

USARAK's Gray Eagle makes first Alaska flight



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"I'M NOT GOING TO LET THIS HAPPEN"

(U.S. Air Force photo/Justin Connahey)

Helping homeless youth is officer's passion

By Airman 1st Class Javier Alvarez
JBER Public Affairs

Candles, held by teens and adults alike, glowed at the Covenant House Alaska's vigil in downtown Anchorage.

Air Force Maj. Craig McDowell surveyed the crowd and noticed a teenage girl nearby. It was a chilly February night, but her clothing was layered in defense against more than the cold. Mascara couldn't quite hide the bruising around her eyes, and she seemed to cower like a maltreated dog.

McDowell, chief of combat operations with the 611th Air Operations Squadron, recalls feeling a slew of emotions.

"That is not supposed to happen to American citizens," McDowell said.

"I got angry," he continued. "I said, 'no, I am not going to let this happen.' I went and I found one of the staff, and I said I was going to keep dropping by here."

Soon after that encounter, McDowell found himself at the center

near-daily.

Each day was an opportunity to make a difference.

"It was about six months later we finally found the kid," McDowell said. "We got her checked in here. And we managed to finally to get her to go to court, which was a feat in itself."

The teen is now in assisted living. He said he tries to visit sparingly, so she will not depend on him.

McDowell said his church was the inspiration to volunteer at CHA, however, he credits the troubled teen as the cementing factor.

McDowell, who has no children of his own, said he finds joy in seeing the impact his volunteerism has had.

The smile on his face accentuates the warmth of his personality and has an air of comfort. His low, authoritative voice conveys security – reassuring the listener everything is going to be okay.

"I think it is making a difference," McDowell said. "I won't be so arrogant as to say I know for sure, but it seems like it. They seem to listen and I seem to get them to confide in me when they won't confide in anybody else."

McDowell's time at the center is purposeful and driven, and the friendly encounters with the centers patrons signals the impact he's had.

"He has been a positive male role model, which many of our youth have never had," said Jennifer Piffarerio, a psychologist at Covenant House Alaska. "He has been able to connect with them, and show them what a man should be like. He cares for them, he listens to them. He has helped them when they've been on the street."

"There are a number of things he has done that have touched their lives."

There is sincerity in his words and his actions, evident to those who come in contact with him.

While his volunteerism is thoroughly inspired, the events which brought McDowell to CHA are all but joyful.

"That was a success story, but there are many others," McDowell said.

The simple act of listening can have a huge impact.

Building a puzzle, playing basketball, or any of the various activities supported at the center

"You can't replace their parents, but what you can do – what I try to do – is be a responsible role model."

are ways to connect with the youth.

"You can't replace their parents, but what you can do – and what I try to do – is be a responsible role model for these kids," McDowell said. "A lot of their fathers are not in their lives, and if they are, they're abusive. Or there's conflict there. It's never a blanket scenario."

"I try to be there. I don't try to take the role of their brothers or sisters; I don't try to be the parent. But I do try to be somebody that cares about them and is proud of them for their successes."

McDowell is known by staff and youth alike as Captain America, because of his superhero-like persona.

"I think for them to see a military member come in, who can be approachable and who can be with them without judging, is important," Piffarerio said. "When he comes in, the kids light up. Many will run to him to share a good day or share a good thing. They want him to be proud of them."

While some might be intimidated by the notion of working with homeless teens, McDowell says it is not hard.

He gets the same enjoyment volunteering at CHA as he does putting on the uniform.

"It's a privilege that they let me come into this place and spend as much time as I do. It's a privilege I get to wear the uniform. That's the best way to put it," he said.

There are many things McDowell could be doing after a long and tiring day at work, Piffarerio said.

"He chooses to serve, not only for the military and the country, but he serves kids and I think that's important," she said.



USARAK welcomes new CSM

By Sgt. 1st Class Joel Gibson
USARAK Public Affairs

Command Sgt. Maj. Terry Gardner relinquished responsibility for U.S. Army Alaska to Command Sgt. Maj. Michael Ferrusi in a change of responsibility ceremony at Joint Base Elmendorf-Richardson's Hangar 1 on April 14.

Representatives from USARAK units across JBER and Fort Wainwright participated in the ceremony marking the change in enlisted leadership for the Arctic Warriors.

Army Maj. Gen. Bryan Owens, the USARAK commanding general, remarked on the decade and a half Gardner spent in Alaska as a Soldier.

"We have been very fortunate to have a Soldier's Soldier among the Arctic Warriors and their families for so long," said Owens.

Gardner previously served as the command sergeant major for the 4th Airborne Brigade Combat Team, 25th Infantry Division also at JBER.

USARAK has a headquarters element at both JBER and Fort Wainwright, and the command team has to spend time at both locations.

"With a distance of 360 miles between Fort Wainwright and JBER, this can be very challenging, but the CSM worked tirelessly to bring the entire unit together," Owens said.

Gardner will retire later this year after more than 35 years of service.

He spent at least 15 of those years in Alaska with his wife, Teresa, and their five children.

He book-ended his career as a noncommissioned officer in USARAK, having been promoted to sergeant while reclassifying from the Signal Corps to a forward observer and being assigned to 4/11 Field Artillery supporting the 17th Infantry Regiment at Fort Richardson.

"In my many years of service I can say that Alaska has been the best assignment anyone could ever want," Gardner said.

Ferrusi is joining the Arctic Warriors from 3rd Brigade Combat Team, 10th Mountain Division, out of Fort Polk, Louisiana, where he served as the brigade command sergeant major.

He completed multiple tours in Iraq and Afghanistan and held leadership positions in the ranger regiment, asymmetric warfare group, infantry school, and 173rd Airborne Brigade in Italy during his 29 plus years of service.

"On the drive to Alaska, I was awestruck by the sheer size and beauty of this great state. The views are magnificent," Ferrusi said.

Ferrusi said he immediately noticed the difference in temperature between Louisiana and Alaska.

"The opportunity to serve our great nation at USARAK with the Arctic Warriors at JBER and Fort Wainwright, I'm honored, I'm humbled, and I look forward to such an opportunity," said Ferrusi, "Even with the minus-fifty temperatures I've been briefed about at Fort Wainwright."

Wing recognized with Outstanding Unit Award

Staff report
JBER Public Affairs

General Lori Robinson, Pacific Air Forces commander, recognized the 673rd Air Base Wing's distinguished support of three wings and an Army brigade, from Oct. 1, 2014 to Sept. 30, 2015, by awarding the wing an Air Force Outstanding Unit Award, March 31.

"This truly underscores the abilities of our Arctic Warriors," said Air Force Col. Brian Bruckbauer, Joint Base Elmendorf Richardson and 673d ABW commander. "It validates the hard work, dedication and commitment of the thousands of Airmen, Soldiers, and civilians who accomplish our mission, and it confirms the amazing things I have seen on a daily basis."

The citation for the award specifically highlighted the accomplishments of the 673d Logistics Readiness Squadrons' Fuels Management Flight, who safely issued 85 million gallons of aviation fuel to more than 15,000 aircraft, earning them recognition as the best fuels operation in the Air Force during fiscal year 2015.

"It gets very cold on this flightline and it makes it really difficult to do our job," said Airman 1st Class Levi Roark, 673d LRS fixed facilities technician. "We face the challenge of not only being cold and wet ourselves, but the elements also affect the fuels infrastructure. We have to keep things from breaking and maintain our response times at the same time. It's difficult, but we've maintained and overcome. We have the best fuels flight in the Air Force to show for it."

The Air Force Outstanding Unit Award also acknowledged JBER's accomplishments while hosting the U.S. Pacific Command's biennial exercise, Northern Edge 2015.

The exercise brought approximately 7,000 personnel and 200 aircraft into a joint-force environment to prepare to respond to crises in the Indo-Asia-Pacific region.

During this time JBER supported the exercise by managing the reception, beddown, integration and employment of service members from all four service branches, while directly supporting 1,100 training sorties over a 30-day period.

The award goes on to recognize the firefighters who assisted the Division of Forestry's efforts to contain the 7,100-acre Sockeye wildfire which affected Willow.

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Perfect Water

JBER's water plant named best large facility – and it's only going to get better
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Guardsmen deploy to Afghanistan with Mongolian force

By Staff Sgt. Balinda O’Neal Dresel
Alaska National Guard Public Affairs

Two Alaska Army National Guardsmen deployed to Afghanistan earlier this month as U.S. liaisons in support of the Mongolian Expeditionary Task Forces in Afghanistan. Capt. Collin Welch, 1-297th Reconnaissance and Surveillance Squadron, and Sgt. 1st Class Timothy Ring, 1st Battalion, 143rd Infantry Regiment (Airborne), are the twelfth team from the AKARNG to pair with the METF since the arrangement began in 2009. They will serve as tactical advisors and liaisons in support of Operation Freedom’s Sentinel.

As liaisons, the team will be the METF’s direct link to the U.S. Forces-Afghanistan and the Base Support Group at the New Kabul Compound in Kabul, Afghanistan,

and other sites in the country. Welch, of Eagle River, and Ring, of Anchorage, departed Alaska in late March for Fort Bliss, Texas, where they completed approximately two weeks of pre-mobilization training before leaving for Kabul, where they will be deployed for six to nine months. “We will be the direct link between U.S. Central Command and the Mongolian Armed Forces,” said Welch, who deployed for a similar mission in Africa when he was a member of the Kansas Army National Guard in 2010.

In Africa, Welch’s unit conducted stability operations to help strengthen partner nation security capacity and protect U.S. and Coalition interests.

“On the stability operations mission, we worked with foreign militaries doing military-to-military training,” said Welch.

“It seemed like a natural progression to take on another partner nation building mission.” “I’ve never been to Mongolia, but I love learning about new cultures,” explained Welch, who is looking forward to working with his Mongolian counterparts.

Since 2003, the Alaska State Partnership Program has continuously developed and maintained a relationship with the MAF. From deployments to Iraq, where the AKARNG provided liaison officers to partner with METF there, to many joint military exercises and personnel exchanges, Alaska Guardsmen have provided helpful and relevant insight and training to the METF.

“I am very excited about this opportunity,” said Ring, who worked with the MAF in 2013 and 2014 during the multinational peacekeeping exercise, Khaan Quest, held annually near Ulaanbaatar, Mongolia.

“I have worked alongside the Mongolians in both command post and field training exercises,” explained Ring. “It’s great that I can take what I’ve learned training there and apply it to a real world mission in Afghanistan.”

The strong relationship between Mongolia and the AKARNG prompted the MAF, when they volunteered to deploy to Afghanistan, to request liaison officers from the AKARNG to facilitate their communication and cooperation between the U.S. and NATO elements there.

Operation Freedom’s Sentinel is the new U.S. mission in Afghanistan focusing on training, advising and assisting Afghan security forces. It is the follow-on to Operation Enduring Freedom, the 13-year combat mission that began in the aftermath of the September 11, 2001 attacks.

First Gray Eagle flight expands USARAK aviation capability

By Army Staff Sgt. Sean Brady
USARAK Public Affairs

FORT WAINWRIGHT, Alaska — It was a cool April morning and the Arctic Falcons of U.S. Army Alaska Aviation Task Force were hard at work, as CH-47 Chinooks, UH-60 Blackhawks and AH-64 Apaches checked systems in preparations for lift-off – a typical day for Army aviation in Alaska.

The morning of April 11 was especially important for the Soldiers of UATF’s Delta Company, 25th Aviation Regiment “Gray Eagle” as they prepared for the inaugural flight of the MQ-1C Gray Eagle Unmanned Aerial System in Alaska.

Just minutes after 10 o’clock the Gray Eagle left the tarmac, gaining altitude on its first flight in Alaska airspace. Gray Eagle arrived in Alaska late last year to enhance the tactical capabilities of commanders in USARAK Aviation, Stryker and Airborne units, along with joint partners.

“It’s taken more than four years and included countless Federal and Department of Defense personnel to move Gray Eagle in Alaska forward,” said Reed Greenwood, USARAK’s lead aviation planner. “Making Gray Eagle a reality required USARAK to work closely with DoD-level aviation managers and to solicit recommendations and involvement from the Alaska public through a half-dozen outreach events.”

The versatility of Gray Eagle gives units in Alaska the ability to train for wartime tasks with real-world combat assets. The aircraft is the newest addition to UATF’s inventory, capable of operating in extreme cold regions across the globe.

“With the addition of the Gray Eagle, we continue to provide top notch, professional aviation support to the Stryker and Airborne Brigade while simultaneously



Sgt. Franzwillie Roldan, an AH-64D Armament/Electrical/Avionics Systems Repairer in 1st Attack Reconnaissance Battalion, 25th Combat Aviation Brigade places a training missile into an Apache wing rocket missile pod April 4, 2016 at the Forward Area Rearming Point at Yukon Training Area. (U.S. Army photo/Spc. Samantha L. Magers)

maintaining MEDEVAC and aerial firefighting capabilities for the Army and our local partners,” said Army Col. Blake Alexander, UATF commander.

UATF’s diversity is shown not only by the aircraft they have, but through the variety of their missions and operating environments. Alaska has a range of weather and environmental conditions that cannot be replicated anywhere in the United States.

With extreme altitudes over the highest mountains in North America and in temperatures ranging from 90 degrees in the summer to minus 50 degrees in the winter,

UATF aviators are ready to fly, 24 hours a day, seven days a week, in support of emergency response medical evacuation missions for the Alaska Rescue Coordination Center and fight summer wild fires in support of the Bureau of Land Management.

These missions go beyond the requirement to provide trained and ready aviation units to the U.S. Pacific Command and for other global contingency operations.

With the addition of an AH-64 Apache battalion in August of 2015, UATF now has an aerial attack capability never seen before in Alaska.

These arctic-capable Apaches are outfitted with skis year-round, stabilizing the aircraft when landing on muskeg, snowpack and glaciers.

The 1st Attack Reconnaissance Battalion, 25th Combat Aviation Brigade is currently testing an equipment pod to hold aviators’ extreme cold-weather survival gear, a unique requirement for combat operations in extreme cold regions like the Arctic.

The current era of Army aviation in Alaska began in 2005 with Task Force 49, a medium combat aviation brigade headquarters. Over the next five years,

TF 49 deployed seven modular aviation units to Iraq over five separate deployments. In 2011, TF 49 transitioned to become 16th Combat Aviation Brigade and the headquarters moved to Joint Base Lewis-McCord, Washington.

Now under the complete mission command of UATF and USARAK, Alaska aviation battalions have deployed modularly to Afghanistan and Korea and have supported five National Training Center rotations at Fort Irwin, California.

“I’m extremely proud of the accomplishments of the UATF headquarters and staff over the last 10 months,” Alexander said. “This unit has demonstrated they can provide the leadership, coordination, mission command and oversight to achieve any mission for the Army and the state of Alaska.”

With more aviation combat power now in the Pacific region than in recent memory, UATF stands ready to fly, fight and train in an area bigger than Texas, Montana, California and Kansas combined.

Within that area is the Joint Pacific Alaska Range Complex, a series of training areas open to joint, interagency and multinational training. The JPARC consists of 65,000 square miles of airspace and 2,490 square miles of land space with 1.5 million acres of maneuver land.

The space allows for full-spectrum engagements, combined arms exercises, and unique opportunities to train with international partners.

“We are looking forward to maintaining our engagement in the Pacific with the Nepalese Army Aviation and future coalition partnerships,” Alexander said. “I’m really looking forward to this summer as we expand our joint capabilities with the U.S. Air Force during the upcoming Red Flag and Arctic Anvil training exercises.”

New multidisciplinary Air Force team to focus on future ‘third offset’

By Derek Kaufman
Air Force Materiel Command Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — In 2030 and beyond, the Air Force will achieve air superiority with a networked family of capabilities that may include legacy systems like the F-22 Raptor and F-35 Lightning II, new concepts such as manned/unmanned teaming, and advanced weapons including lasers, hypersonic munitions, or cyber capabilities.

To help the Air Force define and develop future capabilities, Air Force Materiel Command is standing up a multi-disciplinary Air Force team at the Air Force Research Laboratory at Wright-Patterson Air Force Base, Ohio.

Gen. Ellen M. Pawlikowski, the AFMC commander, said it will be a key component of a new Air Force strategic development planning effort.

Its focus is future multi-domain capabilities needed, in part, to support the third offset strategy.

The general first briefed Air Force and aerospace industry rep-

resentatives on the concept in late February during the Air Force Association Air Warfare Symposium in Orlando, Florida.

Lt. Gen. Mike Holmes, the Air Force deputy chief of staff for strategic plans and requirements, amplified the discussion on April 7 while highlighting results of the yearlong Air Superiority 2030 Enterprise Capability Collaboration Team.

A small Air Force strategic development planning team of about 10 military and civilian Airmen will be established within AFRL.

The team will be augmented by experts from across the Air Force operational, acquisition, and planning communities to explore both materiel and non-materiel solutions to inform senior Air Force leadership strategic decisions.

“The Air Force is rejuvenating our development planning process,” Pawlikowski said, noting the Air Force’s emphasis on strategic agility in its capstone 30-year strategy, strategic master plan and future operating concepts documents is closely aligned with the third offset.

Many analysts acknowledge

peer competitor military capabilities are on a path to parity with the U.S. in several key mission areas.

The gap is closing on the extraordinary technological advantage U.S. forces have enjoyed since the advent of precision-guided munitions, stealth and integrated command and control.

These capabilities, known as the second offset, were the result of a focused long-range development planning effort initiated in the mid-1970s to counter the Soviet Union’s numerical advantage in conventional weapons.

Now Pentagon strategists and the research and development community are focusing their energies on identifying a new third offset to deter conflict and, if deterrence fails, defeat a major power adversary.

Deputy Defense Secretary Bob Work called the third offset “strategy-based and technologically oriented,” and will incorporate new operational and organizational constructs.

“I think we all have the same ultimate objective when we talk about pursuing the third offset, which is to mine those technolo-

gies that give us back that technical edge,” Pawlikowski said. “This is all about providing agile war-winning Air Force capabilities for the future.”

Pawlikowski said the new strategic development planning effort will “marry up” operational warfighters and doctrine experts from all Air Force domains with the acquisition and technology community.

It will incorporate investments in new operating concepts, wargaming, experimentation, as well as mature and emerging technologies to focus on addressing Air Force needs and gaps 15 to 20 years from now.

She acknowledged development planning had long been a core Air Force competency, but a discipline that has been allowed to wane with various Air Force reorganizations and amidst years of intense focus on the current counterterrorism fight.

As a result, programming solutions for filling gaps became more platform-centric, rather than strategy focused.

Assessments under the new effort will involve multi-domain,

air-space-cyber approaches to finding solutions.

Pawlikowski added the new effort will refine and operationalize recommendations from the 2014 Air Force Studies Board report, “Development Planning - A Strategic Approach to Future Air Force Capabilities,” led by former Army Secretary Claude Bolton Jr. and Dr. Paul Kaminski.

“We’re going to use experimentation; we’re going to use modeling and simulation as the tools to allow us to make that marriage, if you will, between what are the gaps, what are the challenges, and what concepts and technologies are we are going to bring to bear,” Pawlikowski said.

She noted experimentation dollars and small investments in modeling and simulation are already funded to support the effort.

The effort will likely explore the role of “game-changers” like directed energy and hypersonics in future joint operations.

“Of course cost is always going to be in the calculus,” she said. “Because affordability is going to be a key element for the Air Force, now and into the future.”

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90th AMU Airmen take honors at quarterly load competition

By Staff Sgt. Sheila deVera
JBER Public Affairs

Airmen from the 90th and 525th Aircraft Maintenance Units work around the clock to provide support for F-22 Raptors; their skills on timeliness and work proficiencies were put to the test during 2016’s first quarterly load crew competition April 15 at Hangar 27.

Quarterly load crew competitions showcase the combat readiness and effectiveness of load crew teams’ ability to safely and properly arm an aircraft to meet mission challenges.

This year’s load crew competition will feature the AIM-9X missile, which is new to the F-22.

“The AIM-9X Advanced Sidewinder is the newest air-to-air missile added to the Air Force inventory and the most advanced heat-seeking missile in the world,” said Tech. Sgt. Matthew Davis, 3rd Maintenance Group loading standardization crew team chief. “Like the F-22 Raptor, it is a fifth-generation weapon and both share a similar trait: its supersonic speed and thrust vectoring make it faster and more maneuverable than any previous model.”

The 3rd Wing is the first operational F-22 unit to fly with the AIM-9X, Davis said.

The competition kicked off at 8 a.m.

The best crew with no loading evaluation fails, quality-assurance technical-data violations or detected safety violations would be representing their respective unit.

“We don’t get a lot of interaction with the [90th FS] unit, so having this event allows us to interact with the other unit in a friendly competition,” said Airman 1st Class Jacob Nile, 525th AMU weapons load crew member. “We have [everyone] give it their all and see who the best [between the two units] is.”

The 90th AMU ‘Pair-o-Dice’ and 525th AMU ‘Bulldogs’ teams consist of three crew members, each playing a different role.

A load crew chief will be in charge of the loading operation, while the other two crew members would be performing aircraft and munition preparations.



Air Force Staff Sgt. Jarrett Hayman evaluates Airmen from the 525th Aircraft Maintenance Unit as they load an AIM-9X Advance Sidewinder onto an F-22 Raptor during the first quarter load crew competition at Joint Base Elmendorf-Richardson April 15. This is the first year the load crew competition featured the AIM-9X. (U.S. Air Force photos/Staff Sgt. Sheila deVera)

Each team starts out with 1,000 points and is evaluated in 12 areas. They will incorporate a 6.5-inch extension modification to the missile launcher, weapons system software upgrade, and a 14-inch adapter installed on the rocket motor of the AIM-9X.

During the competition, evalu-

ators observe the proficiency of the crew members and note the importance of following their technical order.

“[As an evaluator], we need to make sure they are doing it correctly,” said Senior Airman Brandon Shibata, 3rd Aircraft Maintenance Squadron lead crew member. “It is very critical to not make any mistakes, because when the real-world [scenarios] happen, we need to make sure they are doing it right.

“One minor mistake can lead to bigger things and can potentially cost lives.”

The ‘Pair-o-Dice’ were represented by Staff Sgt. Biana Fregia, Senior Airman Scott Foster, and Airman 1st Class Kendal Henthorn.

The Bulldogs were represented by Staff Sgt. Michael Russell, and Airman 1st Class Samuel Butler and Airman 1st Class Jacob Niles.

The winner of this year’s first quarter load crew competition was the 90th FS, earning 650 points.



Airman 1st Class Kendal Henthorn, 90th Aircraft Maintenance Unit load crew member, operates a positioning jammer to pick up a GBU-32 during the first-quarter load crew competition at Joint Base Elmendorf-Richardson April 15. The 90th AMU ‘Pair-o-Dice’ won the competition.

From AWARD • A1

JBER deployed 55 fire fighters who operated on rotating 24-hour shifts successfully extinguishing the fire and saving 25 homes of more than 800 displaced Alaskans.

“The heat was just impressive,” said David Donan, JBER fire and Emergency Services fire chief. “All the areas out there

were burned and holding the heat, and the sun was just beating down. Where they were operating was almost all dirt roads and there was dust just everywhere.”

Finally, the 673d ABW directly supported President Barack Obama by providing a full spectrum of medical, logistics, communications and security support during the U.S. Department of State Conference on

Global Leadership in the Arctic, propelling the first-ever presidential visit to communities inside the Arctic Circle.

The president, along with Secretary of State John Kerry and several foreign ministers, discussed the challenges of how to best manage the future of the arctic region and the natural resources found here.

The Air Force Outstanding Unit Award

is awarded to units which have outstanding achievement that clearly sets the unit above national or international significance.

“This award recognizes JBER for our commitment and joint-team mentality which has enabled us to succeed,” Bruckbauer said. “I am proud to serve with this incredible team – they truly are arctic tough and family strong.”

Top-notch water: JBER plant nabs award

By Airman 1st Class Kyle Johnson
JBER Public Affairs

Imagine trying to drive up and down the hills of San Francisco in a vehicle with a manual transmission during the middle of the worst rush-hour traffic the city has to offer. Every time traffic starts to pick up speed, it slows back down again, accompanied by the familiar clunking of a primitive transmission as it shifts through gears.

Now imagine doing that with a clutch that’s slipping – and still somehow making it to the front of the pack, beating everyone home in the subconscious competition nobody admits they’re secretly having with the vehicles in front of them.

That’s exactly what the Doyon Utilities Joint Base Elmendorf-Richardson water treatment plant has been doing for decades, and nobody has been the wiser for it.

“We truly believe if customers aren’t thinking about their water, then we are doing our job right,” said Jack Willis, superintendent of the JBER water treatment plant. “People get up in the morning and go right to their taps to make their coffee, take a shower, and use the bathroom. If we’re doing our job right, none of them are thinking ‘Is this water safe?’ It’s already in the back of their head, ‘It’s our water and it’s good.’”

In this case, good is a bit of an understatement. JBER’s water treatment plant was recently awarded the Large Water System of the Year Award by the Alaska Water and Wastewater Management Association. One of the employees was also awarded AWWMA’s Marty Lang award; a distinction given to a water professional who accomplishes the most with few resources.

Willis and his team have internalized this ‘do more with less’ mentality and been able to apply it to their operations with large degrees of success, Willis said.

The plant was built in 1954, more than a decade before the foundation of the Environmental Protection Agency and its requirements.

Because of this, Willis and his team have been playing catch-up with the newer plants, remodeling old aspects of the plant to meet code, or adjusting how they operate

so they can ensure maximum safety for JBER residents.

The award is solid proof that they’ve been able to accomplish this – without any infractions.

“The last thing we want is to have a violation of anything,” Willis said. “We’ve really taken the stance that we’re not trying to reach the minimums, we’re trying to excel past those and go for the maximums.”

Willis and his team have maintained a level of rigid flexibility that directly reflects the people they support. Ask any vintage car or motorcycle fan and they’ll tell you keeping an old machine at the front of the pack with all the new equipment coming out is hard work; and by taking ownership of the plant, Willis feels that’s exactly what his team has done.

“I really feel strongly we have performed so well because of the operators that we have,” Willis said. “They really take a lot of pride in their work.”

As evidenced by the dissected lawnmower outside their front door, with its blades removed for repair or maybe just convenience, Willis’ six water plant operators and one assistant wear many hats. One day they may find themselves painting their facilities and the next day they’re doing industrial piping repairs in-house.

All while maintaining a steady flow of award-winning water to JBER, without pause.

“When troops have PT days, we can see when they’ve all gone back and hit the showers,” Willis said. “Or if we have major construction activities and water trucks are stopping to fill up. We see that immediately, and we have to stop and make adjustments based on that.”

This is largely due to the size of their clearwell – a storage container designed to hold water ready to be consumed by customers.

“Typical demand on the plant is about 2,500 gallons per minute,” Willis said. “That’s a normal regular demand on the plant. It’s not uncommon to see 4,000 gallons per minute.”

The JBER plant’s clearwell currently holds 134,000 gallons of water.

“We have a very small clearwell here,” Willis said. “It has enough water – finished, complete



The Doyon Utilities’ Joint Base Elmendorf-Richardson water treatment facility has been selected as Alaska’s Large Water System of the Year. The plant is scheduled to have some significant renovations in the coming years, including a 2-million gallon storage tank to keep treated water before it is sent out to JBER. (U.S. Air Force photo/Airman 1st Class Kyle Johnson)

and ready to go to the customer – to last about 30 minutes in a high-demand period.”

For the same reason it’s impossible to put 16 fluid ounces of water in an 8-ounce cup, Willis’ team can’t preload in preparation for high-demand periods even if they know when it’s going to happen. They just have to be ready to shift gears when it does.

With a small storage container, they have to be able to consistently push water into it as fast as it’s going out, regardless of changing water conditions.

They’re essentially doing what every commuter fails to do: staying in bumper-to-bumper traffic while maintaining a constant speed. On the highway, this inevitably leads to a jam, but the JBER water treatment plant can’t afford a jam, so they go with the flow.

“Where we pull our water from – it’s such small area that the water condition changes really fast,” said Ken Wolkoff, a water treatment operator at the JBER plant for the past 15 years. “If it warms up outside – Bam! – We’re hit with turbidity and we’ve got to make adjustments for that.”

The plant takes natural muddy

water from the Ship Creek Dam and adds a cationic polymer that causes the dirt to stick to itself, then sifts the dirt out, Willis said.

The overall clarity of the water is called turbidity and is measured by the amount of light that is let through, then quantified in nephelometric turbidity units. They also eliminate microbiological threats to send out the cool glacier water JBER residents drink from.

“Once indoor plumbing came about, disease really just declined in the U.S. and every other portion of the world that has received indoor plumbing,” Willis said. “It really is preventive medicine. We really have the ability to affect people’s health on a daily basis. We take that very seriously.”

Preventive medicine may not be a bad way to phrase it either, these water doctors go through so much certification, it can take upwards of 12 years to be fully certified, Willis said.

That’s almost double the time it takes to get a doctorate degree.

“The Doyon utilities JBER plant is a state-certified, Grade-4 plant,” Willis said. “That’s the highest level certification in Alaska. There aren’t a whole lot of

them and it requires higher levels of certified operators. We just hired a new operator [a couple of years] ago, and we don’t expect her to be on shift by herself at least for another four years.”

That’s just to be on shift by herself – not to get a Grade 4 certification.

The operators at the plant aren’t complaining though; actually the buzz around the plant is largely directed at a much more exciting piece of news – even more exciting than their recent awards recognition.

They are getting a \$15 million makeover.

That’s more than a 1,400 percent increase in treated water storage they can have ready for JBER during peak hours.

“In the next 18 months, we plan to break ground,” Willis said. “What we are looking at getting is about 2 million gallons of additional clearwell storage.”

“Right now, we’re a car in San Francisco traffic, constantly having to adjust the plant every five or 10 minutes to meet demand,” Willis said. “When we get the new clearwell it will be more like driving on the interstate in a desert.”

Spouse Orientation

The Military and Family Readiness Center hosts a Spouse Orientation Thursday from 9 a.m. to 3 p.m. at the Arctic Warrior Events Center.

Military spouses can learn to make life easier, meet people who can assist, and make new friends.

Lunch will be provided; childcare is provided to those who have arrived in the last 60 days.

To register or learn more, call 552-4943 or 384-1517.

OTC pharmacy counter

The main pharmacy at the JBER hospital has opened an over-the-counter medication clinic for DoD beneficiaries, open from 7:30 to 10:30 a.m., Monday through Friday. Select “over the counter drug needs” at the kiosk.

This is not meant to replace a visit with a provider.

Flyers and patients who are on personnel reliability program status, pregnant, or under the age of 2 are not eligible due to special needs.

The clinic offers basic pain relievers, cough, cold and allergy medications and nasal sprays, ointments, and constipation and diarrhea medications.

For more information visit www.facebook.com/JBERPharmacy.

In-Home child care

Providing child care in your on-base housing comes with many responsibilities. The licensing process applies to anyone regularly caring for other families’ children more than 10 hours a week. It does not apply to those providing care in another family’s home or for occasional care. The Mission Support Group commander approves and monitors licensing and program requirements.

The commander may revoke the housing privileges of those who refuse to become licensed or continue to provide care after their license has been suspended or revoked.

The licensing process comes with benefits such as training and support, a lending library of books, toys and supplies, and reimbursement for food costs.

If you are interested in becoming a Family Child Care provider, call the FCC Office at 552-3995.

Palace Chase/Front

In-service Air Force Reserve recruiters will host Palace Chase/ Palace Front briefings at the PME auditorium Monday, beginning at 8 a.m. and noon.

The program allows active Airmen to transfer to National Guard or Reserve duty immediately after their active service ends.

For information, call 552-3595.

Reserve ‘Scroll’

Officers wanting to transition to the Air Force Reserve must have their commission transferred to a list called “the Scroll” and approved by the Secretary of Defense. The process averages 120 days, but can take longer. This must be approved before you can begin participating in the Air Force Reserve, which may mean a break in service. Even if you’re unsure about transitioning to the Reserve, the Scroll process can be initiated.

For information, call 552-3595.

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.

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.

Rental Partnership

The Rental Partnership Program is available to all eligible active-duty members. 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 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 information and assistance.

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

U-Fix-It Store

The U-Fix-it stores, open to all Aurora Military Housing tenants, issue home maintenance items.

Availability is subject to change and limits; some may have a cost. American flag kits and fire extinguishers are available.

U-Fix-It work includes all home maintenance activities, allowing occupants to make minor improvements and repairs and cut down on 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 office 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; priority goes to those PCSing.

For information, call 375-5540.

Giant Voice testing

Giant Voice mass notification system testing occurs Wednesdays at noon.

If the announcement is difficult to hear or understand, please call 552-3000.

If it is difficult to hear or understand in housing areas, contact JBER at Facebook.com/JBERAK.

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 move.

The program allows spouses to register for Department of Defense positions and be considered for jobs offered internally.

Spouses are matched with jobs based on their qualifications and preferences.

Spouses are eligible for up to two years from the date of the PCS orders and are in the program for one year.

Spouses, even those who have never filled a federal position, can now register at the either of the JBER personnel offices.

For more information about the program or to register, call 552-9203.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, in Building 724 on Quartermaster Drive, is open Tuesday and Thursday from 10 a.m. to 2 p.m., Wednesday from noon to 6 p.m., and first and third Saturdays from 11 a.m. to 2 p.m.

Consignments are accepted anytime the shop is open.

For information, call 384-7000.

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.

Veterinary hours

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

The facility can provide most routine services, including vaccination and sick call. amd is open Monday through Wednesday, 8 a.m. to 4 p.m.; and Friday, 8 a.m. to 3 p.m.

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



The JBER-Elmendorf ORC is open year-round, and carries a summer and winter catalog to satisfy most recreating needs. A variety of new bikes and bike styles are available to rent this year. (U.S. Air Force photos/Airman 1st Class Javier Alvarez)

By Airman 1st Class Javier Alvarez
JBER Public Affairs

ASTHE SEASONS CHANGE, the staff at the Outdoor Recreation Centers on Joint Base Elmendorf-Richardson follow suit and change over their inventory to fulfill the recreating needs of the JBER community.

The JBER-Richardson ORC is currently accepting rental reservations, and is scheduled to open Monday, said Tyler Glenn, director of outdoor recreation programs on JBER. Large summer items like boats, recreational vehicles and travel trailers are available for rent.

The JBER-Elmendorf ORC is open year-round, and carries a summer and winter catalog to satisfy most recreating needs, he said. Anything and everything from bikes and boats to tables and chairs are available.

Gear necessary to recreate comfortably and safely can be expensive, Glenn said.

“Especially if you’re trying to do something new,” he said. “Why go out and buy an \$8,000 ATV when you can spend a fraction of that?”

The JBER-E ORC is currently the central hub for the Outdoor Adventure Program, Glenn said. It’s programs like the OAP which allow patrons the opportunity to realize their adventuring goals.

“[The programs we offer] get people out of the dorms and barracks, and we do that at extremely affordable rates,” Glenn said. “Sometimes all you need is \$5 to go and enjoy something that would cost \$500 [elsewhere].”

This year, patrons will see new additions to inventory items and the inception of an outdoor program designed for women.

Women in the Wilderness, aims to help get women more involved in the outdoors.

“We’ve done some surveys and found that some women feel intimidated when going [on the trips we offer]” Glenn said. “They’re sometimes thrown in [with] a group of guys and maybe they don’t feel as comfortable. This is a program run by and for women.”

Further additions coming to the ORC include two new smaller motor homes, as well as new fishing equipment, travel trailers, and bikes, he said.

For more information or to inquire about product availability call 552-2023.

“Alaska has so much to offer,” said Bill Benedict, ORC-E manager. “Some people come here and just sit around, complaining there is nothing to do. There are plenty of things to do; you just have to want to get out and do something.”

“This is a once-in-a-lifetime [duty] location,” he said. “Some people spend their whole careers trying to get here.”

The ORC staff has made it their mission to provide the opportunities to complete any activity people want to do, Benedict said.

“We are very fortunate on JBER to have such an expansive program,” Glenn said.

“We would like to show people they can do more than just rent a tent. You can go climbing on a glacier. Kayak or [ride an] ATV to a glacier – all within an hour’s drive. It’s impressive to be part of Alaska in that aspect.”



Life jackets are just some of the many items available to fulfill most adventurers’ needs, offered at the Joint Base Elmendorf-Richardson Outdoor Recreation Center. The ORC will see two smaller motor homes, fishing equipment, and travel trailers join their inventory list this year.



Olivia Walker, Outdoor Recreation Center recreation aide, brings out the camping equipment in preparation for the summer rental season at the Joint Base Elmendorf-Richardson ORC.



The Joint Base Elmendorf-Richardson Outdoor Recreation Center offers garden and lawn care rentals. The ORC staff advises caution when exploring the Last Frontier.



Tiffani Pollard, Outdoor Recreation Center recreation aide, pulls camping equipment out of storage at the Joint Base Elmendorf-Richardson outdoor recreation center, April 12. Equipment for a prime Alaska adventure is available at the JBER ORC, said Tyler Glenn, director of outdoor recreation programs on JBER.

Blessed to be a blessing and paying it forward

Commentary by Air Force Chaplain (Capt.) Brian Musselman
JBER Chaplain

“A life lived for others, is the only life worth living,” said Albert Einstein. The apostle Paul wrote “don’t be selfish; don’t try to impress others. Be humble, thinking of others as better than yourselves. Don’t look out only for your own interests, but take an interest in others, too.”

When I consider these quotes and others like it, I am reminded of a movie released in 2000 called “Pay It Forward.” The whole concept of this movie is transformative, causing one to think about noticing the good you’ve been blessed with (e.g. longevity in marriage, promotion, financial satisfaction) and using that good to bless others. It is as if a person has been blessed in order to be a blessing.

Here’s what I mean: the good that has happened in my life, as I see it from my Christian worldview, is not something solely for my benefit I can use my experiences (good and bad) in order to help others. Because my family experienced the death of our golden retriever three and half years ago, I feel I can empathize with others who have lost a pet. Another example is that nearly ten years ago, my family needed money in order to make ends meet as I was in-between jobs and hadn’t yet entered the military. We prayed about this need and shared it with

some of our closest friends from church. We arrived home one evening after this to find a thousand-dollar check in our mailbox. It was an anonymous gift. (Rest assured...there’s no guarantee I can give anyone that praying for a financial need automatically results in receiving a check in the mail). Because of the blessing this was to my family, we have been able to be a blessing to others in need and ‘pay it forward.’

The Contemporary Family Worship Service, just one of JBER’s seven chapel services on Sundays, recently started preaching through the following theme: “Being an Encouraging Presence.” The theme addresses ways in which we can be an encouragement to others in times of great stress and tumult, such

as death, loss of a job, financial problems, or broken relationships. The pastoral team of this particular service – of which I am a part – have shared experiences where we have been recipients of this care, but more about how we’ve learned to be givers of this type of care. As I consider this fact, the two go hand in hand. For example, I have been personally comforted; therefore I can provide to others this same sort to comfort. In other words, I have been blessed; therefore I can be a blessing to others.

Jesus told his disciples to go and prepare Passover, for little did his followers truly believe, this would be his last supper with them. As Jesus reclined at the Passover table, several disciples began disputing between one another, reaching for

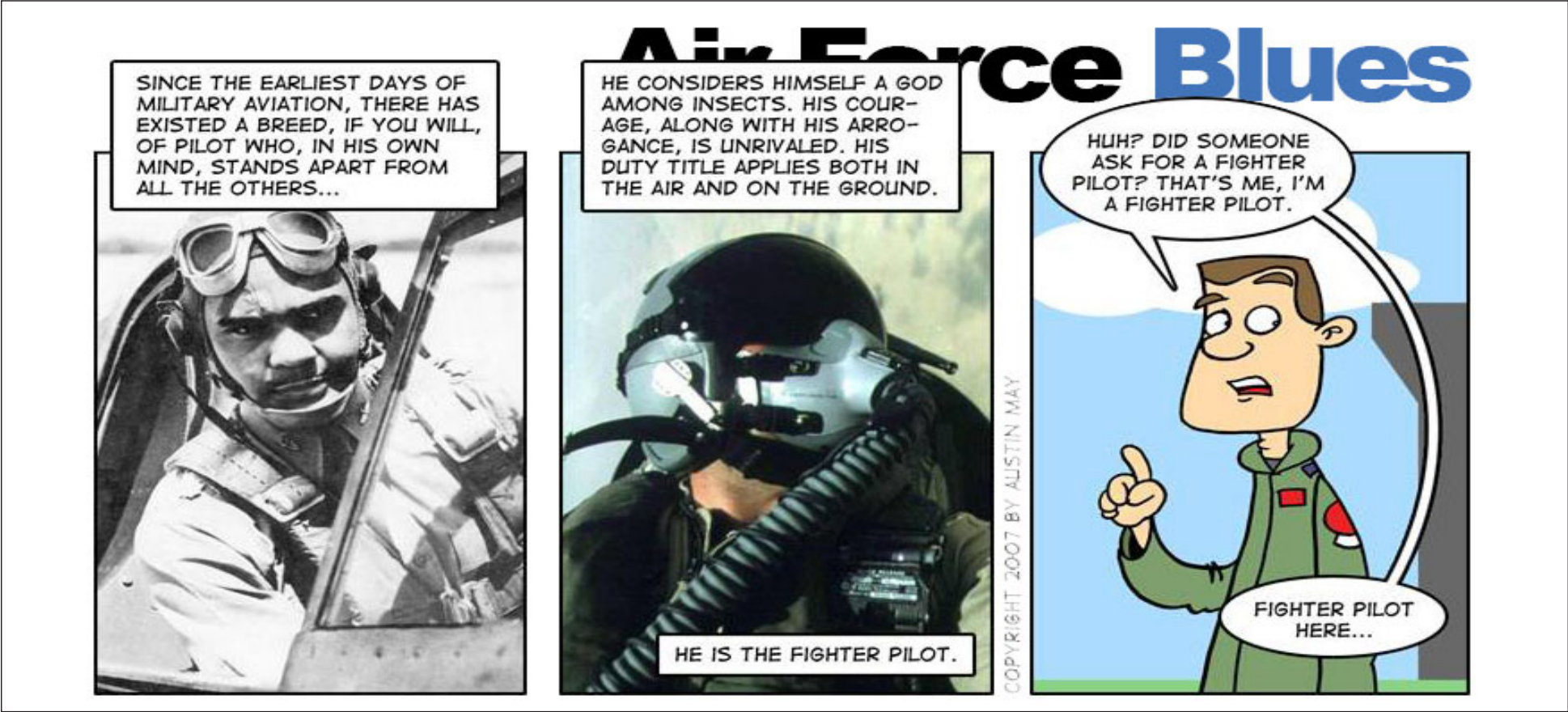
an edge over one another trying to gain the ‘highest’ hierarchical position. Jesus quickly deflated this escalating debate by comparing his followers to the cultural norms of the day, stating that those that seek to follow after him are to be different. Don’t seek positions and titles, prestige and power, or popularity and recognition. Ironically, Jesus says seek to serve others rather than to be the one being served. In one point of this story (found in its entirety in Luke 22:7:38), Jesus encourages and empowers Peter to follow in what Jesus is saying and after he does so, he is to then strengthen his brothers. Peter received the blessing of Jesus’ words to turn away from his hierarchical thinking to a much bigger way of thinking – go and serve others. John Piper said it best regarding this passage – “The strengthened becomes the strengthener.”

What are the blessings in your life? Are you looking for more? Or, have you received and rested in the acknowledgement of those blessings only to feel compelled to give back, serve others, and take the position of a strengthener?

God does not intend to give to me in order that I would be content and/or greedy with his giving. That’s just selfish. “Giving” by its very nature is a gift, where I can pay it forward, strengthen others and comfort others with the same comfort that I have been given. Without a doubt, it is far more blessed to give than it is to receive.



(Courtesy image)



Community Happenings

April 22, 2016

ARCTIC WARRIOR

B-3

The Arctic Warrior Chapel will undergo a renovation 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

Hunger Games, Mockingjay Part 2

Enjoy a free movie night at the Talkeetna Theatre. Playing at 6:30 p.m. with concessions available for purchase. Doors open at 5:30 p.m.

For more information, call 552-8529.

Swim Meet sign up deadline

Sign up for the first Swim Meet Thursday at the Buckner Fitness Center. Prizes will be awarded to 1st and 2nd place winners.

For more information, call 552-5353.

SATURDAY

5K Breakup Fun Run

This free fun run begins at noon outside Elmendorf Fitness Center. Prizes will be awarded to 1st, 2nd, and 3rd place winners.

For more information, call 552-5353.

Mini Golf Tournament

Come out to the Warrior Zone for a free mini golf tournament at 2 p.m. Cash prizes will be awarded to 1st, 2nd, and 3rd place winners.

For more information, call 384-9006.

Teen summer employment workshop

This workshop takes place at Kennecott Youth Center from 9 a.m. to noon with topics including building a resume, learning the job application process, preparing for an interview, and general information regarding employment and volunteer opportunities.

For more information, call 384-1505 or 384-7500.

TUESDAY

Annual Volunteer Recognition Ceremony

This free event recognizing JBER volunteers is held at the Frontier Theatre at 2 p.m.

For more information, call 384-1517 or 552-4943.

MAY 23 THROUGH 26 Vacation Bible School

From May 23 at 9 a.m. to noon and for the remainder of the week, the Midnight Sun Chapel hosts Vacation Bible School for kids in kindergarten through sixth grade.

This year's theme, 'Cave Quest' promises to be tons of fun. To register a child or to volunteer, visit <http://tinyurl.com/jkd78qw>.

For more information, call 552-5762.

ONGOING

CDC Parent Conferences

JBER Child Development Center parent conferences are being held during April. Contact your center for more information.

Contact Kodiak CDC at 384-1510, Talkeetna CDC at 384-0686, Denali CDC at 552-8304, Sitka CDC at 552-6403, and Katmai CDC at 552-5113.

Harlem Globetrotters discounted tickets

Receive discounted tickets to see the Harlem Globetrotters on April 29th or 30th at Information, Tickets, and Travel. Sales end April 24th.

For more information, call 552-0297 or 753-2378.

Single Airman Program

Single service members, are you interested in getting out and enjoying all that Alaska has to offer?

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.

Wildlife Wednesday

Stay scientifically enriched this spring 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 more information, visit alaskazoo.org.

Zumba

Have fun with your fitness at the Arctic Oasis Community Center on Thursdays from 6 to 7 p.m.

For more information, call 552-8529.

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 more information, call 384-7478.

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.

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.

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.

Lifeguards needed

The Buckner Fitness Center is hiring lifeguards.

Check out www.nafjobs.org for upcoming openings on JBER. The Buckner Fitness Center is an equal opportunity employer.

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.

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 Richardson Community Center.

For more information, email jber.ak.pwoc@gmail.com or call 552-5762.

Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesday and 1 p.m. Saturday in the basement of Matanuska Hall, Room 35.

Anyone interested in model railroading is invited.

For information, call 552-4353, or visit trainweb.org/msmrre.

Eat and play weekdays

What goes great with lunch? A free game of bowling. Present your receipt at the front counter totaling more than \$5 from Ten Pins or Topios (located inside the Polar Bowl) between 11 a.m. and 1 p.m., Monday, Thursday, or Friday and receive one free game.

For more information, call 753-7467.

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.

At the 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



BREAKUP

5K Fun Run

Saturday

April 23

12 p.m.

Race will begin outside of the Elmendorf FC.

Sign Ups begin April 18 at EFC! Prizes for 1st and 2nd places!

Elmendorf Fitness Center, Bldg. 9510 • 552.5353

School Liaison Office • 384.7500/1505

LOCATED AT KENNECOTT YOUTH CENTER

TEEN SUMMER EMPLOYMENT

Topics Include:

- BUILDING A RESUME
- LEARNING THE JOB APPLICATION PROCESS
- HOW TO PREPARE FOR AN INTERVIEW
- INFO REGARDING EMPLOYMENT & VOLUNTEER OPPORTUNITIES

April 23
9 a.m. - 12 p.m.

FSS SMWR

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

JBER Consolidated Library celebrates National Library Week

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

National Library Week is a time to celebrate the contributions of our nation’s libraries and librarians by promoting and supporting their efforts.

It was first developed by the National Book Committee in 1957 to motivate people to read when 1950s research showed that Americans were spending less time on books and more on radios, televisions and musical instruments. The first National Library Week was observed in 1958 with the theme of ‘Wake Up and Read,’ according to the American Library Association.

The theme this year is ‘Libraries Transform.’ Libraries have transformed with the advancement of technology allowing readers to search for titles and check out audio books, e-books and more. Also very importantly, libraries can transform the lives of people through books, opening their eyes and their minds.

For National Library Week, the Joint Base Elmendorf-Richardson Consolidated Library hosted a contest in which participants could win a book of their choosing by guessing the title of a shredded book within a jar.

There were three books for three different age groups; kindergarten through 2nd grade, 3rd grade through 6th grade, and 7th grade and up. The shredded books



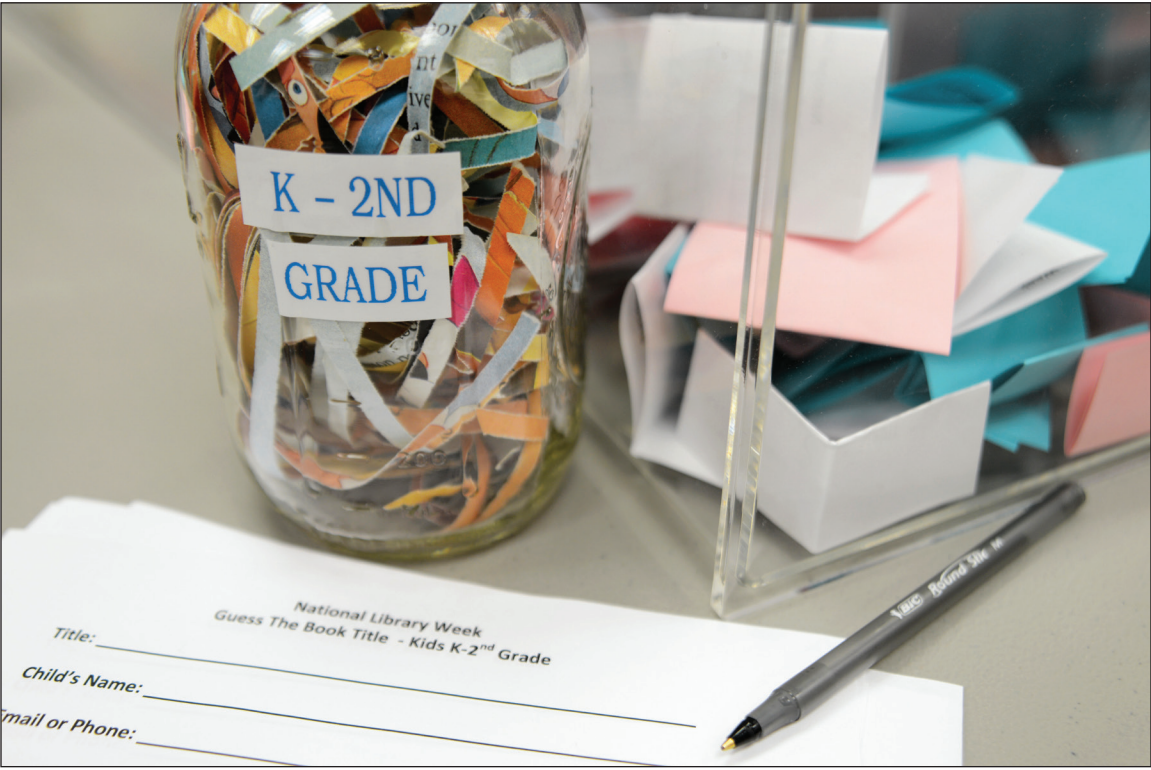
The Joint Base Elmendorf-Richardson Consolidated Library story time has library themed books like “The Library Lion,” “Bats in the Library,” “Froggy Goes to the Library” and more for National Library Week at JBER April 12. Story time is every Tuesday, Wednesday and Thursday from 10 to 11 a.m. for preschoolers and provides short stories, singing and crafts. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales)

were donated to the library in bad condition or the library had many copies of them.

“All the books are very popular books, it’s still not easy to guess what the books are – especially if

you’re not a big reader – but they are books everyone has heard

“My first question is ‘what is your child interested in, does he or she



The Joint Base Elmendorf-Richardson Consolidated Library hosts a guessing contest in honor of National Library Week at JBER April 12. Three books are shredded in a jar, one for each age group; Kindergarten through 2nd grade, 3rd grade through 6th grade, and 7th grade and up.

“ That transformed my world; learning to read and developing a love for books. That’s what we are hoping to instill into these kids who come into the library now. ”

like horses, dogs or Legos? We have those books.

“I remember, as a child, my grandmother was a huge book worm and kept so many books around the house,” Evans said. “That transformed my world; learning to read and developing a love for books. That’s what we are hoping to instill into these kids who come into the library now.”

The JBER Consolidated Library offers books, movies, music, audio books, video games, many language learning programs, free Wi-Fi, 31 Common Access Card-enabled computers and a quiet study area all year.

For more information, call the JBER Consolidated Library at 384-1640/1648.

of,” said Jody Evans, JBER Consolidated Library reference librarian. “This is something that I thought was a lot of fun last year. There was a lot of excitement over it.”

The story time theme for the week was libraries. A selection of titles read to the children were “The Library Lion,” “Bats in the Library,” “Froggy Goes to the Library” and more.

Story time is every Tuesday, Wednesday and Thursday from 10 to 11 a.m. for preschoolers and provides short stories, singing and crafts.

“Sometimes, we get parents who come in and have kids who don’t like to read,” Evans said.

Stay safe this summer with water safety

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

Warm weather and water sports are approaching, but so are the risks involved.

Joint Base Elmendorf-Richardson has a variety of programs to prepare adventurers with knowledge and equipment to enjoy the water in a safe, fun way.

According to the State of Alaska Department of Health and Social Services, Alaska has the highest rate of drowning in the United States, with approximately 50 Alaskans drowning annually.

“The biggest threat is the cold water,” said Rachel Roberts, recreation assistant. “Alaska is notorious for hypothermia.”

Hypothermia is the third phase of cold water immersion, when an individual is in the water for more than 30 minutes. At that point, the person is likely to drown or have a cardiac arrest, according to the DHSS.

Boating activities were the leading cause of drowning, and half of those victims were not wearing a personal-flotation device.

The Red Cross recommends one should be prepared with a PFD, layers of clothes, to include rain gear and wool under a PFD, and high-energy foods like protein bars to survive in cold water environments.

To prevent any unintentional water injuries this summer, the Buckner Physical Fitness Center is offering their annual water safety fair which includes multiple classes and courses. They run from May 3 to 13 and showcase general water rescue, life jacket safety and more.

The Outdoor Recreation Center also offers a captain’s class, which teaches boat safety and is required before renting motorized boats on base. The class includes a cold water safety video, the Coast Guard safety course online test and a two-hour seminar.

Some of the information taught at the class includes marine communication, navigation rules, and boating laws and regulation.

Both the BPFC and ORC offer kayak safety classes which teach how to exit and enter the kayak in many different ways. To rent a kayak from the ORC for an in-



The Buckner Physical Fitness Center’s Water Safety Fair features classes such as the general water rescue, life jacket safety, kayak safety training and more at the BPFC pool, on Joint Base Elmendorf-Richardson. Additional water safety information can be found at redcross.org and boat.us.org. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)

dividual trip, one of these classes must be completed and passed, but it is not necessary to join on a guided kayaking trip available later in the summer.

Never go alone on any trip, whether it is kayaking, fishing, or hiking, said Tyler Glenn, outdoor recreation director with outdoor recreation programs on JBER. Always have at least three people in a group at all times and have a plan; tell someone where the group is going and when to be back.

“Water safety is generally awareness; generally being aware of your ability and the ability of the people around you,” said Deanna Jones, recreation assistant. “Never overestimate your ability.”

For more information, call the BPFC at 384-1301 or the ORC at 552-2023.



“ According to the State of Alaska Department of Health and Social Services, Alaska has the highest rate of drowning in the United States, with approximately 50 Alaskans drowning annually. ”

Individuals learn to better their body and their life

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

The Better Body Better Life program educates people on nutritional, fitness and behavioral changes for the better.

Every Wednesday from 9 to 11 a.m. at the Health and Wellness Center, anyone with base access can attend one of the five classes being taught by the HAWC educators. The themes for each class in order are nutrition, carbohydrates, choices, planning and training.

“Every group is different, the interactions [within each] group help because the same struggles and perception lead discussions on how to change for the better,” said Lisa Schuette, class leader, registered dietitian and health educator. “I’ve been doing this for more than four years and I’m not tired because it’s constantly changing.”

Every class starts with a weigh-in to determine weight and body fat, a lot of handouts and a couple of ice breakers. They end with a nutrition, fitness and behavioral goal for the next week and review of the last week’s.

The class also teaches how to make S.M.A.R.T. goals – goals that are specific, measurable, adjustable, realistic and timely.

Nutrition and fitness go hand-in-hand for a healthy lifestyle, Schuette explained. How much emphasis to put on each depends on the person.

“It is very difficult to lose weight by

purely doing only fitness,” Schuette said. “We are giving them the tools to help because there is no one way that works for everybody.”

The health educators discuss nutritional subjects such as portion sizes, calorie counting, meal planning and more. Some behavioral changes they discuss are managing stress, positive thinking, goal setting, problem solving and more.

“I believe they try their best to educate us on all aspects of nutrition and healthy living,” said Kimberly Kamarov, spouse of Spc. Yan Kamarov, 1st Battalion (Airborne), 501st Infantry, 4th Infantry Brigade Combat Team (Airborne) 25th Infantry Division. “This class really opened my eyes to a bunch of things.”

Kamarov has been a part of the program for more than five months and plans to continue going.

“At first I heard [about the class] from my [primary care manager], I thought ‘Oh, this is just another nutrition class, it’s not going to help me,’ but I was very surprised,” Kamarov said. “In a lot of ways, these classes have improved my living.”

After taking one of the classes about sleep hygiene, she discovered she had many of the symptoms of sleep apnea, so she got tested just in case.

“It really saved my life because I do have sleep apnea; now that is being worked on,” Kamarov said. “I’m feeling much better.”

Kamarov said she has adjusted her meal



Weight isn’t the only factor in health and wellbeing; every person’s body composition is different. The Better Body Better Life class, available at the Joint Base Elmendorf-Richardson Health and Wellness Center, offers tools of knowledge to improve one’s quality of life – like portion sizes, goal-setting and starting a workout plan. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)

planning and also cooks with her husband. It’s a bonding experience that leads to better wellbeing.

“I don’t want to just put someone on a diet, we are creating a healthy lifestyle,” Schuette said. “It depends on their goals whether or not they make progress, hit a plateau, or develop low motivation. We can help.”

Throughout the four years Schuette has worked as at the HAWC, hundreds of people have attended these classes. Anyone with base access can attend any number of classes they like and stop whenever they want.

For more information, call the HAWC at 552-2361.



ABOVE:
A set of winter tires are dismounted while a set of summer tires are mounted on rims at the Auto Skills Center, Joint Base Elmendorf-Richardson April 14. According to the Division of Motor Vehicles, it is unlawful to operate a motor vehicle with studded tires on a paved highway or road from May 1 through September 15. (U.S. Air Force photos/Staff Sgt. Sheila deVera)

RIGHT:
U.S. Army Sgt. Caleb Morrison, senior patrolman, uses a wheel-balancing machine at the Auto Skills Center. Balancing should be done every time you purchase a new set of tires or change out winter tires to summer tires using the same set of rims. Morrison is attached to the 545th Military Police Company, 6th Brigade Engineer Battalion (Airborne), 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division.

