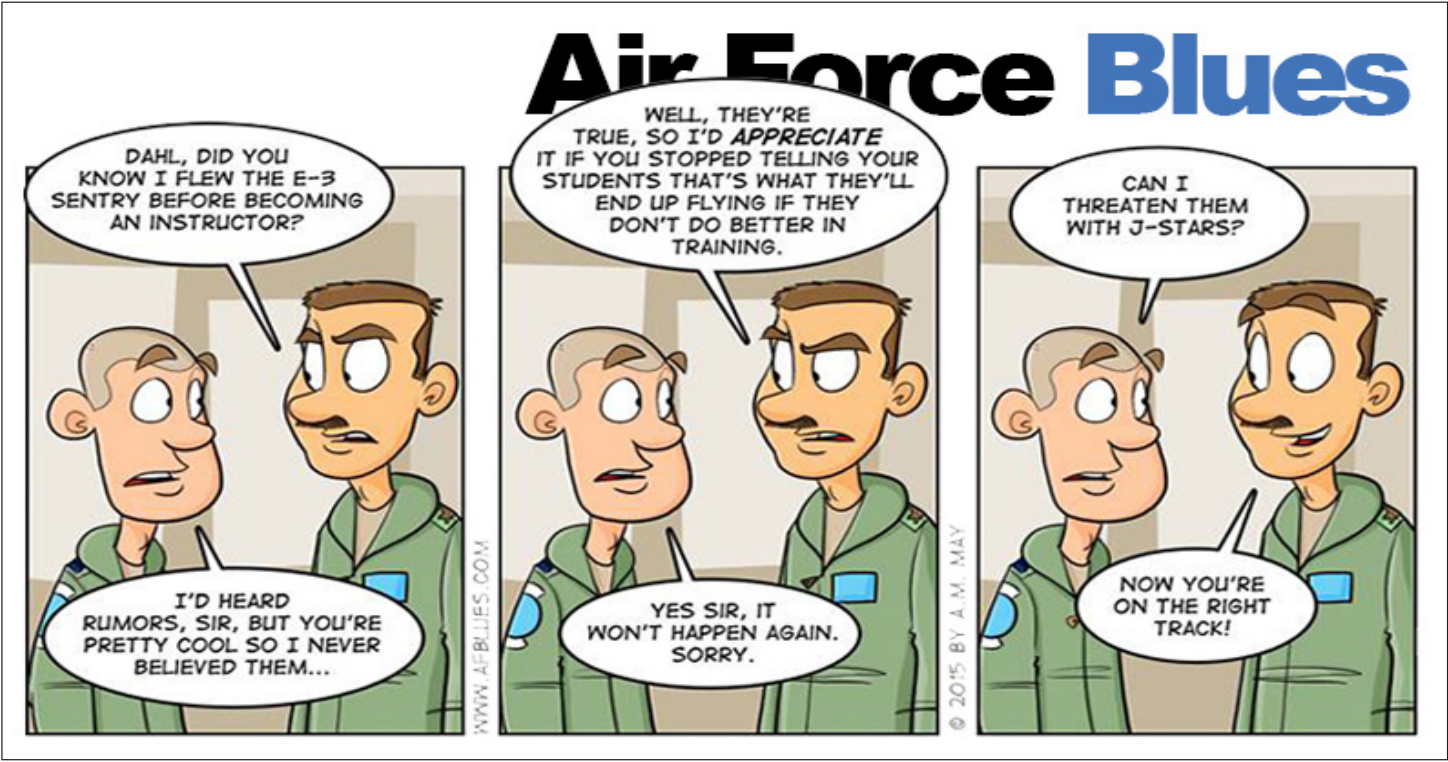
I believe God wants peace in our homes, he wants it in the church, and he wants it in the world. But the peace that he’s willing to settle for is not a peace that is born of mush. It is not born of silence, avoidance, or pretending and it is not characterized by appeasement or a lack of conviction.

How do we recognize a true peacemaker? Are they changing the subject and invoking the no talk rule? No. They are the ones bringing light where there is darkness; speaking the truth where lies live; bringing reality and honesty where hypocrisy reigns; grace where legalism thrives; and holiness where carnality flourishes.

I find this text a tremendous challenge because it is often easier to avoid difficult matters. Confronting challenging situations with the truth can be both painful and costly. The encouragement I receive from this call to become a peacemaker, however, is sometimes we must endure temporary hardships in order to experience true peace.

If you are feeling called to the work of biblical peacemaking, please take note that breaking the “no talk rule” and speaking truth into systems that are riddled with lies and hidden things can be quite challenging. The pursuit of true peace may result in strained relationships, hurt feelings, and even persecution.

May you take comfort in the fact that true prophets of God have long been persecuted for being real peacemakers. If you answer the call to biblical peacemaking, recognize while it may be costly, you are standing in very good company. Blessed are you for pursuing true peace. Blessed are the peacemakers.



The Arctic Warrior Chapel will undergo a renovation from February through June. The 8:30 a.m. Catholic Mass and 11 a.m. Collective Chapel Services will meet at the Richardson Community Center on Hoonah Ave. during the renovation.

FRIDAY

Movie night

Gnomeo & Juliet is the feature film at 6:30 p.m. for this free movie night at the Talkeetna Theatre. Concessions will be available and doors open at 5:30 p.m.

For more information call 552-8529.

SATURDAY

Snowmachine ride

Head to Willow or Spencer Glacier on this weather-dependent snowmachine ride. Minimum and maximum sign-up numbers apply to all trips and classes. Meet at the Outdoor Adventure Program Building at 8 a.m.; ride ends at 5 p.m.

For more information call 552-4599 or 522-2023.

Epic Snow Camp

Enroll in this epic ski and snowboard camp at Hillberg. Takes place Saturday through Monday and is weather-dependent.

For more information call 552-4599 or 552-2023.

MONDAY

Ice fishing tournament

Bring your own fishing poles for this weather-dependent tournament at Hillberg Ski Area from noon to 3 p.m.

For more information call 552-4599 or 552-2023.

FEB.

Blood Drive

Make a difference and donate with a friend in the Blood Bank of Alaska's LIFEmobile at the corner of 20th Street and Pease Avenue from 8:30 a.m. to 3:30 p.m.

Eat well the day of the blood drive, stay hydrated, and bring a photo ID. To make an appointment, visit tinyurl.com/zrszwpb.

For more information call 580-2060, or 580-6353.

ONGOING

Lunch at the Museum

Bring a sack lunch and check

out the JBER Wildlife Education Center, Building 8481, on February 18, March 24, and April 21. Kids are welcome and admission is free, with over 200 wildlife mounts, educational displays, and wildlife movies playing. Open most Tuesday, Thursday, and Friday afternoons (subject to staffing availability). Visit the Facebook page at 'JBER Wildlife Education Center'.

For more information contact jberwildlife@gmail.com.

Visit Our Schools month

Parents, community members, and businesses are invited to visit any Anchorage School District school during February to learn more about the community's public schools. Visits take place each Tuesday at 9:30 a.m. with an additional time of 6 p.m. on February 23rd.

For more information, visit asd.k12.org/visit.

Wildlife Wednesday

Stay warm and scientifically enriched this winter with 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.

Military Children Program scholarship

The scholarships for Military Children Program is accepting applications from eligible students at commissaries or online at militaryscholar.org.

For more information call (856) 616-9311.

AER scholarships

Army Emergency Relief is taking applications for scholarships. Scholarships are available for children, spouses and other dependents of active, retired and deceased Soldiers. Applications and instructions are available at aerhq.org; submission deadline is May 1.

For information, call 384-7478.

Richardson Spouses' Club scholarship opportunity

Applications are being accepted for the Richardson Spouses' Club Scholarship. Applicants must be military dependents, either

graduating high school seniors or currently enrolled college students pursuing full time undergraduate studies.

Visit richardsonspousesclub.com/scholarship to download full eligibility requirements along with the application.

Applications must be postmarked by February 26.

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.

Sunday bowling bingo

Enjoy discounted bowling every Sunday 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/msmrr.

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.

Library Story Times

Family HomeCare Series: Tuesdays 10 to 11 a.m.

Toddler Tales: Wednesdays 10 to 11 a.m.

Preschool Story Time: Thursdays 10 to 11 a.m.

Surprising Science: Tuesdays 3 to 4 p.m. and Thursdays 6:30 to 7:30 p.m.

Chapel services

Catholic Mass

Sunday

8:30 a.m. — Richardson Community Center
11:30 a.m. — Midnight Sun Chapel

Monday and Wednesday

11:40 a.m. — Richardson Community Center
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

Lunch and Learn

Fridays at 11:30 a.m.
Kosher lunch provided.
CFLTC
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



ICE FISHING SPECIAL!

Now - March
Rent at least 3 items from the list below and we will add 2 ice fishing poles, 2 chairs, and an ice scoop for FREE!

FISHING GEAR

(regular pricing)

- 1 small ice tent (2 person) • \$15
- 1 medium ice tent (2 - 3 person) • \$20
- 1 large ice tent (4 - 6 person) • \$25
- Ice fishing pole • \$3
- Ice scoop • \$1
- Camp chair • \$1
- Manual Auger • \$5
- Gas Auger • \$20
- Small cargo sled • \$8
- Medium cargo sled • \$12
- Mr. Heater • \$5

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February 12
6:30 p.m.

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MOVIE STARTS AT 6:30 P.M.
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BOARDER/SKI CROSS COMPETITORS RACE DOWN THE HILL AGAINST OTHER SKIERS AND SNOWBOARDERS OVER JUMPS, BANKED TURNS, & ROLLERS. FIRST TO THE FINISH LINE WINS.

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\$4.99 per person for 1 hour of unlimited bowling. Shoes included.

SCOTCH DOUBLES VALENTINE'S TOURNAMENT

February 13 • Sign up at 6 p.m.
• Tournament begins at 6:30 p.m.
\$20 per couple. CASH ONLY! A system of doubles play where the two bowlers on each team alternate shots throughout the game. The only time one of the pair ever completes a frame on his/her own is when scoring a strike.

VALENTINE'S DATE NIGHT

February 13 • 6 p.m. - 1 a.m.
\$34.99 per couple. Make your Valentine's special, 2 hours neon bowling. Shoe rental for up to 2 bowlers, balloon bouquet, & champagne (21 & over only) or sparkling cider.

Key spouses and FRGs offer support to families

By Airman Valerie Monroy
JBER Public Affairs

A large aspect of the military is being separated from loved ones. Whether it’s service members getting deployed or changing permanent duty stations, often times people are separated.

In a new home and a new place, things can be scary for families. Having people that spouses can turn to for support and encouragement is essential for making sure they feel comfortable.

Joint Base Elmendorf-Richardson offers support for both Air Force and Army families.

“The key spouse program is an official Air Force unit family readiness program that’s designed to enhance mission readiness and resilience and to establish a sense of community,” said Jeri Romesha, 673d Force Support Squadron work-life consultant with the Military and Family Readiness Center.

The program was standardized across the Air Force to address the needs of all military families with special emphasis on support to families across the deployment cycle. It is a volunteer resource that is established and maintained within the unit by the commander.

Alexandra Olson, key spouse mentor and wife of Chief Master Sgt. Craig Olson of the 673d Logistics Readiness Squadron, said the key spouses program is an avenue for leadership to get word out to families while also being able to get concerns from families to leadership.

“If there is an issue within the unit and you don’t want to go directly to the commander you can go to the key spouse,” said JoAnn Handy, wife of Lt. Gen. Russell Handy, commander of Alaskan Command, 11th Air Force and Alaskan North American Aerospace Defense Command Region.

Much like the Air Force key spouses program, Army Family Readiness Groups are command-sponsored organizations.

Soldiers, civilian employees, family members and volunteers belonging to the unit are all involved in the program. The FRG provides mutual support and assistance along with a network of



Alexandra Olson, a key spouse for the 673d Logistics Readiness Squadron, attends a meeting at Joint Base Elmendorf-Richardson Jan. 26. The key spouse program is an official unit program designed to establish a sense of unity within the Air Force. Olson is the spouse of Chief Master Sgt. Craig Olson with the 673d LRS. (U.S. Air Force photo/Airman Valerie Monroy)

communications among the family members and the unit.

The FRG acts as an extension of the unit to provide official and accurate information, and help families solve problems at the lowest level.

“It’s important because it gives the families someone to reach out to if they’re in need of something and provides communication between command and spouses,” said Lisa Williams, 673d FSS work-life specialist.

The key spouses and FRG leaders provide feedback to the command on the state of the families within the unit. During deployments they are there to stay in contact with people and make sure they are receiving all the information from the command.

When families have issues that arise, they can bring it up to their respective key spouse or FRG leader.

Spouses of service members are not the only ones who are allowed to volunteer for the position. Any

family member the service member deems appropriate can be a part of the key spouses or the FRG.

The key spouses’ team includes the commander, the first sergeant, key spouse mentor and the spouses which are appointed by the commander.

The FRG team consists of a senior advisor, FRG leader or co-leader, treasurers, key callers and a newsletter editor.

Training

The Military and Family Readiness Center provides initial and ongoing key spouse training. Initial training includes information about key spouse roles and responsibilities, boundaries, communication tips, protocol, suicide awareness and resiliency training. Ongoing training is also provided to keep key spouses up to date.

The MFRC provides training for the FRG leaders on leader certification, key caller training, finances and fundraising, and care team training.

Spouses from both services are also allowed to attend training for courses offered by either branch.

“The training is important because when people have issues, the spouses need the credentials to be able to help correctly,” Handy said.

Key Spouse Experiences

Many key spouses had their most memorable experiences with helping families overseas.

“It is a different culture and many people don’t have the same family support that they would have elsewhere,” said Olson. “That’s why it’s really important to be there for people during those times.”

Natalie Fappiano, key spouse and wife of Air Force Maj. Francis Fappiano with the 673d LRS, said most of her experiences happened overseas. She explained how in Japan the key spouses would meet the rotator aircraft bringing service members in and out of the country, every week.

“We would provide them with enough food and supplies to get settled,” Fappiano said. “It wasn’t

much, but anything helps.”

FRG leaders’ experiences

Amy Jo Rotante is an FRG senior advisor and the wife of Army Lt. Col. John Rotante, with the 404th Army Field Support Brigade. She said she enjoys being able to empower spouses with information from all known resources throughout the community.

“We’re all in the same environment and we are able to be there for each other and have people to bond with,” Rotante said.

“As an FRG leader, you’re responsible for taking care of your soldiers and their families,” said Amanda Collier, FRG leader and wife of Army Capt. Joe Collier with the 6th Brigade Engineer Battalion (Airborne). “I feel like it’s extremely rewarding to reach out to families and help those who need it.”

For more information on the Air Force key spouse program or the FRGs, contact the MFRC at 552-4943, or 384-1517 for the JBER-Richardson location.

Richardson Spouses’ Club to award scholarships

By Airman Valerie Monroy
JBER Public Affairs

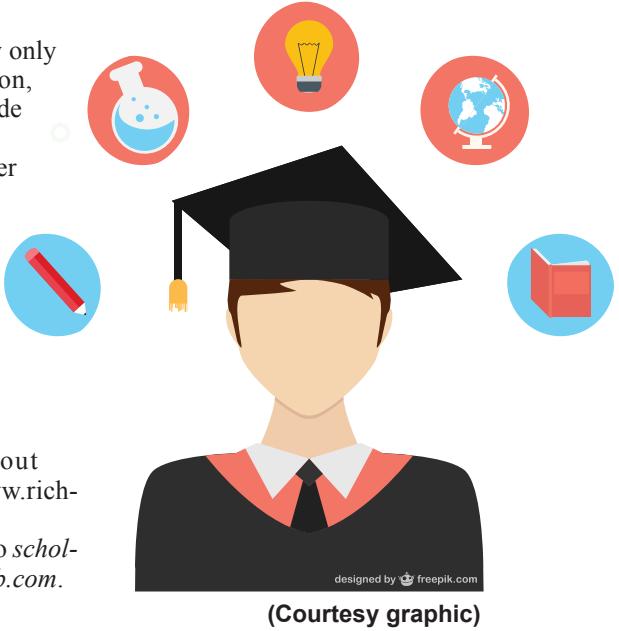
In 2015 the Richardson Spouses’ Club raised and distributed \$16,000 in scholarships to deserving military family members. This year, they will continue the program to provide financial assistance to further students’ educations at accredited undergraduate institutions.

The scholarships are available to graduating high school seniors and students enrolled in

“The scholarships are available to graduating high school seniors and students enrolled in full-time undergraduate studies.”

full-time undergraduate studies. The funds for the scholarship come from fundraising events done throughout the year as well as through the Richardson Thrift Shop. “Our two largest fundraising events are the Country Fair event and the Support the Troops event,” said Amanda Collier, RSC president. The RSC awards scholarships on the basis of academic achievement, personal achievement, community service and a submitted essay, said Lindee Luper, RSC Scholar-

ship Chairperson. The scholarship award may only be used for payment of tuition, books and school fees, to include room and board. Luper explained the number of scholarships, and their values are determined at the discretion of the Scholarship Selection Committee. The deadline to apply for the scholarship is Feb. 26. Interested applicants can download applications and learn more information about eligibility requirements at www.richardsonspousesclub.com. Any questions can be sent to scholarship@richardsonspousesclub.com.



(Courtesy graphic)

Face of defense: Deployed senior NCO works to foster trust

By Tech. Sgt. James Hodgman
379th Air Expeditionary Wing

AL UDEID AIR BASE, Qatar— Every Airman has a story, and a master sergeant assigned here is determined to learn as many of those stories as she can. Air Force Master Sgt. Janine Obando, the director for the 379th Air Expeditionary Wing’s Equal Opportunity Office, is responsible for assisting people with complaints of unlawful discrimination and ensuring Airmen here work in professional environments. “My job is to get a pulse of what is happening in units and inform commanders of any concerns or issues that need to be addressed,” said Obando, who hails from Ewa, Hawaii. Obando said she strives to learn about the members in her unit. Everyone is unique, she said. “It is important to take time ... to learn what matters to them. The more you get to know someone, the better you are able to communicate and hopefully build some rapport,” Obando said.

Serving fellow Airmen

“Everyone has a story, and I am fascinated learning about each airman’s journey,” she added. “The more I learn about one’s background and life experiences, the better person and leader I become. These interactions enable me to

think about how I can affect change and serve every airman better.” Obando said she has met many service members during her time here, including Air Force Staff Sgt. Yolanda Jackson, noncommissioned officer in charge of 379th AEW protocol. “She was really interested in my job and seemed very genuine,” said Jackson, who’s from Chicago. “Since then, we’ve met on several occasions and she’s always quick to ask how I’m doing and how everything is going.” Jackson joined the Air Force in June 2009. She said she enlisted because of the education benefits the service offered. “I knew I wanted to go to college since the eighth grade,” Jackson said. “My mother always stressed the importance of education. She was a factory worker and worked hard for my brothers and sisters to have a good life. She wanted the best for us.” Since joining the Air Force, Jackson used tuition assistance to pursue a Community College of the Air Force degree in restaurant, hotel and fitness management. She said she will soon complete her degree and plans on pursuing a bachelor’s degree in hospitality management.

Fostering trust

Jackson said she appreciates Obando’s efforts.



Air Force Master Sgt. Janine Obando, the 379th Air Expeditionary Wing’s equal opportunity director, left, meets with Air Force Staff Sgt. Yolanda Jackson, the noncommissioned officer in charge of 379th AEW protocol on Al Udeid Air Base, Qatar Jan. 21. Obando, who hails from Ewa, Hawaii, said it’s important to meet with service members to foster trust between units and the EO office. (U.S. Air Force photo/Tech. Sgt. James Hodgman)

“I kind of have an automatic trust in certain offices and the EO office is one of them. I know what the EO office is meant to do,” Jackson said. “I would definitely bring my concerns to that office, but that trust is more solidified by the personal interaction by Obando, and I’m more likely to report something to EO because of it.” Jackson added, “Meeting people who are approachable and genuinely interested in your views makes it easier to open up to them later.”

‘Thanks for Asking’ raises awareness for domestic violence

By Airman 1st Class Cassandra Whitman, 354th Fighter Wing Public Affairs

Eielson hosted an exercise Jan. 21 called the “Thanks for Asking” campaign, designed to measure bystander intervention and raise awareness for domestic violence. Exercises focused on bystander intervention have helped thwart domestic violence, sexual assault, abusive alcohol consumption, and suicide.

Domestic violence is a pattern of abusive behavior in an intimate relationship used by one partner to gain or maintain power and control over another. Domestic violence can be physical, sexual, emotional, economic, or psychological. One in four women and one in seven men have been the victim of severe physical violence by an intimate partner in their lifetime.

For the campaign, 20 volunteers wore makeup to resemble bruises, cuts and choke marks observed in domestic violence relationships.

1st Lt. Kelly Wheeler, a nurse with the 354th Medical Group, had a bruise on her left eye for the exercise. She said she felt embarrassed to wear the mark and that the day wasn’t going to be easy.

“I feel people are going to have a joking response to this,” Wheeler said.

“I don’t think they are automatically going to think it’s abuse.”

Tech. Sgt. Joshua Stillwagon, 354th Operations Support Squadron deputy airfield manager, also wore a bruise on his eye and had similar feelings as Wheeler.

“I think people are going to be sarcastic,” Stillwagon said. “I also believe it’ll be an eye-opener for most people who ask.”

The campaign was conducted all day. The volunteers were provided cards to give to the people who asked them about their injuries. The card explained they were part of a campaign to raise awareness and listed the resources Eielson offers to victims of domestic violence.

The volunteers reconvened at the end of the day to share the experiences they had.

Stillwagon had 19 people ask him what happened. Most of those people thought it was a sports-related injury rather than domestic violence.

“Although I expected a lot of sarcasm from those who spoke with me, I got a lot of concerned responses instead,” Stillwagon said.

Air Force Master Sgt. Denielle Hilliard, 354th Force Support Squadron assistant lodging manager, was emotional with the responses she received. Six people asked her what happened when they saw the bruise on her eye while more than a handful didn’t ask.

“I was upset,” Hilliard said. “I’m not



Tech. Sgt. Catherine Truesdell, 354th Operations Support Squadron noncommissioned officer in charge of Red Flag SARM operations, gets a split lip and choke marks applied to her face and neck Jan. 21 at Eielson Air Force Base. Truesdell volunteered to help raise awareness for domestic violence through the campaign. (U.S. Air Force photos/Airman 1st Class Cassandra Whitman)

even truly going through this and I got the feeling that no one cared.” Wheeler had 20 individuals ask her throughout her day.

“I heard some talking behind my back at first,” she said. “They came and asked me later on what happened, but it still didn’t feel good. However, I am happy that I was a part of this campaign. It gave us the opportunity to educate others and talk about the issue.”

Wheeler also had those who were genuinely concerned for her, and even had a couple people share their own story.

A consistent trend seen by the group of volunteers was that most people used a joking tone to approach the question.

Air Force Capt. Abigail Rose, 354th Medical Group mental health provider, explained this is a hard topic for many people to openly talk about. Sometimes making a joke means a person wants to acknowledge the injury, but is uncomfortable.

“This is why we want to give our community the tools to speak with possible victims,” Rose added. “Questions like ‘Are you safe at home?’ or ‘Did your partner do this to you?’ are good questions to ask. Using sarcasm has the potential to cause the victim to feel uncomfortable.”

The biggest take-away the volunteers of this campaign had, was to just ask. Even



Senior Airman Jazmin Gonzalaz-Araiza, 168th Wing vehicle management and analysis, gets the finishing color added to her fake injury. Gonzalaz-Araiza and her wife both volunteered for the “Thanks for Asking” campaign to show domestic violence can happen with same-sex couples.

if it feels uncomfortable, it might just help someone out by asking. Whether you are a male, female, an officer a senior noncommissioned officer, soldier an Airman, taking the initiative to make sure your wingmen are safe could potentially save a life.

For more information on domestic violence, contact these agencies:

The Family Advocacy Program at 907-580-5858; 24-Hour DoD Safe Helpline 877-995-5247; Air Force Sexual Assault Crisis Line-907-377-7272.