

TRUE GRIT

Hardscrabble childhood made NCO who she is

By Senior Airman Kyle Johnson
JBER Public Affairs

Sheila didn't look like the other elementary school kids. She didn't speak the same language as her American classmates, having been raised in the Philippines. Her shoes were dirty and her clothes secondhand. The other kids jeered and called her "trash digger" as she worked her way from one trash bin to the next – face hidden behind whatever glasses her parents could afford – as she rummaged for aluminum cans.

What other kids saw as trash, Sheila saw as treasure; each tossed can was an opportunity to help provide for her family and hopefully take some pressure off her parents as they fought each day for the family's future.

Sheila, now Sgt. 1st Class Sheila Tadina, food service operations manager with the Army National Guard, 1-207th Aviation Regiment, was born September 21, 1984 in San Fernando, La Union on the north side of the Philippines.

Being born on the 13th anniversary of Martial Law Day meant Sheila's first experiences of this world were characterized by political turmoil, poverty and death.

"It was very hard because my mother and her siblings all lived in a shack or a storage unit in somebody's backyard," Tadina said. "They didn't really have a home."

Named Sheila, after blending "Shal," and "Law" from "martial law," Tadina spent the first four years of her life learning a concept of normality that would be considered catastrophic in the States.

During her four years in the Philippines, there were multiple coups d'etat, a government deposed, four typhoons – usually killing more than a thousand people – and multiple massacres by government forces.

Despite all this, Tadina – and many Filipinos like her – maintains an obvious and fierce cultural pride that directly benefits her military service.

"Fillipinos are very family-oriented people," said Leticia Tadina, Vice-President of the Asian-Alaskan Cultural Center and Sheila's mother. "We don't use names, we use brother or sister. If your father is a farmer, you help your father when you have time. It bonds us together."



Alaska Army National Guard Sgt. 1st Class Sheila Tadina, assigned to Echo Company, 1st Battalion, 207th Aviation Regiment, poses for a portrait at the Alaska National Guard armory on Joint Base Elmendorf-Richardson Tuesday. Tadina immigrated to the United States when she was four years old from San Fernando, La Union, Philippines, became a naturalized U.S. citizen, and joined the Army at 18. (U.S. Air Force photo/Justin Connaher)

Surrounded by the political and martial conflict around them, her parents were fighting – and winning – a much more personal battle: a fight for survival.

"Every Christmas, my dad would buy boxes of apples and give them to everybody," Tadina said. "We didn't know them, but it was our community, so he'd give everybody an apple. My dad gave up his savings so his brothers and sisters could go to school."

Eventually, her father would get an opportunity to come work in America with a visa, and after becoming a citizen, was able to bring his family into an entirely new world.

Unfortunately, her mother's degree wasn't accredited in the United States, so finding a job was difficult and she joined the National Guard at 36 – just barely making it under the age requirement – and went to school full-time while her husband supported the family of seven on the wages of a dish washer, Tadina said.

After moving stateside Tadina moved three times in four years, until her father got a job as a fisherman and the family settled down in a two-bedroom trailer – three, if you count the closet floor Tadina claimed as her bedroom.

Tadina lived in the closet until she was in 7th grade, when her parents were able to get an additional room attached to the trailer, she said.

"Seeing them work so hard to take care of us, it made me want to take care of my family," Tadina said.

So she did, one aluminum can at a time.

The other kids picked on her and called her names, but Tadina

knew she was living by her parents' example and persisted.

"I always stayed in school and stuck to myself, just studying, playing instruments, and not playing outside," Tadina said. "My parents were strict about not playing outside past dinner."

When she got to high school, she got involved in the controversy of females in military service.

"When I was in high school, there was a lot of people saying females couldn't join the military," Tadina said. "I thought that wasn't right; if I can be the fastest runner in the class, I bet you I can do what any guy can."

"So I did."

There's more to it than that though; Tadina said by joining the military, she was freeing up valuable college funds for her brothers and sisters. Now she could pay for her own college, and her parents could give that much more to her siblings.

"All I can think of is, Mom and Dad sacrificed and worked hard to put a roof over our heads," Tadina said. "The best I can do is appreciate everything they do and give back to the community."

Twelve years later, Tadina is a food service operations manager providing for a much larger family just like she learned from her parents.

"I care a lot. I'm always right next to my Soldiers," Tadina said. "We're all the same, but different. We are all taught differently and don't accept things the same way as everybody else. Some people have a softer personality and some don't care. I try to break things down to different levels for each one and get them to work together."

Now, even though she has lived

in the United States far longer than she lived in the Philippines, Tadina holds strong cultural ties to her roots, and is heavily involved in local non-profits which give back to the Philippines.

"We contribute not just to the needy children," Tadina said. "But also if anybody passes away, if anybody gets sick, or if something like Hurricane Katrina were to happen again, we'd go and help."

With her history, it's hardly a surprise Tadina staunchly believes hard work pays off, however delayed. As a noncommissioned officer, she does her best to pass this mindset on to her Soldiers.

"Why do the other people always get something?" "Why are we so under appreciated at times?" They'll ask me," Tadina said. "I just tell them not to worry, it'll come. When we aren't around, they're eating [Meals Ready to Eat] and Mermits. We work long hours, but don't worry, we're appreciated. It may not be the way we want, but we are."

Sure enough, those Soldiers were each recognized with coins and medals, Tadina said.

While they enjoyed their time in the spotlight, Tadina hung back and got her own reward – watching her family succeed.

"You're supposed to train a Soldier the way you want them to act when they're in your position," Tadina said. "I tell them to do what's right, and if anything happens, I'll go down with them."

Her poverty-stricken childhood is behind her, but the lessons she learned from her parents' examples will never leave her – lessons she passes on to her fellow Soldiers.

"I just take care of them like they're my family," Tadina said.

JBER hosts observance of Holocaust Remembrance Day

By Airman 1st Class Javier Alvarez
JBER Public Affairs

According to the United States Holocaust Memorial Museum, Holocaust Remembrance Day was established in 1951 by the Israeli parliament. The day of remembrance refers to the 27th day of Nisan on the Hebrew calendar, and marks the anniversary of the Warsaw Ghetto Uprising and the liberation of the concentration camps in western Europe.

Joint Base Elmendorf-Richardson hosted a Holocaust Remembrance Day event at the Arctic Warrior Event Center May 6.

This year's event theme was "everyone has a story." The stories told throughout the event highlighted extraordinary people who survived one of the most horrific events in world history.

Prior to the invocation, Rabbi Yosef Greenberg told the story of a Japanese diplomat who risked his life and career, saving thousands of Jews from persecution.

Chiune Sugihara was assigned to Lithuania as the vice consul general of Japan in 1939. In the summer of 1940 Lithuania was



Japanese diplomat Chiune Sugihara risked his career and life, signing visas for Jews to escape Lithuania and even throwing blank but signed visas out the train window as he left following Russia's annexation of the country. It is estimated 40,000 descendants of refugees are alive because of Sugihara's actions. (Courtesy photo)

annexed by the Soviet Union and all foreign diplomats were asked to leave. As he was preparing his departure, the Jewish delegation met with him and

requested Japanese visas so they could escape through Japan.

Sugihara formally requested authorization from the Japanese government, however, his request was not approved. In the end he risked his career and decided to grant the visas. By the time Sugihara left Lithuania, he had issued 2,140 visas – many for entire families.

By the time Nazi Germany took over Lithuania, thousands of Jews were en route to other parts of the world.

"As much as the Holocaust is a reminder of how evil humanity can be, it also serves as inspiration to remind us that even in the darkest moments of the Holocaust, we were able to witness the beauty within humanity," Greenberg said.

Because of his actions, Sugihara became known as the Japanese Schindler, Greenberg said.

As the event continued, Michelle Keller, granddaughter of a Holocaust survivor, and the special guest speaker told the story of her grandmother Frania (Frances) who lost her family and home at the start of World War II.

On September 1, 1939, the Germans

See REMEMBRANCE • A3

It's your move now
PCSing need not be difficult

JBER Public Affairs
News release

It is permanent-change-of-station season once again. During a PCS, there are plenty of rules and processes that are involved in properly relocating a military member to their next duty station or on to their post-military location.

Knowing how to properly use the Defense Personal Property System and associated property relocation offices is a major bonus towards helping to secure a smoother moving experience. To get started, there are a few questions that frequently come to mind depending on the mover's situation.

DPS is a one-stop source for managing personal property moves for armed forces members, Department of Defense civilian employees and their families. This system provides the convenient twenty-four-hour, seven days a week, access to personal property shipment information and is a conduit for a direct relationship between DoD customers and transportation service providers throughout the entire moving process.

How do I initiate my household goods move?

You must first register for a DPS account on www.move.mil. After receiving orders, you can use DPS for self-counseling and to create and submit your shipment application. DPS supports applications for household goods, non-temporary storage, unaccompanied baggage, and personally procured moves.

You will need several forms, including a completed and signed DD1229, DD1797, Power of Attorney (if applicable), and a copy of your orders, to process your applications. These can be emailed to EDFTravel@us.af.mil, faxed to 552-3826 or 384-1812, or dropped off at the Transportation Management Office (People Center, Room 247 on JBER-E or Building 600, Room 145B, on JBER-R).

For local area moves, please contact the JBER travel center or TMO.

How soon should I start my move applications?

Immediately after receiving hard copy orders for permanent change of station, retirement or separation, or as soon as you have selected a retirement home of selection or separation home of record location.

How far in advance should I submit my applications?

As early as possible, but no later than 15 days prior to your first packing day. During peak summer moving season, applications should be submitted no later than 20 days prior to your first packing day.

I'm PCSing and don't have my orders yet; can I get my household goods picked up?

You will need to contact your force support squadron's Career Development team and speak with your assignments counselor, at 552-8080, option 2. A letter-in-lieu is not authorized for a retiree, separatee, or for local moves.

I am a retiree/separatee living in base housing but have not made a home of selection. Will the government move me from base housing to the local area?

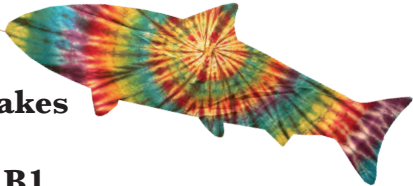
Yes, if you are being forced from base housing and you have hard copy retirement or separation orders, you will be authorized one short-distance move (within your weight allowance) from base housing to a location

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Fishstock 2016

Young rainbow trout make the move from the fish hatchery to lakes around JBER

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The ears have it: Army OKs headphones in fitness centers

By C. Todd Lopez
Army News Service

WASHINGTON — Soldiers jogging or lifting in the gym may now be allowed to listen to music through small headphones or ear buds, according to Army Directive 2016-20, released May 6.

Acting Secretary of the Army Patrick J. Murphy signed a memo that authorizes Soldiers to listen to music on a variety of devices and ear pieces while doing personal physical training inside gyms, though the memo does give final word on the new policy to installation or unit commanders.

“Effective immediately, unless the unit or installation commander prohibits otherwise, Soldiers may



Subject to installation and unit commanders, the Army has authorized the use of headphones during personal physical training. (U.S. Army photo illustration/C. Todd Lopez)

use headphones, including wireless or non-wireless devices and earpieces, in uniform only while performing individual physical

training in indoor gyms or fitness centers,” Murphy wrote in the memo.

The headphones cannot be

more than 1.5 inches in diameter and the memo states violators may be subject to administrative or disciplinary action under the Uniform Code of Military Justice.

To push music through “conservative and discrete” earpieces, Soldiers are also permitted to “wear electronic devices, such as music players or cell phones” on their waistband, in accordance with AR 670-1. That regulation says the color of the carrying case for such a device must be black.

The directive also permits Soldiers to wear a “solid black armband” to hold their electronic device, but only while in the gym or fitness center.

When Soldiers leave the gym or fitness center, however, the arm

bands, the music devices and the headphones must be put away.

Sgt. Maj. of the Army Daniel A. Dailey said the new policy is something Soldiers have told him they wanted for a while.

“This change came about because Soldiers stood up at one of my town halls and asked about it,” Dailey said. “If we can make changes that improve morale and they don’t adversely affect discipline, I’m all for it.”

The memo applies to Regular Army, Army National Guard and Army Reserve Soldiers. It’s expected the new rules regarding music devices and headphones in installation gyms will be incorporated into the uniform policy, AR 670-1, by the Army’s G-1.

Feeding the flight line: Provisions On Demand sates troops’ hunger

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

Joint Base Elmendorf-Richardson is recognized as a strategic air base, able to reach any location over the Pacific Ocean at a moment’s notice when mission dictates.

This is achieved through the hard work of everyone on the ground as well as the sky, but who works well on an empty stomach?

Fortunately, JBER provides hot meals and more for anyone with flight line access through Provisions on Demand.

“Anyone working on the flight line has that critical job where they need to be in place,” said Air Force Master Sgt. Krista Kotz, Iditarod Dining Facility manager. “It may be difficult for them to leave the flight line to get a hot meal from the dining facility.”

Into that gap stepped the POD. “This was set up when the Food Transformation Initiative came out, as another option to bring meals to the flight line instead of them leaving the flight line to come to the dining facility,” Kotz said.

The small satellite platform is open Mon-



Airmen shop at Provisions on Demand, a satellite dining station, at Joint Base Elmendorf-Richardson May 6. The POD is available for everyone with flight line authorization and can be paid for with essential-station messing cards. (U.S. Air Force photo by Airman Christopher R. Morales)

day through Friday from 6 a.m. to 7 p.m. in Building 16710.

The Iditarod Dining Facility delivers

food to the POD three times a day following a 28-day menu, providing a breakfast, two lunch options, and dinner.

line workers to conveniently access a ‘grab and go’ meal – allowing them to get back to the work as the mission dictates.

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within the local commuting area. You will still be authorized a home of selection/home of record move within one year of your retirement date or within 180 days if separating. Please contact the local travel center or TMO concerning local moves; currently they are not processed through DPS.

I live in base/post housing and have my washer/dryer and items in non-temporary storage under a housing order. How do I get my property out of storage and into my household goods shipment?

When filling out your shipment application in DPS, request an additional pickup location, and type “NTS release” in the address block. The Joint Personal Property Shipping Office will release the storage lot as an additional pick up for inclusion with your goods.

Can I make more than one household goods shipment, or ship to an alternate location?

Yes, but this could result in additional cost to you.

What is my weight allowance?

The Joint Travel Regulation prescribes the maximum PCS weight allowance that you can ship or store at government expense based on the member’s rank and dependency status. Weight allowances do not include professional books, papers and equipment, known as “pro gear.”

For your specific weight allowance, refer to Joint Travel Regulation, paragraph U5200-B or visit www.move.mil/documents/dod/Weight_Allowance_Table_JTR.pdf

What can I claim as pro gear?

As of 2014, the allowance limit for professional books, papers and equipment is 2,000 pounds net weight. Only specialized gear required to perform your official duties can be claimed as pro gear. It no longer includes personal computers, accompanying equipment,

awards, or daily-wear uniforms. Pro-gear is calculated at seven pounds per cubic foot, and the limit is not waiverable.

How much weight is taken off for packing material and pro gear?

The weight is deducted from the household goods net weight. Remaining weight is then further reduced by 10 percent for packing material. This is the final weight charged against your entitlement per shipment. (Net weight minus pro-gear, minus 10 percent equals chargeable net weight.)

Can I ship a boat?

Yes, a boat or personal watercraft less than 14 feet long without trailer may be shipped. “Boats” includes canoes, skiffs, sailboats, light rowboats, kayaks and dinghies, or sculls. Boats larger than 14 feet or with a trailer normally require special routing and almost always result in cost to you.

Can I request a certain transportation service provider to move or not move my goods?

Yes. When filling out your application in DPS, state the preferred or non-preferred provider you would or would not like to move your goods. The JPPSO will attempt to book your shipment in accordance with your request, unless the provider is unavailable during the specified dates.

What hours will the movers work, and can I schedule pickup over the weekend?

Pickups should not begin before 8 a.m. or after 5 p.m., and movers should not start services that cannot be finished by 9 p.m. unless approved by JPPSO and customer. Shipments will not be scheduled for pack or pickup over a weekend or on federal holidays.

How long will it take to pack and pick up my shipment?

The number of actual days will depend on the amount and weight of your shipment. You should

plan for about 4,000 pounds per day as an average. For example, a 14,000-pound shipment would take about four days.

How long will it take for my shipment to arrive at the destination?

This varies depending on the weight of your shipment and the distance between origin and destination. For domestic shipments, including to and from Alaska and the continental U.S., it takes normally between 25 and 30 days. For international shipments to many countries from Alaska, the transit time is approximately 70 to 75 days, and 57 days to Hawaii.

What is a required delivery date and how is it determined?

Required delivery dates are based on the distance and the weight of a shipment and the time limit the government allows the TSP to pick up and deliver the shipment. During your pre-move survey, you and the TSP should agree on a ‘scheduled delivery date’ which becomes your shipment’s actual RDD.

When will the carrier conduct a pre-move survey and is it required?

The TSP should contact you within three business days of shipment booking and provide you with contact and pre-move information. An in-residence pre-move survey is required on domestic shipments estimated at 4,700 pounds or more and all international shipments estimated at 3,200 pounds.

Pre-move surveys must be conducted no later than three days prior to the pick-up date.

Will the TSP crate my shipment before putting it in their truck?

For domestic shipments including to and from Alaska, the movers have the option to crate the shipment. They make this determination based on your shipment’s characteristics and the best way to protect and move your items.

It is best to discuss this with your TSP during the pre-move survey. All international shipments will be crated and sealed at your residence.

What if I have items requiring a special crating?

The TSP is responsible for packaging your items to prevent damage. Requests for special services and crating of fragile items will be submitted to the JPPSO by the TSP for approval or disapproval. Items such as furniture or fragile property that will fit in standard cartons will not normally be approved for crating.

What if I need to change dates after submitting my application?

If you have been contacted by the TSP or your pre-move survey has been completed, coordinate the date change directly with your TSP. If you have not been contacted by the movers, contact the JPPSO and request the new pickup date.

Can I ship more than one personally owned vehicle?

Only one POV is authorized for shipment at government expense per PCS, retirement or separation orders. If both spouses are in the military, then each will be authorized to ship a POV at government expense. For more information or

to book an appointment, contact the Vehicle Processing Center at 300 LaTouche Street in Anchorage, call (855) 389-9499 between 8 a.m. and 4 p.m. weekdays, or visit www.pcsmypov.com.

Can I ship my POV on my own and get reimbursed?

There are no provisions for moving a POV on your own and claiming reimbursement or an incentive payment. Contact the Vehicle Processing Center to ship your POV at government expense once you have your orders.

Am I authorized storage for my goods at the destination?

Yes, temporary storage up to 90 days is authorized if you do not have a permanent place of residence to accept delivery.

Additional storage may be approved for unique circumstances; it must be requested in writing with justification to the destination JPPSO.

Shipments released from non-temporary storage should be set up for direct delivery to a residence, as temporary storage at the destination may not be authorized or approved.

How do I process my claim for damages to my HHG?

If your property is lost or damaged, you have the right to file a claim through DPS directly to the transportation service provider. For step-by-step instructions for filing your claim, visit www.move.mil/dod/claims_css/dod_claims.cfm

Please refer to www.move.mil or contact the TMO or JPPSO for more information.

Helpful
contact
numbers
for your
move

Transportation officer 552-6830
JPPSO director 552-2701
Travel center/TMO for JBER-E 552-9648/1798/1793 EDFTravel@us.af.mil
Travel center/TMO for JBER-R 384-1763/1813/1814 EDFTravel@us.af.mil
SATO Travel (855) 732-8454/8455 Sato.elmendorf@cwtsatotravel.com
JPPSO-Storage Management 552-2127/8209/2080 Nts.jppso@us.af.mil
JPPSO-Outbound Shipments 552-3419/2708/2080 Outbound.jppso@us.af.mil
JPPSO-Inbound Shipments 552-8209/4366/2080 Inbound.jppso@us.af.mil
JPPSO-Quality Assurance 552-7562/4002 Qa.jppso@us.af.mil

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GHOSTS OF DUTCH HARBOR



Soldiers of the 716th Explosive Ordnance Disposal Company traveled to Dutch Harbor to dispose of a World War II-era mortar round May 5. The Battle of Dutch Harbor involved Japanese attacks on the Dutch Harbor Naval Operating Base and the Army’s Fort Mears. (U.S. Air Force photo by Airman 1st Class Valerie Monroy)

716th EOD Soldiers clear World War II mortar round



ABOVE: The aging mortar round detonates in a cloud of smoke. LEFT: Unalaska fire and emergency medical services personnel were on hand for the detonation.

1942 attack on Dutch Harbor killed several

JBER Public Affairs
Staff report

Soldiers of the 716th Explosive Ordnance Disposal Company were dispatched to Dutch Harbor May 5 to dispose of a World War II-era mortar round found on the beach, likely left over from military installations in the area.

Dutch Harbor, on Amaknak Island, was attacked by the Japanese on June 3 and 4, 1942. Rear Admiral Kakuji Kakuta’s carrier strike force sailed within 180 miles from the Dutch Harbor Naval Base and Fort Mears, as Japan planned to occupy islands in the Aleutian chain to extend their defensive perimeter.

About 4 a.m., American Soldiers, largely of the 206th Coast Artillery (Anti Aircraft), Arkansas National Guard, whose 37 mm and .50-caliber machine guns ringed the island, were awakened by bombs and gunfire. They had expected an attack, but there was no specific indication one was coming.

Troops later said the aircraft were so low, they could see the pilots’ faces, and one Soldier claimed to have thrown a wrench at a low-flying plane. Bombs struck barracks on Fort Mears, killing 25 men.

Between air-to-air combat and ground forces, the attackers were driven off, but the next day the Japanese ships came closer

and launched another attack. Several planes were shot down, but the most important was a Mitsubishi A6M2 Zero which crashed on Akutan Island. The pilot was killed, but the plane was largely intact. The Zero was recovered by U.S. forces, and the study of the aircraft greatly aided Allied ability to bring down Zeros.

The next day, Kakuta received orders to break contact and head for the central Pacific, but Kiska and Attu were occupied by the Japanese two days later. Kiska was occupied until August 15, 1943, when American and Canadian troops landed unopposed, thus ending the Aleutian Campaign.

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invaded Poland.

The date also marked the last time Frania would see her then-husband and infant daughter, Keller said. The Germans came into Frania’s town and began burning buildings. Frania escaped and traveled from town to town seeking help, though eventually the military caught up to her and her group.

Frانيا was shot in the leg during the encounter with the German military, a pain she described as a burning fire, Keller said. Despite her injuries she kept moving.

The military would eventually catch up to her again, this time taking her to a forced-labor camp where she would sew uniforms for the Nazis.

“She was beaten and starved, but her perseverance to live kept her alive,” Keller said.

Frانيا would decide to jump off a train as she was being transported to an extermination camp, Keller said.

“She knew this was her only chance and hope to survive,” Keller said. “She ran as fast as she could. She kept running knowing that freedom was anywhere other than where that train was going.”

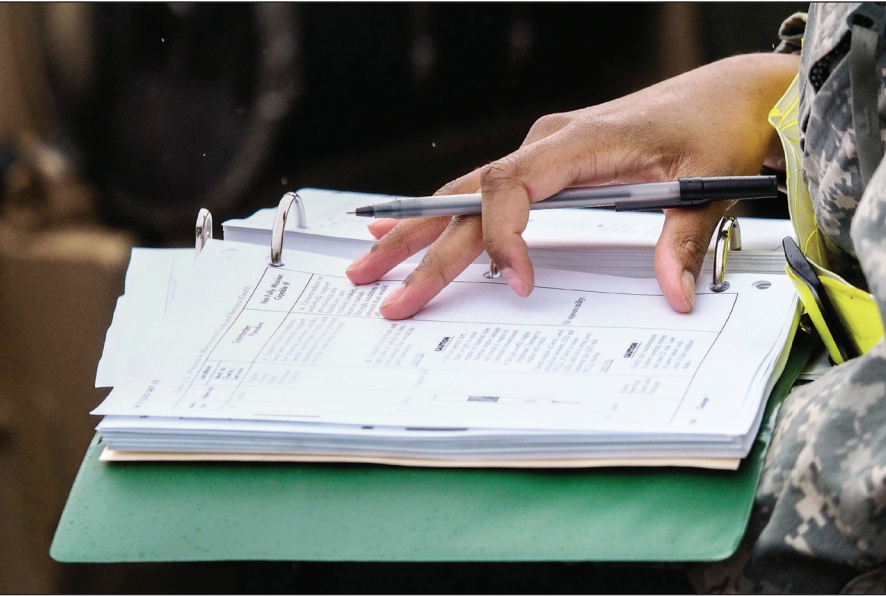
Frانيا eventually made it to a Jewish refugee camp, where she met her second

husband and started a new family.

While Frania and Sugihara are no longer around, their stories are still told, and serve as inspiration. Their will to live exemplifies a perseverance unlike any other.

“You can lose your family, your life, home, and job,” Keller said. “You can lose anything material, but your education, spirit, and your will to live – no one can take that away from you.”

MOTOR POOL MONDAYS



ABOVE: A Soldier assigned to the 17th Combat Sustainment Support Battalion, U.S. Army Alaska, checks the headlight of a vehicle during command maintenance, and Preventive Maintenance Checks and Services on one of his unit's vehicles, Monday. A decisively executed command maintenance program is a multi-echelon training event focused on various battlefield operating systems, provides feedback to the commander on the combat readiness of unit equipment, and gives Soldiers confidence in their vehicles, weapons, and personal equipment. (U.S. Air Force photos/Justin Connaheer)

LEFT: Spc. Jozlyn Harvey follows the checklist in a Humvee's Technical Manual – called a "Dash 10" after the last two digits of its designation – during command maintenance on Joint Base Elmendorf-Richardson. Faults are noted on a separate form, and may require attention by mechanics.



ABOVE: Sgt. 1st Class Edward Rhodes, assigned to the 17th Combat Sustainment Support Battalion, U.S. Army Alaska, backs up a vehicle during command maintenance, and Preventive Maintenance Checks and Services on his unit's vehicles, Monday, May 9.

ABOVE RIGHT: Sgt. Eric Bauer, assigned to the 17th Combat Sustainment Support Battalion, U.S. Army Alaska, emotes as he removes a flat tire during command maintenance, and Preventive Maintenance Checks and Services on one of his unit's vehicles.

RIGHT: Soldiers stand in formation at the 17th CSSB motor pool on Joint Base Elmendorf-Richardson Monday morning. Across the Army, most units report to work at their motor pool for a battalion-wide formation, which builds esprit de corps at a higher level than the more usual company formation. Known as "motor pool Mondays," the troops spend much of the morning maintaining vehicles. Problems that cannot be repaired by the operator are noted on a form, and the vehicle is turned over to the unit's mechanics for repair. Weekly checks of vehicles, while not most Soldiers' favorite activity, are far easier than the daily care of the Army horses and mules Soldiers performed through World War II.



Briefs & Announcements

May 13, 2016

Road closure

Arctic Warrior Drive between Pease and Sijan avenues will be closed from May 23 to June 13 while crews repair the roadway. For information, call 552-3042.

Exchange pet contest

The JBER Exchange hosts the Patriot Pet contest Saturday. From 11 a.m. to 2 p.m., customers may bring their pet. Prizes will be awarded for best-dressed pet, pet/owner look alike, and best trick. Each category will have a winner and a runner up awarded a \$50 and \$25 gift card respectively. There will also be a drawing for a \$25 gift card. Through June 2, shoppers can upload a photo of their pet at www.shopmyexchange.com/sweepstakes for chances to win prizes up to a \$1,000 gift card.

Police Week challenge

The 673d Security Forces Squadron hosts this challenge beginning at 7:30 a.m. at Camp Mad Bull May 19. Four-person teams of Department of Defense personnel and local first responders are welcome to register by May 13. For information email 673SFS.policeweek@us.af.mil or call 552-4134.

Retiree day fun shoot

The JBER Military Retiree Council hosts a familiarization shoot May 21 beginning at 3 p.m. at the Sportsfire Range as part of Retiree Appreciation Day. Service members, retirees, and families are encouraged to bring eye and ear protection and join the fun. For information, email ea-gleriver1@gmail.com or call 244-7700 after 5 p.m.

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 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. To become a Family Child Care provider, call the FCC Office at 552-3995.

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 will be repaired within 24 hours of being reported.

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.

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 do design, printing and distribution of business cards, letterhead, invitations and programs. The Equipment Management Solutions Program provides multifunctional devices that print, scan, copy and fax. Facilities offer scanning and conversion services for all types of documents. They also offer Document Automation and Content Services, a service for building digital libraries of content with online access. It is open 7 a.m. to 3:30 p.m. Monday through Friday. For information, visit www.documentservices.dla.mil, visit the office at 984 Warehouse Street, or call 384-2901.

U-Fix-It Store

The 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.

Priority placement

The Priority Placement Program and Executive Order 13473 provide non-competitive appointment for spouses of active-duty service members, including full-time National Guard and Reservists, who are relocating to accompany their service member during a permanent change-of-station. The program allows spouses to register for Department of Defense positions and be considered for jobs offered internally. Spouses are matched with 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 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.

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 appointments, call 384-2865.



Sam Satre, a fisheries technician with the Center for Environmental Management of Military Lands empties a bucket of rainbow trout into Fish Lake on JBER May 9. Depending on the location, the technicians will either transport the fish manually by bucket, or pump them through a tube from the truck directly. (U.S. Air Force photos/Senior Airman Kyle Johnson)



Bob McFadden, a fish culturist with the William Jack Hernandez Sport Fish Hatchery, sorts rainbow trout as larger ones are transferred to a new tank at the hatchery. The trout are scheduled to be released for sport fishing in a year's time.



Rainbow trout wait in various levels of growth at the William Jack Hernandez Sport Fish Hatchery, Anchorage. The hatchery is named after Bill Hernandez, a World War II contractor out of Wake Island who was a prisoner of war for three years. He later enlisted in the U.S. Army and rehabilitated the lakes and streams on Fort Richardson.



Krystina Bottom, fisheries crew lead with the Center for Environmental Management of Military Lands, and Sam Satre, a fisheries technician with the CEMML, empty buckets of rainbow trout into Fish Lake May 9.



Chuck Pratt, a fish culturist with the William Jack Hernandez Sport Fish Hatchery, explains how he is going to move the fish from his truck to the buckets carried by fishery technicians from the Center for Environmental Management of Military Lands to Fish Lake May 9.

Win prizes, build community during the JBER Library Summer Reading Program

By Airman 1st Class Javier Alvarez
JBER Public Affairs

Registration for the Joint Base Elmendorf-Richardson Library's Summer Reading Program is scheduled to begin June 1.

The JBER community will have the opportunity to collect prizes for time spent reading through the sports-themed program, said Jody Evans, JBER Library reference librarian. Additionally, library staff will host various outdoor activities in support of the program.

Participants can submit minutes read through the i-Read website where minutes logged between June 6 and July 15 will qualify them to win prizes, she said.

To register for the Summer Reading Program visit: <http://usaf.evanced.info/jber/sr/homepage.asp>

"Our goal is to keep [children] reading," Evans said. "Keep them practicing reading, and in that

learning mode."

Children are more likely to retain or improve their reading level by participating in programs like the one presented, she said. They allow for a seamless transition into the next grade.

All registrants are eligible to collect a summer reading program shirt, Evans said. Early and pre-readers will be eligible to collect prizes after 100 minutes read, and every subsequent 100 minutes read will allow them to win up to five total prizes. Teens and adults can begin to collect prizes after they've logged 300 minutes.

Participants will have a variety of sports-themed and age-specific prizes to choose from, she said.

"The past few years we've had record numbers of registrants," Evans said. "Two years ago we had 971 people participate and last year we had about 950. I'd like to break 1000 this year."

The JBER library plans to provide more than just learning opportunities this summer.

Some activities scheduled are:

- June 9 Zumba class
- June 16 kickball and whiffleball.
- June 30 Troops vs. Children lawn games.
- July 7 Water balloon fight and fire department demonstration.
- July 14 A final activity to be an-



Children and parents listen attentively during story time at the Joint Base Elmendorf-Richardson Library, Feb. 2. During the Summer Reading Program, regularly scheduled story times will be on hiatus in anticipation of increased patronage. (U.S. Air Force photo/Tech. Sgt. Raymond Mills)

nounced.

"We try to partner with facilities like the fire department and Buckner gym," she said.

Free books will be available at some events, said Erica Glass, Blue Star Family Alaska chapter director.

"Military children have a really hard time when moving or in times

of deployment," she said. "We have found the power of reading has a positive impact. Just getting to have a book ... has a positive impact for military [children] during difficult times."

With the anticipated volume of patrons the library is expecting this summer they have made some

changes to the story times.

"Our regular story time will be on hiatus because of the busyness," Evans said. "Tuesday mornings through the summer we will have a 30-minute story time."

For more information on library events, visit the JBER Library or call 384-1640.

People remember when you quit; it becomes a “negative resume.”

By Army Chaplain (Maj.) John Min
673d MDG Chaplain

Many people take the time to prepare a high-quality resume if they want the best job for their career. It is not easy to prepare, but there are many who are well-versed at resume preparing to whom we can go for assistance. I prepared a resume right before my seminary graduation more than two decades ago. My resume was prepared for my first ministry as a full-time pastor and missionary through my denomination. Of course, I did not write a negative resume to do the Lord’s work; I made it positive with the assistance of strong prayer.

At the same time, God gave me an opportunity to apply for the Army chaplaincy. I asked a recruiter chaplain to assist me in writing the best resume and thus received an interview. I thank God I did not quit while preparing my resume – that it did not become a “negative resume.”

The book of Isaiah chapter 41, verses 9 and 10 tells us, “You whom I took from the ends of the earth, and called from its farthest corners, saying to you, “You are my servant, I have chosen you and not cast you off; so do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

When you feel like giving up, you are missing out on what God has to offer. There are so many things that demand our attention and while it may be good to leave behind unhealthy relationships, jobs, and habits, it’s also important to keep fighting for what is good and right. Fight for your marriage, fight for your kids, fight for your health – do not give up or quit. Know that you are not alone, and know that we are in the hands of God – he will provide us with strength when we need it. Use the scriptures or “manual for our soul/spirit” and



trust in strength from God for encouragement.

I would like to share few motivations when one wants to quit or create a negative resume. Here is what you need to do:

Know your goal

Start by writing down your major goal. Your major goal is the ultimate thing you would like to see happen. For example, “I want to make the honor roll,” or “I want to get fit enough to make the cross-country team,” or even, “I want to compete in the Olympics” are all major goals because they’re the final thing the goal setter wants to see happen. It is okay to dream big. That is how people accomplish great things. You just have to remember that the bigger the goal, the more work it takes to get there.

Make it specific

It is easier to plan for and master a specific goal than a vague one. Let us say your goal is to get fit. That is pretty vague. Make it specific by defining what you want to achieve, why you want to achieve it, and by when. This helps you make a plan

to reach your goal.

Make it realistic

People often abandon their goals because their expectations are unreasonable. Maybe they expect to get ripped abs in weeks rather than months, or to quit smoking easily after years of lighting up. Part of staying motivated is being realistic about what you can achieve within the timeframe you have planned.

Write it down

Put your specific goal in writing. Then write it down repeatedly. Research shows that writing down a goal is part of the mental process of committing to it. Write your goal down every day to keep you focused and remind you how much you want it.

Break it down

Making any change takes self-discipline. You need to pay constant attention so you don’t get sidetracked. One way to make this easier is to break a big goal into small steps. For example, let us say you want to run a

marathon. If it’s February and the marathon is in August, that is a realistic timeframe to prepare. Start by planning to run two miles and work up gradually to the distance you need.

Check in with your goal

Now that you have broken your goal down into a series of mini-goals and daily tasks, check in every day. It helps to write down your small goals in the same way you wrote down your big goals. That way you can track what you need to do, check off tasks as you complete them, and enjoy knowing that you’re moving toward your big goal.

Keep a stick-to-it attitude

Visualize yourself achieving your goal – a toned you in your prom dress scoring the winning soccer goal. Self-visualization helps you keep what you are trying to accomplish in mind. It helps you believe it is possible. You can also call up your mental picture when willpower and motivation are low. Positive self-talk also boosts your attitude and motivation. Tell yourself, “I deserve to make the honor roll because I’ve really been working hard” or “I feel great when I swim – I’m doing well with my exercise plan.”

Share with a friend

Another boost is having supportive people around you. Find a running friend, a quit-smoking friend, or someone else with a similar goal so you can support each other. Having a goal buddy can make all the difference in times when you don’t feel motivated – like getting up for that early-morning run.

It all comes down to good planning, realistic expectations, and a stick-to-it attitude. Just as I thanked God I did not quit while preparing my resume so long ago, I know you will be thankful that you did not give up on your goal.



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.

SATURDAY
RecOn: ATV Jim Creek
Meet at the Outdoor Adventure Program for a trip to ride at Jim Creek from 8 a.m. to 5 p.m.
Must be 16 years or older to participate.

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

RecOn: Matanuska Ice Climb
Meet at the Outdoor Adventure Program for a day of ice climbing Matanuska from 8 a.m. to 5 p.m.
Must be 14 years or older to participate.
For more information, call 552-4599 or 552-2023.

Pool tournament
Show off your pool skills at this free tournament held at building 655 at 2 p.m. Cash prizes will be awarded to first though third place winners.
For more information, call 384-9006.

MONDAY THROUGH FRIDAY
Get Golf Ready lessons
In this five-day workshop you will get comfortable with the game through a series of beginner-friendly lessons, meet new people in a casual golf setting, and enjoy the outdoors.
Open to ages 16 and up. Lessons are at Moose Run Golf Course's driving range from 5 to 6:30 p.m.
For more information, call 428-0056.

TUESDAY
RecOn: Kayak Training
Hosted at Elmendorf Fitness Center from 6 to 8 p.m. this training class is required for kayak rentals through the Outdoor Adventure Program.
For more information, call 552-4599 or 552-2023.

Give Parents a Break and Parents' Night Out
Paperwork and payment is due by noon to Katmai Child Development Center or Ketchikan School

Age Center for the May 21 Give Parents a Break/ Parents' Night Out.
For more information, call 552-5091 or 552-5113.

THURSDAY
Captain's Class
This boating education class teaches responsible ocean boating from 5 to 7 p.m. at the Outdoor Adventure Program, and is required prior to renting ocean boats.
For more information, call 552-4599.

Women in the Wilderness Nature Hike
This beginning to intermediate hike up Mount Baldy from 5 to 9 p.m. will yield beautiful views overlooking Anchorage and Eagle River.
This event is designed for women only, with female instructors, and is designed to encourage women to enjoy the outdoors and build friendships along the way.
For more information, call 552-4599 or 552-2023.

Kayak Training
Hosted at Elmendorf Fitness Center from 6 to 8 p.m. this training class is required for kayak rentals through the Outdoor Adventure Program.
For more information, call 552-4599 or 552-2023.

MAY 20
The Good Dinosaur
Enjoy a free movie night at the Talkeetna Theater.
Doors open at 5:30, with the movie starting at 6:30 p.m. Concessions will be available for purchase.
For more information, call 552-8529.

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.

MAY 26
Motorecycle Safety Ride
Enjoy a day of fun, education,

mentorship, and riding at the JBER Motorcycle Safety Foundation Practice Pad (the empty lot on D Street, east of Building 754).
Registration begins at 8 a.m. with skills class at 9 a.m. and the group ride at 11 a.m.
Bring your license, registration, insurance, and MSF card to participate.
For more information, call 351-7218.

MAY 30
Memorial Day Ceremony
The annual ceremony, at the Denali Park Strip, West 9th Avenue from 10 to 11 a.m., includes patriotic music, spiritual words, distinguished speakers and laying of wreaths to honor the fallen.

ONGOING
JBER Wildlife Education Center activities
Learn about Alaska's amazing animals and natural resources at this free museum, with interactive displays for the kids too.
Upcoming movie showings include "Disney Bears" Thursday at noon and "Knut the Polar Bear" on May 31st at noon. Bring a lunch and enjoy wildlife board games.
Join in for wildlife art hour to include "fish painting" and other animal print activities June 9 at 1 p.m. The center is located at Building 8481 and open Monday through Friday from noon to 4 p.m. (subject to staffing availability).
For more information, call 552-0310 or email jberwildlife@gmail.com.

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.

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.

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.

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.

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



Pool Tournament



May 14 • 2 p.m.
FREE to enter
Prizes:

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

Street fighter Tournament



May 28 • 2 p.m.
FREE to enter
Prizes:

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

Come have fun
&
don't be late!

Bldg. 655 • 384.9006



OPENING DAY: MAY 23

WARRIOR XTREME PAINTBALL -JBER, ALASKA-

Military Training

(For field rental, Commander letter required)

Gun/Mask/Vest/Neck Guard

\$12

Paintballs

500 Paintballs

\$16

2000 Paintballs

\$64

Safety Equipment Package

(If you bring your own gun)

Mask/Vest/Neck Guard

\$10

Full Equipment Package

Gun/Mask/Vest/Neck Guard

\$15

Gun/Mask/Vest/Neck Guard

with 200 Paintballs

\$20

Reservation Fee

Per hour of use/group

\$10

Unlimited High Pressure Air

\$8

CO₂ is not available

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JBER observes Fall Protection Awareness Week

By Airman 1st Class Javier Alvarez
JBER Public Affairs

The Joint Base Elmendorf-Richardson Safety Office hosted fall-protection events on JBER as part of Fall Protection Awareness Week, May 2 to 13.

The purpose of the weeks-long campaign is to educate and raise awareness of fall hazards and prevent possible mishaps, said Staff Sgt. Johnathan Murphy, 673d Air Base Wing Safety Office occupational safety technician.

Presenters provided hands-on and visual training on all points of fall protection during the two events held on base, Murphy said. The first was mandatory training for specific personnel, but anyone with base access was welcome to attend the second event in Hangar 1.

According to the Air Force Safety Center, from 2011 to 2015, falls were the cause of 6,724 Air Force injuries, resulting in 42,539 lost work days at a cost of \$64.5 million.

A significant portion of the presentations focus on the ABCDs of fall protection, said Trace Savage, a fall protection manufacturer representative with 3M.

The “ABCD” is a mnemonic, Savage said, reminding people to use anchors and anchor points which can support the work load; body supports such as harnesses, to distribute fall forces over the upper thigh, pelvis, chest and shoulders; connectors like shock-absorbing lanyards or retracting lifelines which connect a worker’s harness to the anchor point; and descent and rescue gear for injured or fallen workers to return to safety.

“There is an annual requirement for all individuals [who work in elevated locations above four feet] to be trained on aspects of fall protection,” Murphy said. “[These presentations] are a great way to take the worker out of their work environment, and place them into a simulated fall scenario where they can actually see what is taking place, and experience what a fall may feel like. People are always told, ‘this is what happens when you fall,’ but they never actually get to feel the constraints of a harness in the operation of a trauma strap, like they’ll see in the demonstration.”

“According to the Air Force Safety Center, from 2011 to 2015, falls were the cause of 6,724 Air Force injuries.”



Trace Savage, a fall protection manufacturer representative with 3M, prepares the display for a fall demonstration at the civil engineer compound on Joint Base Elmendorf-Richardson May 4. The demonstration was part of Fall Protection Week campaign aimed to raise awareness of fall hazards and prevent possible mishaps. (U.S. Air Force photos/Airman 1st Class Javier Alvarez)

The JBER Safety Office has a very strong fall-protection program, he said.

“We can’t quantify saves,” Murphy said. “We can’t say, we had zero falls because of this program. All we can say is we have a strong fall protection program ...

I can’t think of one time when we had an injury associated with the lack of fall protection.”

JBER safety provides annual and spot inspections on fall protections programs throughout the calendar year to ensure compliance with Occupational Safety and Health Administration regulations and Air Force Instruction, he said.

For additional information, contact the JBER Safety Office at 552-6850.



Trace Savage drops a weight as part of a simulated fall-protection scenario at the civil engineer compound. Fall Protection Awareness Week was observed from May 2 to 13.

The Hillberg Youth Ski Team, recreation and profession

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

Winter is over and even though Alaska did not receive record snow there were moments to remember. After heavy snowfall, every hill became a mountain of deep, soft-powder snow. It was the start of a masterpiece, the hill was a canvas, and every ride down was a brush stroke.

“I always had a rule on the hill: when we have powder days, you have no friends,” said Brad Gamblin, Hillberg Youth Ski Team head coach. “Your job is to beat your friends down the hill and make those tracks first.”

The Hillberg Youth Ski Team is part of the Hillberg Team Youth Booster Club; a volunteer-run and family-oriented team that teaches children age 5 to 17 years old to ski and race professionally.

“Here, they learn about sport, about competing, keeping competition fun and exciting,” Gamblin said. “It’s not all about racing, but being able to ski at a high level ... and racing simply raises that skill level at a faster pace.”

Two young men placed first and third, and one young lady placed fifth overall at the state youth 12 and 14 championships this season.

“The biggest thing for the children is that it gets them out,”



The Hillberg Youth Ski Team is comprised of children ages 5 to 17 years old who ski at all levels and age groups professionally at Joint Base Elmendorf-Richardson, Hillberg Ski Area, Jan. 15. (Courtesy photo)

said James ‘Bobby’ Stone, Hillberg Youth Ski Team co-president. “We get kids all over the nation – all over the world for that matter – coming to Alaska for the first time worried about the environment

they are going into and we just get them outside enjoying the winter, and everything it has to offer.”

Parents can register their children at the start of the next season at the Hillberg Ski Area. Registration costs vary by rank, and this season had approximately 130 members, but has had up to 215 before.

“We do bring the parents into the coaching fold, as part of the process, which is one of the reasons why I’ve stayed in,” Stone said. “I’ve been with the team for about 14 years – 13 years in charge of it – and my kids grew up in the team.”

His children were a part of the team for about 10 years each and then coached incoming members alongside expert-level skiers.

“We’ve had a lot of children grow up here and become expert-level skiers, competing around the nation, and returning back to the team to coach,” Stone said. “I’ve been here for many deployments on the Air Force and Army side, and I’ve seen the team as the back-

bone to some of these families ... it goes way beyond just a Saturday practice.”

Practice has also gone beyond the normal Saturday afternoon. When the weather permitted and the students pleaded, practice was also available Friday evening and Sunday afternoon for all who wished to join.

While the children are skiing outside, some of the parents coach, but others fill the rooms of the Hillberg lodge. The lodge is a two-story building where people can rent equipment, buy lift tickets, eat and hang out.

“It’s a community-based day lodge, where you go inside and there is always a friendly face, there is always a warm bowl of soup on a Saturday, and one parent always makes something so that all the coaches feel good by the end of the day,” Gamblin said.

The Hillberg crew sells accessories, offers equipment rentals and ski-lift tickets, and makes additional snow for their hill.

“The crews, especially the

snow-making crew, are amazing,” Gamblin said. “They kept the hill going while many other hills this year were closing.”

The Hillberg Youth Ski Team also provides a program for the parents to learn how to ski as a coach under Gamblin, who has had more than 40 years of skiing experience.

“When we get a new coach who has never skied, we teach them all they need to know about how to teach and next thing you know they are skiing,” Stone said. “You learn so much when you’re teaching or explaining something.”

The Hillberg Youth Ski Team is a combination of recreation and profession. It is a sport and an opportunity to learn, teach, grow and have fun.

“One of the things they carry when they leave here is the life skill of being able to ski,” Gamblin said. “They also learn that stressful competition is not the priority, but being able to express themselves and expand their capabilities.”



The Hillberg Youth Ski Team coaches are all volunteers teaching military youth how to ski competitively at all levels at Joint Base Elmendorf-Richardson, Hillberg Ski Area, Jan. 15. (Courtesy photo)



Princess
and
Pirate
party

CLOCKWISE FROM TOP:
Staff Sgt. Jason Swallow, 3rd Maintenance Squadron low observable craftsman, builds a block creation with his son Mason Swallow, 3, at the Princess and Pirate Party at the Joint Base Elmendorf-Richardson Library, May 6. (U.S. Air Force photos/Airman 1st Class Javier Alvarez)

Abbey Kruzel, Joint Base Elmendorf-Richardson Library volunteer, sings pirate songs at the Princess and Pirate party. Every Tuesday, Wednesday and Thursday from 10 to 11 am story times are hosted at the JBER Library.

Karl Frage, 15, a volunteer at the Joint Base Elmendorf-Richardson Library, paints an eye patch on a JBER Pirate at the Princess and Pirate Party, May 6, 2016. The JBER Library has hosted the event for six years.

Mel Kalkowski, part-time pirate, shows his pirate wares to attending princess and pirates Kalkowski is a member of the Brotherhood of Oceanic Mercenaries and attends events to help recreate “the golden age of piracy.”

Joint Base Elmendorf-Richardson pirates and princesses amass at the Lego pit.

