



JASDF loadmaster hits career milestone at JBER

By Air Force Staff Sgt. Wes Wright
JBER Public Affairs

A Japanese Air Self-Defense Force C-130 H loadmaster achieved 10,000 flying hours during a Red Flag-Alaska 16-2 flight here Wednesday.

As his C-130 taxied into its parking spot following the mission, JASDF Chief Master Sgt. Takanori Konishi emerged from the aircraft's top hatch and threw his arms in the air to the cheers of Japanese and U.S. personnel who were on hand to help him celebrate.

While not unprecedented, the milestone is considered incredibly rare by military aviators. The chief has spent more than one year and 51 days in the air during the course of his 35-year career.

Konishi stepped off the aircraft for one of the final times in his career and was met with buckets of ice water and a shower of champagne, as is custom among aviators achieving significant career milestones.

The loadmaster raised his head to the sky, opened his arms and soaked it all in, literally.

"I feel so good," Konishi said. "This is amazing. I want to thank everyone who made my career and



ABOVE: Japanese Air Defense Force Chief Master Sgt. Takanori Konishi, with the 401st Squadron, 1st Tactical Airlift Wing in Japan, is sprayed with water after completing the milestone of 10,000 C-130 Hercules flight hours Wednesday at Joint Base Elmendorf-Richardson. **A rare milestone, Konishi has spent a little over 416 days flying in the C-130. (U.S. Air Force photos/Senior Airman James Richardson)**
TOP: Konishi celebrates as the aircraft taxis to the cheers of U.S. and Japanese personnel.

this event possible."

While the achievement is a rare one, it was made even more unique for the chief to be able to hit the coveted 10,000-hours mark in U.S. airspace during an international exercise.

"I love Alaska," the loadmaster said. "This is my fifth time coming here, and it's special every time."

RF-Alaska is a Pacific Air Forces commander-directed field training exercise for U.S. and international forces, which provides joint offensive counter-air, interdiction, close air support, and large-force employment training in a simulated combat environment.

"It is a large-force employment

exercise," said Lt. Col. Dennis Lincoln, 354th Operations Group Detachment 1 commander. "Our goal is to stress aircrew in a safe environment to simulate those first 10 combat sorties so the aviators are better prepared if they're called upon to go to war or some other contingency.

"As we integrate more of these

Pacific partners into these exercises, it helps us gain that U.S. presence throughout the whole Pacific area of responsibility and enhance our international partners' capability in that region as well."

Senior Master Sgt. Joseph Day, 354th OG superintendent, presented Konishi with a patch for his flight suit that read, "10,000."

The chief bowed as an expression of gratitude and was all smiles as several more gifts were presented from the crowd, including a commemorative banner signed by everyone in attendance.

"10,000 hours is a huge milestone in a flying career," Lincoln said. "The chief hitting 10,000 hours in a C-130 is significant for him and everyone who flies that airframe. Having it happen during our exercise shows the relationship we have with our coalition partners."

As the chief from the land of the rising sun stared into the mountain ranges in the land of the midnight sun, he took a moment to reflect.

"The flying part of my career started 27 years ago," Konishi said. "I've been doing this a long time. I'm 53 years old ... that's very old," he added with a chuckle. "I retire in a few months, and it's scary. It's been a privilege and honor to fly."

Tiny, dedicated crew on remote atoll supports Pacific air traffic

By Air Force 1st Lt.
Michael Trent Harrington
JBER Public Affairs

WAKE ISLAND AIRFIELD, Mid-Pacific — Two Korean Air Force C-130J Hercules airlifters landed on Wake Island Tuesday in the middle of the afternoon, bound from Hawaii to Guam to Korea, each island stop 86 degrees Fahrenheit, mostly sunny and entirely humid. The wind pushed from the northwest on Wake's blue lagoon-flanked Runway 10 as a Korean general and a cabin full of Korean Air Force Academy cadets stepped onto the tarmac and piled into the terminal gift shop, and the Hercules' tanks were pumped full of jet fuel.

In moments, the island's Korean population surged from zero to 110; the Koreans outnumbered the Americans by two-to-one and the sum of the Wake Island air inventory soared to two. Within an hour, they had left, the asphalt was vacant once more and a seagull, passing in its 20-minute traverse from one tip to the other of the tiny coral atoll, might again overlook the importance of Wake.

Yet the island's strategic prominence measures far larger than its 2.8-square mile stature.

The airfield at Wake Island handles a modest 500 to 600 aircraft annually, but it does so with a staff of about six. The same three people marshal, service and refuel every plane. Liken those numbers to those of airports that see such traffic in a few days, and the tiny coral outpost's contributions seem paltry.

But the runways of Chicago-O'Hare, for comparison, and the 72,000-plus flights they handle are suited for a different sort of work.



U.S. Marine Corps AV-8B Harriers from VMA-542 rest on the tarmac after landing at Wake Island Airfield in the mid-Pacific. Marine Attack Squadron 542 is based at Marine Corps Air Station Cherry Point, North Carolina. The Marines were participating in a trans-Pacific mission from the mainland U.S. to Japan. Joint Base Elmendorf-Richardson and Eielson Air Force Base personnel support the tiny detachment on Wake. (U.S. Air Force photo/1st Lt. Michael Trent Harrington)

Draw a 600-mile radius around Chicago and it will include every airport from Kansas City to Washington D.C.

Draw a 600-mile radius around Wake, and it'll fall a hundred miles short of the next useful airstrip in the empty Pacific Ocean.

Oftentimes the most valuable service Wake provides is to the jets that hope to never see it, said Chris Bouley, airfield operations manager for Chugach Federal Services, Inc. at Wake Island Airfield. CFSI is a branch of Chugach Alaska, one of the state's 13 Native corporations, and holds an \$185 million contract for support to three

Air Force installations including Wake and two remote Alaska sites.

Wake is the only 10,000-foot runway for a 4,000-mile stretch of Pacific Ocean, Bouley said. The next closest airfield at Kwajalein Atoll, also a U.S.-military run outpost almost 700 miles to the south, has a runway about 40 percent as long — a length that would fit on Wake's parking ramp.

More than 50 years ago, the Federal Aviation Administration built the facility now used as the atoll's terminal and air tower. The airspace around Wake Island is labeled "Class E" by the FAA center in Oak-

land, meaning it's technically uncontrolled, with no formal aircraft control requirement. Landing at the airfield is by "prior permission only," per FAA documents, but for aircraft that can't make the voyage without help, Wake offers a both a safe landing and several million gallons of JP-5 jet fuel.

Unsurprisingly, Wake features on countless Pacific flight plans for commercial and military aircraft alike as a divert airfield, or a runway of last resort, if an emergency like

See **WAKE** • A3

POSTAL CUSTOMER

PAID

U.S. Postage
PSRST-STD
EGRWSS

Anchor-age
Publishing

Inside	Arctic Aurora: A-3
Social media can affect security clearances.....	A-2
Alaska personnel support Wake Island	A-4
Remote outpost gets a new commander.....	A-4
Matters of Faith: Hearts break — and heal	B-2
JROTC students challenged at camp	B-5

Breaking the habit

I was a smoker for years — and finally kicked the habit after many failed attempts. You can, too See page A4

Resilience helped Air Force couple navigate rough waters, times

By Senior Airman
Joshua R. M. Dewberry
11th Wing Public Affairs

JOINT BASE ANDREWS, Md. — Before 2011, the “don’t ask, don’t tell” law kept many in the dark. If a service member was gay, they held on to that secret tighter than a tourniquet on the battlefield, or risked discharge.

According to Defense Department Directive 1304.26, issued in late 1993, military personnel were prohibited from discriminating against or harassing closeted homosexual or bisexual service members or applicants.

At the same time, it barred openly gay, lesbian or bisexual persons from military service.

Shayna Engle, an Air Force inactive reservist and Pennsylvania native, joined the Air Force in 2008 and knows firsthand how much this policy affected those in the minority.

“When I joined the Air Force, ‘don’t ask, don’t tell’ was still very strongly in effect,” Engle said. “My first real relationship with a woman was in tech school. It was hard because you’re constantly being monitored and if someone caught you, your career would be over and you’d be ousted.”

Staff Sgt. Jamie Engle, a 744th Communication Squadron cyber transport systems craftsman, was already assigned to then-Andrews Air Force Base, Maryland, in 2009, when she assisted Shayna through her processing to her new assignment.

The first time they spoke over the phone, Jamie had recently been promoted to senior airman.

“What should’ve been a 15-minute call became a 2 1/2-hour conversation,” Jamie said. “It felt like I was talking to a friend I hadn’t seen in months.”

Shayna said the couple went on to become closer. “As time went by, we learned we both liked each other as more than that,” she said.

“I just fell head over heels in love with this woman.”

Jamie, who enlisted in the Air Force in 2004, admits to feeling very anxious about being discovered for her true feelings.

“I tried to play the straight card for years by dating guys and keeping anyone from getting suspicious of me,” Jamie said. “I felt so torn up and lonely inside for liking girls that I thought I could feel better if I was normal. I was trying so hard to be everything I thought my parents wanted for me. It was difficult to keep up appearances when I was upset about lying everyday about who I really am. I was depressed, in denial and drinking to forget my feelings.”

During the course of their relationship, hiding their feelings for each other became part of the daily routine.

“We couldn’t be ourselves unless we were behind closed doors,” Shayna said. “We hardly even looked at each other at work because a lot of our coworkers also lived in the same area as us. We were afraid we weren’t always going to be able to separate our private and professional lives.”

Telling their parents about their relationship took a year before both women were willing to open up to other people.

“We didn’t tell our parents for fear of how they’d react,” Jamie said. “I first told my sisters for moral support. That was rough. Imagine the crippling fear you had as a child coming home from school and telling your parents you got in trouble. Now imagine holding onto that fear for years and being terrified of what would happen if anyone else knew. That’s what it felt like to hide my sexuality from my family.”

Shayna echoed this feeling. “I guess that hardest part for any gay person is coming out,” Shayna said. “Every gay person has that coming out story. Straight people don’t have that issue of

dropping this bombshell on your family and wondering if they’ll still love and accept you for who you are. It took me years to finally say it out loud. My parents came to accept it, but there were growing pains. Yet, when it finally comes out, it feels good.”

After a year and a half of dating in secret, Jamie proposed to Shayna, taking the next step in their covert relationship. Soon after this, Shayna received orders for Kunsan Air Base, South Korea.

“I knew immediately our relationship wasn’t going to last,” Jamie said. “I knew I would get orders for another base and Shayna would get orders for a follow-on base after Korea.”

Shayna was initially more optimistic about this change in their relationship.

“I thought we could make it work, but about halfway through my tour, I saw that we couldn’t make it last,” Shayna said. “Maintaining a long-distance relationship is hard enough. It felt impossible when we had to hide it and deal with a 14-hour time difference.”

After seeing the difficulty in keeping a secret relationship over the phone and on Skype, Jamie and Shayna ended their engagement. While apart, Jamie deployed to Afghanistan and Shayna made a new group of friends.

“These new friends showed me that even though I went through some tough times, I could be a normal person and work through my problems,” Shayna said. “I remember thinking that there’s nothing wrong with me, its society’s perception of me that’s wrong. That was a progressive moment in my life because I finally realized that I can be myself and not feel ashamed of who I was instead of who I was supposed to be.”

In 2011, after a year in Korea, Shayna moved on to her new assignment at Tyndall Air Force Base, Florida.

There, she also started a new

relationship with another female Airman.

Shortly after the relationship began, however, her girlfriend was struck by a car and died from her injuries.

“I was devastated,” Shayna said. “After taking time to grieve, and with tears rolling down my cheeks, I realized I still loved Jamie and wrote to her in Afghanistan, expressing my affection and apologized about not having realistic expectations about our engagement in the beginning when I was assigned overseas.”

Jamie wrote back saying she felt the same way about Shayna and the two resumed their long-distance relationship while waiting to see each other once again.

During their time apart, the Don’t Ask, Don’t Tell Repeal Act of 2010 was enacted, ending the policy on Sept. 20, 2011.

Gay and bisexual service members could now openly serve without fear of punishment.

“When ‘don’t ask, don’t tell’ was repealed, for everyone else it was just another day, like ‘Oh, it’s OK now.’ For me, it was like a weight had been lifted off my shoulders and I could completely be myself,” Shayna said.

In March 2012, the couple finally had their reunion when Shayna flew to Baltimore to welcome home Jamie from her deployment.

The reunion was short-lived, and Shayna had to return to Tyndall.

Later that year, their relationship came full circle as Shayna proposed this time to Jamie.

“It was like she returned the favor. It felt more precious to me when I thought back on how there was a time when we weren’t sure if we were meant to be a couple,” Jamie said. “We loved each other, but we had our problems like anyone else. We fought, we had to learn that we could still be independent but could also lean on each other. All this was exacerbated by the

fact we had to keep our problems a secret from the world for a while. But in the end, we saw what was most important to us and spending time apart forced us to mature and gain perspective.”

After Shayna’s assignment ended at Tyndall Air Force Base in May 2013, she became a reservist stationed out of Dover Air Force Base, Delaware, and moved back to Maryland to be with Jamie.

They finally wed May 24, 2014.

“Being able to get married legally, after everything we’d been through, was one of the greatest feelings of my life,” Shayna said. “With the laws changed, the culture shifted more to supporting our decisions to love who we love and a support group of friends and family that was there for us. The only thing that stopped us from making our relationship official was ourselves. We couldn’t wait for the wedding.”

It was a small ceremony with friends and family.

“We didn’t make a deal about our marriage to other people,” Jamie said. “We would casually bring it up in conversation, but we didn’t make a spectacle of it.”

They have yet to take their honeymoon; they are preparing themselves financially as Jamie works to get promoted to technical sergeant.

Shayna is trying to get a reservist position at Joint Base Andrews and they hope to have a child together in the next year.

“I married my best friend,” Jamie said. “Our relationship now is like any other couple. We like staying in on weekends, trying new restaurants, playing with our dogs, we visit each other’s families when we’re not too busy with work and talk about our day when we get home.”

Shayna added, “She’s not just my wife. She relaxes me when I’m stressed, she keeps me going. She’s my co-pilot.”

Be careful while using social media – it could affect your security clearance

By Paul Stevenson
Installation Management Command

VICENZA, Italy — People who use social media are constantly reminded to be careful when posting and sharing information because it’s almost impossible to know who might be monitoring their activity.

For people who want to get or maintain a security clearance, there is now one more reason to exercise online discipline.

The Office of the Director of National Intelligence recently enacted a new policy under which federal agencies may consider publicly available social media information in connection with an application for a security clearance.

Security Executive Agent Directive Five was signed May 12, codifying federal background investigative authority to incorporate publicly available social media information in the security clearance process.

According to the ODNI, the new policy allows investigators to scan an applicant’s history on Twitter, Facebook, Instagram and other similar sites.

The guidelines make clear that agencies can target publicly available social media posts, if they deem it necessary, but cannot force individuals to hand over their passwords for private accounts, or provide pseudonyms for any profiles.

“Social media has become an integral – and very public – part of the fabric of most American’s daily lives,” said Bill Evanina, Director of ODNI’s National Counterintelligence and Security Center. “We cannot afford to ignore this important open source in our effort to safeguard our secrets – and our nation’s security.”

Additionally, the policy states social media information gathered as part of a background check will not be retained unless it is considered “relevant” to the security status of the person in question.

The policy does not require security investigations consider social media information.

Instead, it permits the collection of publicly available social media information if an agency head determines it is an appropriate investigative tool.

Social media can be a place where people show their true character, says U.S. Army Garrison Italy Command Security Office Alfred Bullard.

So now those who need to have a background check give investigators the green light to check into their online activity.

“All personnel who have a security clearance or complete a Personnel Security Background Investigation for a security clearance are giving authorization to be subject to scrutiny of their social media to look for character, trustworthiness, reliability issues and foreign contacts,” said Bullard.

While the policy does focus on looking at online activity, it places important restrictions that limit the federal government’s reach into the private lives of clearance applicants and holders.

Absent a national security concern, or criminal reporting requirement, information pertaining to individuals other than the individual being investigated – even information collected inadvertently – will not be pursued.

In addition, investigators may not request or require individuals to provide social me-

dia passwords, log into a private account or take any action that would disclose non-publicly available social media information.

Security clearance holders undergo intense scrutiny before obtaining – and while maintaining – a clearance.

This includes reporting interactions with foreign nationals, obtaining permission to travel abroad, and undergoing extensive background investigations and re-investigations.

This is as it should be, Evanina said. These requirements, along with considering an applicant’s public social media presence, “are a small price to pay to protect our nation’s secrets and ensure the trust the American people have placed in us.”

Bullard said that being mindful when using social media is the best way to avoid any additional scrutiny during the investigative process. “Disparaging pictures or comments could raise character or behavior issues,” he said. “Character or behavior issues could be a deciding factor in the suspension or revocation of a security clearance.”

From WAKE • A1

a dead engine forces the plane to land mid-flight.

About four times a week, pilots from United Flight 200 and other Hawaii-to-Guam routes call to air traffic control after catching a glimpse of the island from 20 miles away and a few miles up, said David Seymour, one of Wake’s two air traffic control specialists.

“They call to exchange war stories about flying through Wake when they were in the service,” said Seymour, himself a former scout and air traffic controller for the Army.

“They’re in the middle of an eight-hour leg across the middle of the Pacific,” he added, “and sometimes they just want to know someone’s down below ... just in case.”

Though an Air Force airfield, Wake handles nearly twice as many Navy and Marine Corps planes most years, the island’s air traffic control records show.

The most common flights through Wake are bundles of refueling tankers leapfrogging with fighter jets and cargo planes from the mainland United States to allied bases in Japan and Korea, Seymour said.

Wake supports more than two dozen cross-Pacific bound aerial groups annually. The Navy’s F/A-18 Super Hornets predominate, with supporting Air Force KC-135 Stratotanker and KC-10 Extender refueling tankers, followed by Marine Corps C-130s and an assortment of other military and civilian aircraft.

The area around the Wake Island terminal is itself a token of the airfield’s roll call of itinerants. The old control tower stands vacant across the runway, left after storms and the consolidation of staff after the Air Force passed most of the work of maintaining the base to contractors in the 2000s.

The buildings around the airfield are covered in stickers and memorabilia from stopover aircraft, each a legacy of squadron



An Air Force KC-135 Stratotanker from the 168th Air Refueling Wing at Eielson Air Force Base rests on the tarmac across the wishbone-shaped lagoon at Wake Island Airfield in the mid-Pacific. The tanker ferried 32 personnel to and from Joint Base Elmendorf-Richardson in Anchorage for a biannual inspection of the island’s contractors, facilities, historic landmarks and wildlife preserves. (U.S. Air Force photo/1st Lt. Michael Trent Harrington)

or a handful of aviators passing through Wake.

The pre-war days of flying boats pulling into the Pan American Airways hotel are long past;

only the foundations of the vanished old lodge, inscribed “1936,” still stand. But for generations of aircraft roaming the ocean, from afterburning fighter-bombers to

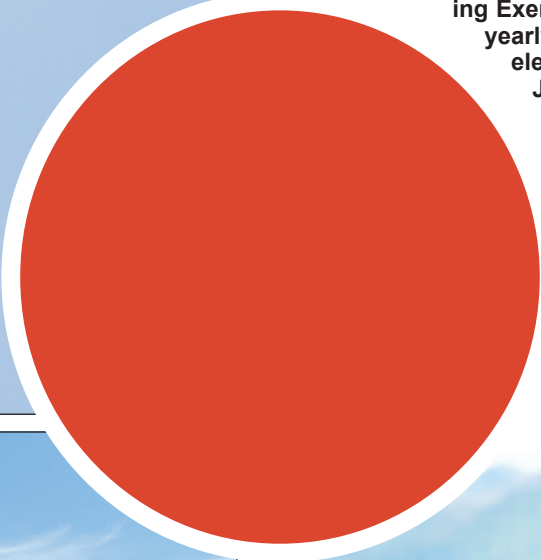
lonely commercial copilots making the long haul across the Pacific, the island remains a useful stepping-stone, even in an era of supersonic jet aviation.

Joint Base Elmendorf-Richardson/ 673d Air Base Wing Commander Col. Brian R. Bruckbauer (USAF)	<h1>ARCTIC WARRIOR</h1>	JBER Public Affairs Chief Maj. Angela Webb (USAF)
Joint Base Elmendorf-Richardson/ 673d Air Base Wing Vice Commander Col. Timothy R. Wulff (USA)		Public Affairs Advisor 1st Lt. Michael Harrington (USAF)
Joint Base Elmendorf-Richardson/ 673d Air Base Wing Command Chief Command Chief Master Sgt. Garry E. Berry II		Public Affairs Superintendent Senior Master Sgt. J. LaVoie
Joint Base Elmendorf-Richardson/ 673d ABW Command Sergeant Major Command Sgt. Maj. Eugene J. Moses		Arctic Warrior staff Chris McCann - editor Jeremiah Erickson - managing editor Stefanie Miller - graphic design Justin Connaheer - photo editor Ed Cunningham - webmaster



ARCTIC AURORA

LEFT: A paratrooper assigned to the Japan Ground Self-Defense Force executes an airborne proficiency operation at Joint Base Elmendorf-Richardson, June 9, during Exercise Arctic Aurora. Arctic Aurora is a yearly bilateral training exercise involving elements of the Spartan Brigade and the JGSDF, which focuses on strengthening ties between the two by executing combined small unit airborne proficiency operations and basic small arms marksmanship. (U.S. Air Force photos/Justin Connahee and Airman 1st Class Valerie Monroy)



ABOVE: A paratrooper assigned to the Japan Ground Self-Defense Force puts his weapon into operation after executing an airborne proficiency operation at JBER June 9 during Exercise Arctic Aurora.
LEFT: A Japanese paratrooper descends on Malemute Drop Zone on JBER during Arctic Aurora, an annual bilateral training exercise which brings Soldiers of the Spartan brigade together with the Japan Ground Self-Defense Force.

Supporting the mission: 611th ASUS ensures island functions

By Air Force 1st Lt. Michael Trent Harrington
JBER Public Affairs

WAKE ISLAND AIRFIELD, Mid-Pacific — Air Force jobs run nearly the entire occupational spectrum, including every trade from piloting to carpentry to logistics. The men and women of the 611th Air Support Squadron Quality Assurance team sum all of those occupations and add another: running an island.

On June 11, the QA team finished a 10-day assessment of Wake Island, 3,600 miles southwest of Anchorage and roughly 2,300 miles west of Honolulu across the international dateline.

The Joint Base Elmendorf-Richardson-based team travels 12 times a year to some of the Air Force’s smallest and most far-flung outposts for quality-assurance visits for two major contracts, said Tech. Sgt. Connie Araiza, QA team chief for the 611th ASUS.

For this contract, the team ensures the military sees results during a seven-year, \$185-million deal for support of Wake Island and two other remote sites.

On less tropical inspections, the team reviews facilities on Shemya Island near the tip of the Aleutian island chain – itself nearly 1,500 miles southwest of Anchorage – and a dozen other remote radar sites scattered throughout America’s largest state.

The QA inspection is a process of several days, with Air Force technicians scrutinizing the processes, equipment and records of their respective areas of expertise in work contracted out to private entities, per Defense Department policy descriptions.

“We ensure the contractor complies with the performance work statement,” Araiza said, stacking contractor performance against required results and past reports.

“There are checklists for each section, which we’ll add to, flesh out or adjust for better results and quality of life for both [the service and the contractor].”

Nearly 32 different Air Force specialty codes are represented on the team, tasked with inspecting every aspect of the contractor’s work on the island.

“The [performance work statement] has to balance Air Force, [Department of Defense] and federal regulations with the systems and access limitations of the civilian world,” said Air Force 2nd Lt. McKenzie James, QA flight commander.

“Repeat findings,” or issues identified with the contractor’s work or the contract itself, James said, “can either highlight poor performance or the need to identify areas where the regulations don’t adequately cover the task.”

On a base with the remoteness and complicated lineage of ownership like Wake – uninhabited until the 1930s, then run by the Department of the Navy and Pan-American Airways, then the site of a fierce land, sea and air battle and occupied by the Japanese for nearly all of World War II, then handed to the Federal Aviation Administration, all before winding up in the custody of a series of Air Force units – tracing responsibility for problems and arriving at solutions for fixing them is a constant, gradually churning process of accountability, verification and action.

The team talks through potential issues, how to classify them and how to remedy them, then program managers wed reasons for fixes and changes to applicable Air Force and other regulations, James said.

The QA is a thorough review of all the bureaucratic, managerial, technical and logistical elements of governing and sustaining an island.

A four-person detachment from the Pacific Air Forces Regional Support Center, the parent unit of the 611th ASUS, keeps government communications, engineering and operations support afloat on the Wake atoll. Chugach Federal Services, Inc., a division of Chugach Alaska Corporation, one of the Alaska’s 13 Regional Native Corporations, performs the remainder of the work on the island.

“The team runs through a series of checklists governing every element of living life and accomplishing the mission on the island,” Araiza said.

That means verifying that the civilian custodians of Wake Island are maintaining the runways, the safety of power and water systems, the structural integrity of buildings and the maintenance of vehicles and communications equipment, among other functions.

The team is used to long flights, tiny islands, and long-distance phone calls, Araiza said, working essentially as the executive enforcement arm of a special contracting unit at Joint Base Pearl Harbor-Hickam, Hawaii.

The tiny size of Wake Island – just shy of three square miles of land – belies the complexity of its upkeep and operations.

The CFSI contractors and Air Force members represent the bulk of the roughly 50-person labor force, but a handful of DoD Agencies maintain programs and assets on the island: the Missile Defense Agency runs a set of launch sites and storage facilities for equipment such as the Army’s THAAD missile launchers, while the Defense Threat Reduction Agency monitors for atmospheric and seismic evidence of nuclear launch tests and the National Oceanic and Atmospheric



Hand-drawn lettering reading “98 US PW 5-10-43” marks a coral head near the shoreline of the Wake Island lagoon in the mid-Pacific. American forces on the island, led by the U.S. Marine Corps 1st Marine Defense Battalion and aircraft from Marine Attack Squadron 211, held out against Japanese assaults for 15 days. Nearly 1,200 civilian workers, racing to develop the island’s airfield in the closing months of 1941, were on the island and participated in the battle. The Americans surrendered on December 23 and 98 of the civilian workers of Wake were kept on the island to aid the Japanese with heavy equipment operation. The “98” were executed by the Japanese on October 5, but an unknown worker escaped and inscribed the event in rock before he was recaptured. The final member of the 98 was personally executed by Japanese Rear Admiral Shigematsu Sakaibara, who was later convicted of and hanged for war crimes in a 1947 tribunal. (U.S. Air Force photos/1st Lt. Michael Trent Harrington)



A Republic of Korea Air Force C-130J Super Hercules lands at Wake Island Airfield in the mid-Pacific June 3, 2016. The airfield supports an average of 600 aircraft sorties annually, many of them cross-Pacific missions for propeller-driven aircraft from all branches of the U.S. military and its allied partners. Wake Island is more than 600 miles from the next-closest runway in the Pacific.

Agency monitors tidal patterns and sea levels.

The QA team returns to Anchorage Saturday after the arrival of the Wake atoll’s newest senior military representative, an Air

Force captain. They’ll soon pack their bags for other missions later this summer, linking them to units and locations throughout the Pacific.

No unit is an island, after all.

Remote Wake Island’s Air Force detachment gets a new commander

By Air Force 1st Lt. Michael Trent Harrington
JBER Public Affairs

WAKE ISLAND AIRFIELD, Mid-Pacific — Air Force Capt. Allen Jaime assumed command of Detachment 1, Pacific Air Forces Regional Support Center, in a ceremony at Wake Island Airfield’s terminal June 11.

Wake Island is a 2.8 square-mile coral atoll 2,300 miles west of Hawaii and 3,600 miles southwest of Anchorage across the international dateline.

The new commander will continue the four-person Air Force detachment’s work of overseeing the performance of 100 contractors and civil engineers, alongside a constantly shifting number of transient aviators and missile testers for 365 days at a time.

The Airmen who support Wake Island, both on the island and in Alaska, play a part in a remarkable mission, said Air Force Col. Frank Flores, who presided over the ceremony.

That operation includes support of some 600 aircraft of all services

as they cross the Pacific, as well as Missile Defense Agency tests of the Ballistic Missile Defense System and other experimental missile defense technologies across the Pacific Ocean.

“Everyone here, from the Detachment to the contractors to the civil engineers, is crucial to protecting national defense in the Pacific,” Flores added.

Command of Wake Island comes with responsibility – both for oversight of a seven-year, \$185 million support contract and a cer-

tain subtropical allure.

“There’s a mystery to it,” Jaime said, arriving on the island after returning from an Afghanistan deployment to Aviano Air Base, Italy, last month. “There’s not much you can find beyond the historical role of the island...it’s intriguing.”

“One of my previous commanders had been the Det [commander] here, and she spoke highly of the remoteness of Wake and its challenges,” Jaime said. “Now here I am, the commander of a detachment in a unique location, with that mystique and that opportunity to do

good things.”

The outgoing commander, known as “the mayor” to the islanders, agreed that being in command of Wake means knowing a bit of everything in the Air Force inventory.

“From security and protocol to refueling aircraft and running a power plant and a water plant, I’ve had the opportunity to see so many things I probably wouldn’t experience in a normal career field tour,” said Air Force Maj. Ronald Dion, the outgoing Detachment 1 commander.

Disposition of effects

Air Force 2nd Lt. Aaron Santos, 673d Comptroller Squadron, is authorized to make disposition of the personal effects of Senior Master Sgt. Peter G. Long, 673d Air Base Wing Equal Opportunity, as stated in AFI 34-511. Any person or persons having claims for or against the estate of the deceased should contact Santos at 552-0067.

Air Force 1st Lt. David M. Harris, 3rd Maintenance Squadron, is authorized to make disposition of the personal effects of Senior Airman Zane Montana of the 3rd MXS, as stated in AFI 34-244. Any person or persons having claims for or against the estate of the deceased should contact Harris at 552-6271.

Free sports mouthguards

The JBER dental clinic is offering free custom-fit sports mouthguards to active-duty, National Guard and Reserve service members as well as retirees and dependents July 6.

Visit the clinic between 7:30 and 10:30 a.m. or from 12:30 to 2:30 p.m. for a fitting. For information, call 580-5010.

School sports physicals

The Pediatric Clinic will conduct sports and school physicals July 30 and 31. Pick up the medical history form at the clinic and complete it before the appointment.

To make an appointment, call 580-2778.

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. T

he Mission Support Group commander approves and monitors licensing and program requirements. 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, and must be approved before you 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 pur-

chasing 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 whenever the shop is open.

For more information, call 384-7000.

JBER Bargain Shop

The Bargain Shop, at 8515 Saville, across the street from the log cabin, is open for summer hours Tuesday and Wednesday from 10 a.m. to 2 p.m., and the first Saturday of the month from 10 a.m. to 2 p.m.

Consignments are accepted Wednesdays from 10 a.m. to 12:30 p.m. Volunteers are always welcome. For information, call 753-6134.

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free.

The facility is open Monday through Friday from 7:30 a.m. to 4:30 p.m.



WHAT IS AMATEUR (HAM) RADIO?

(U.S. Air Force photo/Airman 1st Class Omari Bernard)

By Ron Keech
Elmendorf Amateur Radio Station

UNLIKE THE RADIO stations you might listen to in the car, amateur radio isn't about broadcasting; it's about communicating. The Federal Communications Commission allows licensed amateurs to operate radios because they can be the only lines of communication in an emergency. Because amateurs are all over, the "net" is nearly indestructible – there are hundreds of hams just in Alaska. An earthquake might destroy some equipment, but there are other people who can fill the gap.

People might lose access to the Internet in an emergency; the cell phone systems could be overloaded and go down; the communication cables under Prince William Sound might be severed. But amateur radio operators will still be able to bounce communications off satellites, mountains, and even the moon – providing critical information.

Being a critical lifeline means training, and in the case of amateur radio, training is fun. People are interested in radio for a variety of reasons – for experimentation, for education, or just to see who they can talk to. Hams communicate with the International Space Station and people around the world, using hand-held radios, mobile stations and fixed stations, and using voice, Morse code, or even exotic digital modes.

Why at JBER?

The Joint Base Elmendorf-Richardson amateur radio club is a group of volunteers who in 1996 formed a group to maintain a Military Amateur Recreation Station.

The Elmendorf Amateur Radio Station club was established to provide and maintain a working amateur station for service members who would otherwise be unable to pursue the hobby due to duty requirements, housing limitations, and other reasons. We do it as a labor of love.

One of our two FCC-assigned call signs is KL7AIR. This Air Force club call sign has been in use on Elmendorf since 1948.

KL7USA is the Army club call sign for Fort Richardson, which dates back to 1953. As we are now a joint base, it made sense to consolidate the two calls signs under one roof.

We have both Air Force and Army members, dependents, retirees and civil service employees in our group, with experience ranging from well-versed in radio to brand-new at it.

There is a club station on base as well in Building 16322 or R1 North, behind the flightline, in the same building as the headquarters of the Alaska Civil Air Patrol. We have monthly meetings at the station on the second Wednesday of each month at 6 p.m.; anyone interested is welcome to visit.

For more details on amateur radio and how you can get involved, visit us or look at resources like the American Radio Relay League at www.arrl.org. Or check out the club website at www.KL7air.us.

On June 25 and 26, we will host "Field Day" in Paxton Park on JBER-E. We set up and operate in the field, just as we would in a disaster. It gives us a way to demonstrate to the public what ham radio is – and is not. Everyone with base access is invited to check out ways to make new friends, learn about the world through amateur radio, and be prepared to serve the community.

For information, call 552-2554 (recording) or email us at club@kl7air.us.



The power supply, antenna tuner, and a ham radio in the Elmendorf Amateur Radio Society ham shack in the Civil Air Patrol building. Ham radio is a relatively inexpensive hobby and can be used both for fun and for relaying information or contacting help in an emergency. (U.S. Air Force photo/Chris McCann)



Ron Keech, secretary of the Elmendorf Amateur Radio Society uses a ham radio in the Elmendorf Amateur Radio Society Civil Air Patrol building Dec. 9, to speak with other operators. Keech is a Navy military auxiliary radio systems operator. (U.S. Air Force photo/Airman 1st Class Omari Bernard)

The heart; the center of a person, the place to which God turns

Commentary by Army Chaplain
(maj.) John Min
673d MDG Chaplain

The heart is used in scripture as the most comprehensive term for the authentic person. It is the part of our being where we desire, deliberate, and decide. It has been described as “the place of conscious and decisive spiritual activity, the comprehensive term for a person as a whole; his feelings, desires, passions, thought, understanding and will,” and “the center of a person; the place to which God turns.” A broken heart can cause such an intense reaction that you may feel your life has been completely stripped of meaning. Jobs, hobbies, and friends may no longer hold any joy. In fact, some of us even experience physical pain with a tight chest, nervous stomach, or terrible insomnia.

Over my 28 years of ministry, both as a youth pastor and a chaplain, I have seen and dealt with many broken-hearted people; from their families, friends and others. Most of their broken heart personality is very strong or weak. About three years ago, I saw this particular Soldier every day and talked with him when we were deployed. Together we participated in the Relationship Enhancement training in Qatar. We were proud of him for having a strong outlook on the future despite difficult times within his family. However, my heart was so broken because this very young Soldier took his life.

I learned from him that despite our best efforts, all we can do is care for each other day by day. Those with broken hearts can look forward to tomorrow as we support their spiritual needs in the moment of their want.

Our hearts can become broken when we lose a loved one such as a spouse or a

child, parent(s), friend or even a beloved pet. Metaphorically, it is that emotional aching in your chest that happens when you are deeply grieved over a life circumstance. I believe the Bible is very helpful in providing encouragement for the brokenhearted.

John 14:27 reads, “Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” Truly, we need peace if our heart is broken and hurt from our relationships. The psalmist says in Psalm 73:26, “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” And Psalms 147:3 reassures us that, “He heals the brokenhearted and binds up their wounds.” We need to think about from where true peace comes. For the brokenhearted, it can come from the God of peace. Jesus tells us, “In me you will have peace; in this world you

will have trouble. But take heart! I have overcome the world (John 16:33).” In the ancient Hebrew language the word used is shalom. In Israel it is a greeting; “shalom aleichem,” meaning “Peace be with you.” In Arabic it is salaam aleichem.” Shalom refers to the state of integrity, harmony, serenity and completeness within a person’s life. Peace is not merely the absence of struggle, but the abiding presence of calm.

God helps those who have broken hearts and draws near to them because they have discovered what is really important in life. It’s not the money, the clothes, the looks, or the house. The brokenhearted have learned the difference between what is real and important versus what is fake and unimportant. All people have spiritual needs. Some people have religious needs. Spiritual needs and concerns usually relate to what we call the “big” questions of life.

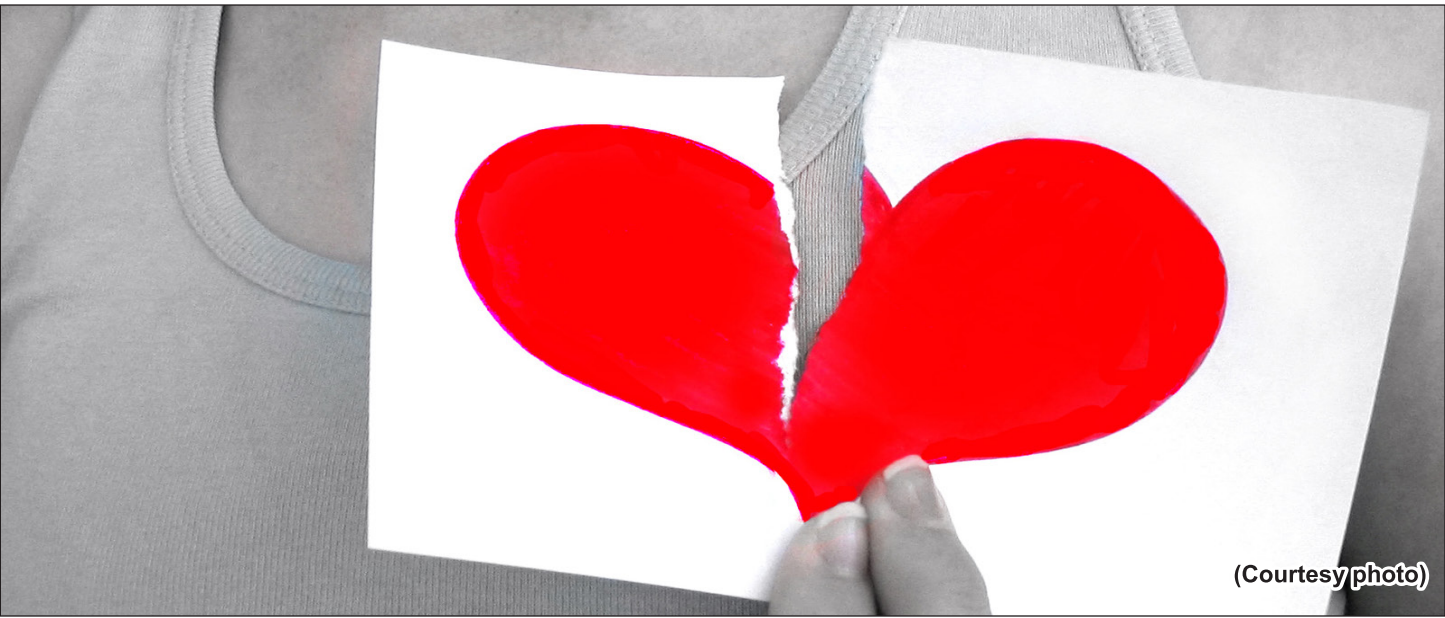
These questions can include:

- Why is this happening? Why is it happening to me?
- What does it all mean?
- How do I make sense of everything?
- How do I feel about changes in my life?
- What gives me comfort and hope?
- What do I call “good” in my life? What do I call “bad”?
- What am I grateful for?
- What do I trust? Who do I trust?
- Who is my “beloved community” – who loves me and is loved by me, no matter what?
- What or who – beyond myself – do I believe is important in my life?

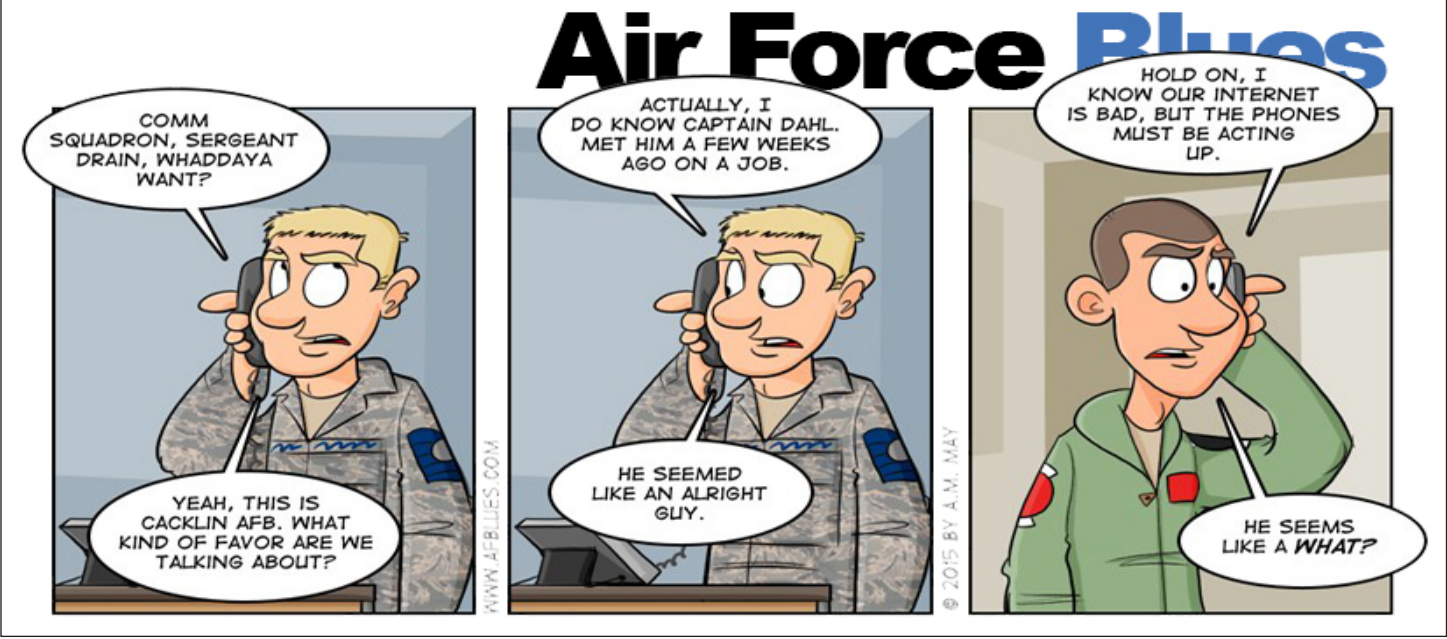
All of these questions relate to spiritual needs, concerns and resources. All people ask these questions during their lives, especially when they or someone they love is sick or in crisis.

Some people find meaning, comfort, hope, goodness and community through their religious practice, beliefs and/or community of faith. Some people do not. Regardless of whether religious faith is a part of a person’s life, spiritual concerns, resources and needs can still be very important.

Spiritual resources are practices, beliefs, objects and/or relationships that people often turn to for help in times of crisis or concern. We have many spiritual resources for those who have broken hearts. There are such things as music, prayer, meditation, family and friends, religious leaders (priest, rabbi, imam), supportive communities, church, synagogue, other groups, Holy writings or scripture (Bible, Torah, Qur’an), and various others. These resources can help people return to a sense of balance when their lives have been turned upside down. They can help people sort out the “big” questions in order to find meaning, comfort, hope, goodness and community in the midst of a crisis.



(Courtesy photo)



Community Happenings

June 17, 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

Army Birthday Run

Celebrate the Army's 241st birthday with an esprit de corps run, beginning at 6:30 a.m. at Pershing Field.

The run route will take the formation out the Richardson Gate and parallel to the Glenn Highway and to Arctic Valley Road Gate, then returning to the start point. A cake-cutting ceremony will follow.

For more information, call 384-1542 or 384-2072.

Kayak Roll Class

This intermediate training for kayakers is open to ages 14 years and up. Held at Elmendorf Fitness Center Pool, from 6 to 8 p.m. Register prior to class.

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

SATURDAY

Jim Creek ATV Trip

All equipment and transportation is provided for this trip from 8 a.m. to 5 p.m., meeting at the Outdoor Adventure Program.

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

RecOn: Kayak Portage Lake

Open to all service members and dependents, this trip is from 8 a.m. to 5 p.m., departing from the Outdoor Adventure Program.

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

Hillberg Challenge

This free, four mile trail race begins at 10 a.m. at Hillberg Ski Area. Free t-shirts will be given to the first 30 participants, with prizes awarded to the 1st, 2nd, and 3rd place male and female finishers.

For more information, call 552-5353.

BOSS: Rafting Trip

Depart the Warrior Zone at 11 a.m. to enjoy a day of rafting. Open to all single service members, geobachelors, and single parents.

For more information, call 384-9023.

Warrior Xtreme Paintball Open House

Come see what Warrior Xtreme Paintball has to offer at an open house with hot dogs, open play, and discounted gun rental/ paint combos from noon to 3 p.m.

For more information, call 384-6245.

SUNDAY

Sunday Funday Pins & Pizza

Enjoy food, drink, and bowling specials at Polar Bowl all day.

For more information, call 753-7467.

RecOn: Matanuska Glacier Ice Climb

Open to all service members, and dependents. Enjoy a day climbing Matanuska Glacier from 8 a.m. to 5 p.m., departing from Outdoor Adventure Program.

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

Eklutna ATV Trip

Open to all single service members. Equipment & transportation is provided for this trip from 9 a.m. to 5 p.m.

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

Fathers Day bowling special

Celebrate Father's Day with 10 percent off bowling for fathers, plus a special gift.

For more information, call 753-7467.

TUESDAY

Backpacking/Camping Class

Get tips for backpacking and camping at this class from 5:30 to 7:30 at the Outdoor Recreation Center.

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

Paddle Board Class:

Learn about stand up paddle boarding at Otter Lake from 5:30 to 7:30 p.m.

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

Kayak Safety Training:

Learn about kayak safety from 6 to 8 p.m. at Elmendorf Fitness Center Pool.

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

WEDNESDAY

Indoor Rock Climbing

Enjoy rock climbing at the

Outdoor Recreation Center from 5 to 7 p.m.

For more information, call 552-4599.

THURSDAY

Bear Awareness Class

Learn about bear awareness at this class from 5:30 to 6:30 at the Outdoor Recreation Center.

For more information, call 552-4599.

Intro to Fishing Class

This free class is located at Otter Lake from 5:30 to 6:30 p.m.

For more information, call 552-4599.

RecOn: Kayak Safety

Learn about kayak safety at this class from 6 to 8 p.m. at Elmendorf Fitness Center.

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

JUNE 25

AlaskaFest

Everyone is invited to the 3rd annual AlaskaFest June 25, a free all-day outdoor concert with bands from across the state, including Danger Money and Nervis Rex. Food and beverages will be available.

The family-friendly event includes face painting, a bouncehouse, and more. A free bus will provide transportation from JBER to the American Legion at 7001 Brayton Drive in Anchorage.

For information call 344-3841 or email legionpost28@outlook.com.

JUNE 25 AND 26

The Elmendorf Amateur Radio Station hosts their annual Field Day at Paxton Park on JBER starting at 10 a.m.

Check out how ham radio can help in emergencies and learn what it takes to become an amateur operator.

For information, visit www.kl7air.us.

JULY 9 AND 10

Singles Whitewater Rafting & Camping Trip

The Chapel Community is hosting a "Whitewater Rafting and Camping Trip" for single Soldiers, Airmen, and other DOD Partners on JBER.

This trip is suitable for first-timers to experienced river runners. Includes hiking and overnight

camping at Hicks Creek.

For more information, call 552-5762.

AUGUST 19, 20, 21

Anchorage Run Fest

Celebrate and run at the Anchorage Run Fest. Pick up your bibs and attend a Health and Fitness Expo on Friday from 3 to 7 p.m. and Saturday from 9 a.m. to 4 p.m. at the Dena'ina center.

Saturday races take place at Dena'ina Center with the Kids 2K Fun Run at 10 a.m. with warm-ups at 9:30 a.m. The Anchorage Mile begins at 11 a.m. Sunday races begin at 6th Avenue and F Street, with the 49K at 7 a.m., marathon walk at 7 a.m., marathon at 8 a.m., marathon relay at 8 a.m., half-marathon at 8 a.m., and 5K at 9 a.m.

For more information or to sign up, visit anchoragerunfest.org.

ONGOING

Nine & Dine

Enjoy a light dinner, 9 holes of golf, a cart, and prizes every Monday beginning June 6.

Dinner begins at 5:30 p.m. and golf begins at 6:30 p.m.

Bring your own team or join a team when you arrive at the event for a great way to meet new people.

For more information, call 428-0056.

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. Join in for wildlife art hour to include "fish painting" and other animal print activities Thursday 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.

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



ELMENDORF FITNESS CENTER
Bldg. 9510 • 552.5353

HILLBERG CHALLENGE
JUNE 18 • 10 A.M.
Located at Hillberg Ski Area, 4 mile trail race
Pre-registration: June 1 - 17 at Elmendorf Fitness Center

T-shirts for the first 30 participants
Prizes for male/female 1st, 2nd, & 3rd place finishers!

CORN HOLE tournament
June 25 • 2 p.m.

Prizes:
1st: \$100
2nd: \$75
3rd: \$50

*Must be 18 yrs. or older to participate

WARRIOR ZONE
Bldg. 655 • 384.9006

WARRIOR XTREME PAINTBALL

GREAT VENUE FOR SPECIAL EVENTS & PARTIES!

Reservation Fee
Per hour of use/group
\$10

Unlimited High Pressure Air
\$8
CO₂ is not available

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

Military Training
(For field rental, Commander letter required)
Gun/Mask/Vest/Neck Guard
\$12

Paintballs
500 Paintballs
\$16
2000 Paintballs
\$64

WXP OPEN HOUSE
June 18 • 12 - 3 p.m.

• FREE Hot dogs
• Open play day
(no reservations necessary)
• *Discounted gun rental/paint combo*
~~\$20~~ \$15

WARRIOR XTREME PAINTBALL
-JBER, ALASKA-



WWW.JBERLIFE.COM

JROTC cadets attend Summer Leadership Camp at JBER

By Airman 1st Class Javier Alvarez
JBER Public Affairs

Students from 10 Alaska high schools participated in the Junior ROTC Summer Leadership Camp at Joint Base Elmendorf-Richardson from May 23 to June 10.

JBER hosted three iterations of the week-long camp were hosted where attendees participated in various camp events which included driving in a simulated convoy through IED-lined streets; a turkey hunt where cadets fired M-4s in a virtual-reality shooting range; rappelling down a tower; performing rollover scenarios in Humvees and demonstrations of explosive ordnance disposal and military working dogs.

“The intent is to teach leadership skills, time management, and how to take care of people and resources,” said Keith Coulter, an Air Force JROTC instructor with the Anchorage School District.

High school freshmen through seniors participated in the camp where each day’s activities focused on a theme, he said.

Accountability, courtesies, professionalism, courage, and morale and welfare were among the topics covered.

“Today is a courage day,” Coulter said, as he stood in front of the rappel tower. “It’s about overcoming your fears. Trust the equipment; trust the training.

“If you do what you’re supposed to do, you won’t be hurt. Don’t do it and there will be consequences.”

Students surpassed their perceived limitations at the camp.

“This has been a challenge for me,” said Alexa-Ann Roehl, 17, a student at West High School, as she motioned toward the rappel tower.

Roehl said she is afraid of heights; however, after conquering the tower, she discovered a newfound courage.

The camp experience also inspired some students to do a bit of self-reflection.

“[I learned] that I can do more than I think I can,” Roehl said. “[I learned] that I just need to put my fears aside, because I will be fine.”

Every activity and interaction is a potential learning experience for the JROTC cadets.

“This is an educational environment,” said Coulter, a retired Air Force master sergeant. “When they fail, they learn. When they make mistakes, they learn. Our job as instructors is to forgive and help them develop tools to help them become leaders.”

Participating in the camp also allows students to see where they can potentially be in a few years.

“There’s a realization that a lot of the people running the [camp] support are not much older than they are,” Coulter said.

At the same time, the camp exposes students to military culture – which some students may be experiencing for the first time.

“Most of these kids do not come from military families so this is their first taste of military structure and organization,” Coulter said.

For some students, military service may not be a possibility, Coulter said. Medical or other reasons bar some from applying.

“This is as close they may get,” he said. “But we teach that you don’t have to be in the military to serve your nation.”

Summer camp on JBER allows students and staff to realize their potential.

“I love working with [these kids],” Coulter said. “It’s the thing I always wanted to do and didn’t know. When I retired, I was really concerned about not being a part of a bigger picture. ... I [am] just so impressed with what I am able to do. I am able to shape kids to become great citizens and that’s what it’s all about.”

“ The intent is to teach leadership skills, time management, and how to take care of people and resources. ”



ABOVE: Junior ROTC cadets fasten their helmets and gear as they prepare to go down the rappel tower as part of Summer Leadership Camp on Joint Base Elmendorf-Richardson June 9. Accountability, courtesies, professionalism, courage, and morale and welfare were among the topics covered at the camp. (U.S. Air Force photos/Airman 1st Class Javier Alvarez)

RIGHT: Army Sgt. Timothy Biley, a squad leader with 1st Battalion, 501st Parachute Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, belays a rappeller as Alaska School District Junior ROTC cadets rappel on Joint Base Elmendorf-Richardson, June 9. Ten Alaska high schools participated in the Junior ROTC Summer Leadership Camp at Joint Base Elmendorf-Richardson from May 23 to June 10.





By Airman 1st Class Valerie Monroy
JBER Public Affairs

Many women new to Joint Base Elmendorf-Richardson might want to experience all Alaska has to offer, but don't know where to start.

This year, the Outdoor Adventure Program introduced the Women in the Wilderness program to encourage women to get outside. Erica McDaniel, 673d Force Support Squadron recreation specialist, started the program to make classes and trips such as hiking, glacier ice climbs and stand-up paddle boarding more accessible to women.

Led by female instructors, the classes and trips offered are geared toward women and giving them opportunities to learn in a more comfortable environment, McDaniel explained. Many times women expressed an interest in female-specific trips and that was one of the reasons the program began, she continued.

Most classes are introductions to things such as camping, fishing, kayak training, hiking and outdoor rock climbing. The classes are usually followed by a trip where women can practice the skills they learned.

The classes are there to help with comfortability before going on the trip, but they are not necessary to attend before the trips, McDaniel said.

"You don't need any experience to come on our trips," McDaniel said. "It's all beginner-oriented and we're here to help."

Not only is this a way to help women feel more confident in their skills outdoors, it can help them find friends to continue to explore Alaska with, McDaniel said.

"Any ladies with base access, who are new to Alaska or the outdoors, are welcome," McDaniel said. "We want them to get out and learn about the wilderness."

For more information or to reserve a spot, call 552-2023.



CLOCKWISE FROM TOP:
A glacier ice climb is one of the trips offered by the Outdoor Adventure Program as part of the Women in the Wilderness program. The trips and classes offered can help women feel more confident in their skills outdoors. (Courtesy photo)

The glacier ice climb program is beginner-oriented and can help make women more comfortable in the wilderness. (Courtesy photo)

Women of Joint Base Elmendorf-Richardson attend their first introduction to skeet and trap class offered by the Outdoor Adventure Program as part of the Women in the Wilderness program. No experience is needed to attend trips or classes. (Courtesy photo)

Introduction to skeet and trap is one of the first classes offered by the Outdoor Adventure Program as part of the Women in the Wilderness program. The program is designed by female instructors to encourage women to explore Alaska. (Courtesy photo)



How I finally quit smoking cigarettes

By Army Capt. Richard Packer
USARAK Public Affairs

I smoked for about five years and successfully quit when I was 20 after failing hundreds of times. For more than a year, I swore every smoke was my last. Now, more than 15 years since my final cigarette, I want to share with those who are struggling with nicotine addiction as I once did some of what I experienced and what it took for me to finally beat smoking.

I never knew any habitual smoker who didn't want to kick the habit. Cigarettes are gross and become less appealing with every drag. No literate American smokes without recognizing they are slowly killing themselves. Graphic warnings portraying this gradual suicide are printed on every pack and are displayed prominently on every advertisement.

As I matured past my teen years and began to recognize my own mortality, every cigarette became a battle of conscience between a desire to feed the addiction and guilt over my lack of willpower. I began to repeat the same mental process with each cigarette.

Initially, I was always excited to smoke and get a nicotine rush. But with every drag, the pleasure would ebb to be replaced with disappointment in myself and my obvious dependence. Each cigarette was a significant emotional event which always ended the same way; a smoldering butt held loosely between the third knuckles of my right index and middle fingers, the once-white filter a mottled yellow. I suffered feelings of self-loathing as I progressively despised my dependency a little bit more each time.

I stared at each butt as the last centimeter of white wrapping smoldered down to the filter; hating

the cigarette, the chemicals I could feel crawling through my veins, lungs, heart and brain, the permanent stink which clung to me like a miasma of contempt, and myself for being a slave to the cravings.

I attempted to quit smoking hundreds of times, but only succeeded once. However, some attempts were more successful than others. A few times, I was able to make it a week or more, but usually I would only make it a few hours. With the mounting failures I began to mentally tally all the reasons I used to constantly rationalize having just one more cigarette.

My habit triggers were largely event-based. I smoked because my battle buddies were smoking, because my squad leader had dropped me for some dumb-private infraction, because I was drunk or hung over, because I had just eaten, because I wanted to get out of work for a few minutes, because I wanted to talk to a cute girl smoker, and so on.

Recognizing all the reasons I smoked eventually led me to realize that I didn't just have to change this one thing about myself; I had to change my behavior across the board. For example, I have never once drank alcohol without also smoking cigarettes. So if I wanted to finally quit smoking, I would have to quit drinking as well. So now I'm also 15 years sober.

someone I also accepted that I had to distance myself from close friends and battle buddies who smoked; not an easy task for a private living in the barracks. We were an incredibly tight group of guys; I loved those dudes. We worked together, partied every night, got in trouble together, and always looked out for each other. That's why it hurt so deeply when I realized that if I wanted to quit smoking then I'd have to quit them, too.

A stylized illustration of a hand holding a lit cigarette. The hand is rendered in shades of orange and peach. A white bandage is wrapped around the middle and ring fingers, with the ends of the bandage extending over the tips of the fingers. The cigarette is held between the thumb and index finger, with a glowing orange tip and a white filter. The background is a solid teal color. In the bottom right corner, the text "(Courtesy photo)" is written in a small, black, sans-serif font.

As most cliques go, we all shared common habits and vices. By not smoking, I was ostracizing myself from the group. No one wanted that. So my friends tried to bring me back into the fold by smoking around me constantly and offering me cigarettes. I eventually realized they didn't want me to smoke just because they enjoyed my company; if I was able to break the addiction then they would have to face the hard truth that they could as well. I believe all smokers want to quit to some degree. But it was just easier for everyone if we all agreed that we'd be smoking for the rest of our nicotine-shortened lives.

But I didn't accept that. I made a plan to kick the habit once and for all. I figured the first few weeks were the hardest, so I put in for leave and flew home to be with my family while I went through the worst of the withdrawals. I knew I had to surround myself with people

I could never smoke around and was fortunate to have impressionable young siblings who looked up to me. Being home definitely made it easier to cope with the cravings.

When I returned to work, I had to find ways to maintain my momentum and keep busy. I started spending Sundays and a few nights a week with a church group. I volunteered to take other troops' shifts so I couldn't go out partying. After I hacked up all the black gunk in my lungs I even found running became enjoyable as I explored the forest trails of Fort Eustis, Virginia.

It was a long journey, but eventually each day I made it without a cigarette became a victory instead of a torment. Now, 15 years later, I count quitting as one of the great accomplishments of my life, especially when I read statistics about how few people successfully kick the habit.

Quitting is miserable and it

only takes one cigarette to bring temporary relief. Each minute without smoking was progressively worse as the cravings beat down on my resolve and eventually convinced me that just one more cigarette wouldn't be the end of the world. Even if I made it a week or two without smoking, it only took a single cigarette to become a full-fledged smoker again. Repeated failures wore on my resolve and tempted me to realize that I couldn't win and to just accept smoking as part of who I was.

My advice to people who want to quit smoking: decide to be someone else; someone better. Go into this transition with the mindset that you are changing your lifestyle and your self-image. Want to quit smoking more than you want to be who you are. That is no easy thing, and it takes a long time and a lot of effort, but I promise it is possible.