

NEW FACES, NEW COMMANDERS AT JBER



U.S. Air Force Col. Brian Bruckbauer turned over command to Air Force Col. George Dietrich III, July 11 at Hangar 1. Air Force Lt. Gen. Russell Handy, the appointed commander of Pacific Air Forces; Air Component Commander for the U.S. Pacific Command, officiated before gathered family members, distinguished guests and military personnel. (U.S. Air Force photo/Senior Airman Kyle Johnson)

Dietrich takes reins of JBER, 673d Air Base Wing

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

Arctic warriors and civic leaders from surrounding communities welcomed the fourth commander of the 673d Air Base Wing and Joint Base Elmendorf-Richardson, July 11.

Air Force Col. George “Dutch” Dietrich III took command from Col. Brian Bruckbauer during a change-of-command ceremony officiated by Air Force Lt. Gen. Russell Handy, Alaskan NORAD Region, Alaskan Command and Eleventh Air Force commander.

“It’s a huge day for the men and women in this air base wing as we mark this historic leadership transition, at the finest joint base in the Department of Defense,” Handy said. “‘Dutch’ has as strong and a diverse background in leadership as anyone I’ve ever worked with, a master of legislation and a mission support hero, but it doesn’t stop there.

“He has developed a deep understanding of every weapons system in the United States Air Force and has been the number-one

officer at every level in every job he has ever worked in, including command at the squadron and group level,” Handy said.

Dietrich’s last assignment was commander of the 60th Mission Support Group at Travis Air Force Base, California. As commander, he directed 2,200 personnel in six squadrons responsible for civil engineer, communications, contracting, logistics readiness, personnel, security, and supporting services.

“I do feel that my most recent experience as a mission support group commander, essentially being in charge of upkeep and maintenance of the installation as well as all the services provided on that installation, was a fantastic experience [before] going into this job,” Dietrich said. “I had a lot of experience working with a very supportive local community and building community partnerships, but what’s new about this assignment is the numerous on-base mission partners that I will be working with and supporting.”

As 673d ABW commander, Dietrich is in charge of more than



5,500 military and civilian personnel, supporting America’s arctic warriors and their families, and four groups operating and maintaining the joint base.

Additionally, the installation hosts the headquarters for the U.S. Alaskan Command, 11th Air Force, U.S. Army Alaska and the Alaskan North American Aerospace Defense Command Region.

“I believe JBER’s reputation precedes it; I believe JBER is pretty much the exemplary model for joint basing in the [Department of Defense],” Dietrich said. “My vision is to take that even further

and demonstrate the efficiencies and effectiveness of joint basing, and make this base a showcase for the DoD.”

Dietrich said his number-one priority is enabling mission partners’ support to accomplish the everyday mission on JBER.

His second priority is to overcome the challenges of fiscal and resource restraints by being creative and innovative while making this installation the benchmark for the DoD.

Dietrich said with the support and partnerships shared with the wing, mission partners, and the community, he doesn’t anticipate many challenges, outside of the same corporate-level challenges affecting the entire Air Force.

“[At my last location] we had a great relationship with our local community partners, and as the lead for the wing, I have lots of experience working with local partners and civic leaders,” Dietrich said. “This is my first experience with a joint base, but I’m looking forward to establishing and building those relationships with the numerous mission partners on JBER.”

HOME AGAIN



144th AS back from Kuwait

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

More than 100 of the Alaska Air National Guard’s 176th Wing members returned from a four-month deployment in Kuwait last week in support of Operation Inherent Resolve.

Their focus was to support the C-130H “Hercules” tactical-airlift mission, contributing to the operation aimed at militarily defeating Islamic State of Iraq and the Levant in Iraq and Syria and working alongside more than 60 partners as part of Combined Joint Task Force – Operation Inherent Resolve.

“We did what we went there to do,” said Lt. Col. Michael Cummings, the deployment commander and commander of the 144th Airlift Squadron. “We delivered food, water, ammo, whatever [the U.S. Army and coalition partners] needed. Basically, those guys were on the front lines against ISIL, and we were providing everything they needed to get the job done. We contributed directly to [the mission].”

The returning Airmen were attached to either the 737th Expeditionary Airlift Squadron or the 386th Expeditionary Aircraft Maintenance Squadron. While deployed, these Air Guardsmen adapted skills from home station to overcome the challenges of older aircraft, extreme climates with temperatures up to 140 degrees, and separation from loved ones.

“Just knowing he’s home and safe is such a relief,” said Chelsey Brown, spouse of Staff Sgt. Nigel Brown, a Composite Tool Kit technician of the 176th Maintenance Squadron.

The majority of the group operates or maintains the C-130H – an aircraft which may soon be divested from the 176th Wing.

Tactical airlift has been one of the 176th Wing’s core missions since 1957, when the Air Guard’s emphasis shifted from air combat to airlift. A current proposal at the national level was put forth to divest the 176th Wing of its C-130H tactical-airlift aircraft.

The current proposal was recommended by retired Lt. Gen. Stanley Clarke III, Director of the Air National Guard, to the Total Force Continuum – a board of Active, Reserve, and Guard members tasked to balance requirements, capabilities, risk and cost of strategic plans and programs. The Total Force Continuum is taking action to push forward Lt. Gen. Clarke’s proposal. As such, this deployment could conceivably be the last for the 144th Airlift Squadron, at least in its current form.

“I’m really proud of everybody,” Cummings said. “They did a fantastic job. We missed the families, and it’s really a good feeling coming back.”

every day, and someone with a proven ability to lead the mission transition. We knew we found that in [deMilliano].”

After receiving the wing’s guidance, deMilliano addressed the crowd for the first time as the new commander by welcoming home wing personnel just returned from a deployment to the Middle East.

“Thank you for the confidence and the opportunity to lead this fine organization,” he said. “You can count on my best effort.”

“To the men and women of the 176th Wing, know that on your behalf, I intend to earn it every single day.”

176th Wing welcomes deMilliano to command

By Staff Sgt. Edward Eagerton
176th Wing Public Affairs

Col. Steven deMilliano took command of the 176th Wing, Alaska Air National Guard during a ceremony on Joint Base Elmendorf-Richardson Tuesday.

At the ceremony, Col. Blake Gettys relinquished control to deMilliano after serving as the wing’s commander since 2014.

“You are the right man for the job,” said Gettys. “He believes in the mission, he believes in total force, and he has the established relationships to see this wing through the transitions that are coming up. You’ve got a good man there.”

Presiding over the ceremony was Brig. Gen. Karen Mansfield, the assistant adjutant general and commander of the Alaska Air National Guard.

“The 176th Wing has one of the highest, if not the highest, operational tempos of all Air National Guard wings,” she said. “Each command leaves a legacy, and Col. Gettys’ focus on the wing’s arctic engagement leaves us on the right track to continue to evolve our own tactical capability in our own backyard, increasing the value and capacity of the Department of Defense here in Alaska.”

During the two years under Gettys’ command, the wing’s various units deployed to nine named operations, 44 named missions to four combatant commands, multiple international recognitions for combat search and



Brig. Gen. Karen Mansfield, assistant adjutant general and commander of the Alaska Air National Guard, speaks at a ceremony July 12. Col. Blake Gettys, the 176th Wing’s former commander, relinquished control to Col. Steven deMilliano. (U.S. Air National Guard photo/Staff Sgt. Edward Eagerton)

rescue efforts, thousands of hours of alert and air defense, and many civilian rescue saves, Mansfield said.

“Col. deMilliano steps in at an exciting time,” she added. “Yes, there’s change on the horizon, but when hasn’t there been change on the horizon? We know he is uniquely suited to lead the wing through that change.”

Most recently, deMilliano served as the vice director of operations at Headquarters

North American Aerospace Defense Command, Peterson Air Force Base, Colorado.

“I know his work there was rewarding,” said Mansfield, “but it’s not those successes that made him stand out among his peers when competing for this position as the wing commander. As we looked for somebody to replace Col. Gettys, we knew we needed a sharp mind that was able to handle the already herculean tasks you all accomplish

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Open House

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Joint Base Elmendorf-Richardson

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Senior enlisted leader of AKNG takes road less traveled

Story by Sgt. Marisa Lindsay
Alaska National Guard Public Affairs

Command Chief Master Sgt. Paul Nelson recently became the command senior enlisted leader of the Alaska National Guard, after replacing Command Sgt. Maj. Richard Hildreth in February.

Prior to being selected by Brig. Gen. Laurie Hummel, commander of the Alaska National Guard, Nelson served as command chief for the 176th Wing, Alaska Air National Guard.

As the command senior enlisted leader, it is Nelson’s responsibility to oversee the health, welfare, development and quality of life for more than 4,100 Guard members who make up the Alaska National Guard.

“I’m really happy that General Hummel has executed this position, because not all adjutants general have done so,” explained Nelson. “There are approximately 38 senior enlisted leaders within the 54 states and territories.”

As Nelson has settled into the job — recently passing the 100-day mark — he has

also been writing his own job description to ensure his efforts support the adjutant general’s vision, while being a voice for the enlisted force.

“I am essentially writing the job into the future,” chuckled Nelson, who, as a career pararescueman, has had a job history of making long-lasting and life-altering impacts on his organization and community.

“I’m creating the structure for this position and for what this position will do for our organization, not only now, but 10, 20

and 50 years down the line.”

Throughout his influential career, Nelson’s wife, Meredith, of 27 years, has been right at his side, along with his children, Tech. Sgt. Colton Nelson with the 176th Operations Group and Carson, who will graduate soon with her nursing degree from the University of Alaska Anchorage.

Nelson also has four other extended family members who are enlisted Airmen in the 176th Wing.

“We are definitely a military family, there is no doubt about it,” described Nelson.

Hawaii NCO trains hundreds, has learned from ‘every class’

By Air Force Staff Sgt. Chris Hubenthal
Defense Media Activity – Hawaii

WHEELER ARMY AIRFIELD, Hawaii — After training hundreds of Soldiers to conduct air assault operations, Sgt. Samnith Thy said he has learned from his students how to be a more effective leader.

“Every class I go through I learn something different,” Thy said. “The students don’t realize that, but I learn how to be a better instructor, a better [noncommissioned officer].”

Thy is an instructor at the 25th Infantry Division’s Lightning Academy air assault school here, where he mentors and teaches Soldiers, Airmen, Marines and Sailors.

Even while he is shouting instructions from inside an UH-60 Black Hawk helicopter, or from the top of a rappel tower, Thy said he is still growing as a Soldier himself.

Thy said he takes what he learns and pays it forward through the mentoring and instruction that he provides his students, a form of coaching where he brings back the basics and instills the foundation of air assault skills.

taught an air assault student how to do sling loads and rappelling, and how to understand aircraft,” Thy said. “A lot of Soldiers that I’ve come up with have never done air assault school, so they don’t understand the attention to detail.

“What air assault does is it pulls you back in to the Army mentality of attention to detail. It’s the little things.”

Thy said the details can be the difference between pass or fail, or life and death during air assault operations.

It’s because of this, he said, that there’s no room for error.

“Our school tests your mental and physical abilities,” Thy said. “We’re not lenient and we grade by the standards. We bring our Soldiers to the standards and we never drop our standards to the Soldiers.”

Army Staff Sgt. Donald Castelow, with the 1st Battalion, 27th Infantry Regiment, and an air assault school graduate, said that the quality of training provided by instructors like Thy, made the experience one that he will take to heart and bring back to his unit.

The instructors “are some of the most professional noncommissioned officers that I’ve seen,” Castelow said. “Everything they do goes by the Noncommissioned Officer Education System.



Army Sgt. Samnith Thy presents a Soldier with the Air Assault Badge during an Air Assault School graduation ceremony June 6 at Schofield Barracks, Hawaii. (U.S. Air Force photo/Staff Sgt. Christopher Hubenthal)

“It’s right by the book; it’s the way the United States military should be.”

Thy said 111 Soldiers, one Airman, and one Marine graduated from the latest course.

“I feel great when I go home and I know that I taught a Soldier something,” Thy said. “That is my ultimate job in the United States Army.”

Fort Greely automotive track tests military, civilian customers

By Mark Schauer
ATEC

FORT GREELY, Alaska — The U.S. Army Cold Regions Test Center is the Department of Defense’s primary extreme cold test facility.

Tasked with testing virtually everything in the ground combat arsenal in a natural environment where winter lows drop far below zero, CRTC has just experienced its busiest test season in several years.

Among other things, the test center completed two rigorous tests of a new variant of the Stryker combat vehicle and a M109A7 Paladin self-propelled howitzer — both of which underwent testing at the CRTC’s Mobility Test Complex.

At the same time, however, the track also accommodated multiple customers from private industry, something it has done hosting commercial testing since its inception in 2004.

“When we have low military workload, being able to do commercial testing allows us to maintain equipment capabilities and the expertise needed for doing those things,” said Jeff Lipscomb, technical director.

“That way, whenever a military test comes, we’re not scrambling to figure out how to support it. To me, the biggest benefit of the commercial automotive workload is that it keeps us on the cutting edge of automotive testing.”

Hosting commercial testing also ensures that the test center’s mobile snow-making machines and other specialized track grooming equipment keep moving, which saves on maintenance costs in the long run.

Further, continuous use means the equipment operators skill levels on the esoteric machines don’t degrade: for instance, in unskilled hands, a mobile track



Working amid freezing temperature in the dead of the Alaska winter, the Army’s newest howitzer – the M109A7 Paladin self-propelled howitzer – is put through its paces at the Cold Regions Test Center at Fort Greely. The center also assists civilian companies with testing vehicles in temperatures the Lower 48 seldom see. (Photo/Sebastian Saarloos)

dryer could ruin the track’s asphalt while melting snow and ice.

Both military and commercial customers have access to a desirable facility that boasts a 1,000 foot by 800 foot lateral acceleration pad, a 200 foot by 1,200 foot skid pad, and grades ranging in steepness from 20 to 60 percent — a dramatic difference from the six percent or lower grades an American motorist finds on an interstate highway in the Lower 48.

No taxpayer money is ever used to subsidize the commercial testing, however.

“We make sure we are meeting their requirements without doing something with government money for private industry,” said Lipscomb. “Commercial customers pay the whole bill for everything they use and do here.”

The track, three and a quarter miles long, can accommodate as many as 35 vehicles simultaneously, though typically there are no more than 25 at a given time.

Last winter was the track’s busiest season ever, hosting testing of both military and commercial vehicles simultaneously.

Though military customers take priority, there has never been a scheduling conflict in more than a decade of operation.

“There are tracks in the Lower 48 that offer more than we do, but they don’t offer the low temperatures in the early and late parts of the season,” said Dan Coakley, test track manager. “By the latter part of February, there is nowhere else to go except a foreign country,

which is a logistical nightmare and horribly expensive.”

Virtually every major commercial automotive manufacturer known to the American motorist has conducted testing at CRTC’s automotive track, though usually with specialized testing that doesn’t require running laps.

“They’ve done all of the distance stuff by the time they get here,” said Coakley. “They’re looking at short runs of 2,000 feet or less, braking, handling, traction control, emergency stops, cornering.

“The only time they’ll use the entire oval over and over again is if they are breaking in the tires: prior to testing a tire, they have to put 200 miles on it, which is the industry standard.”

Commercial car companies are eager to maintain trade secrecy with their competitors, and CRTC is happy to accommodate this desire.

Employees even go so far as to

carry an opaque screen alongside personnel if it becomes necessary to walk past another company’s activities.

Scheduling time at the track is relatively simple, too.

“Generally, on our end we can be done in two weeks, but often the manufacturers have a long legal process on their end,” said Coakley.

Though summertime maintenance following CRTC’s extreme winters can be rigorous, the track itself was constructed with care to prevent frost heaves.

Frost heaves are a ruinous road condition in which thawing permafrost under a road surface causes the ground to soften and sink.

“The track was built to a standard of far more compaction than a highway,” said Lipscomb. “We wanted to make sure we didn’t get a frost heave. It was dug far down and re-filled with gravel to ensure there was no permafrost that would affect the track.”



**Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander**
Col. George T.M. Dietrich III (USAF)

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Vice Commander**
Col. Timothy R. Wulff (USA)

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Command Chief**
Command Chief Master Sgt.
Garry E. Berry II

**Joint Base Elmendorf-Richardson/
673d ABW Command Sergeant Major**
Sgt. Maj. Ronald E. Sheldon Jr.

ARCTIC WARRIOR

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JBER Public Affairs Chief
Maj. Angela Webb (USAF)

Public Affairs Advisor
Jerome Baymore

Public Affairs Superintendent
Senior Master Sgt. J. LaVoie

Arctic Warrior staff
Chris McCann - editor
Jeremiah Erickson - managing editor
Stefanie Miller - graphic design
Justin Connaheer - photo editor
Ed Cunningham - webmaster

Arctic Thunder Open House is almost here

By Staff Sgt. Wes Wright
JBER Public Affairs

Angels, Raptors and Warbirds are coming to Joint Base Elmendorf-Richardson’s skies. Hercules and Fat Albert will also be duking it out over the installation.

What may sound like a sci-fi battle scene will actually be a real-life demonstration of some of the best airframes and pilots the Department of Defense and the civilian aviation community have to offer during Arctic Thunder Open House on JBER July 30 and 31.

Beginning at 9 a.m. both days, guests will experience approximately 15 aerial demonstrations, pyrotechnics and more than 40 ground displays while learning about JBER missions.

The U.S. Navy Blue Angels headline two action-packed days that will see thousands of people from across Alaska and throughout the country flock to JBER’s flightline in what is typically the largest-attended event in the state.

The Blue Angels’ reputation as a premier flying demonstration team in the DoD precedes it, with an estimated 11 million people turning out to see them perform annually across the world.

“The open house is an opportunity for the Soldiers and Airmen to interact with the Alaska community and demonstrate the precision and power of JBER’s capabilities,” said Air Force Maj. Michael Boyer, ATOH director. “Additionally, our goal is to promote our armed services’ core values while educating our civilian and military communities on the need for joint operability and global partnerships. Arctic Thunder is a global partnership that is literally heard around the globe.”

The Blue Angels will fly the F/A-18 Hornet and a C-130 Hercules, affectionately known as “Fat Albert,” which has a number of dynamic modifications including the ability for a low-transition takeoff maximum-effort climb, sending the Hercules skyward in a 45-degree, nose-up attitude to an altitude of 1,000 feet, simulating conditions in a hostile combat environment.

While the list of confirmed acts is subject to change, current planned acts include a C-17 Globemaster III, vintage World War II aircraft and several civilian performances of acrobatic dynamic aircraft.

“We’ve worked hard to put together a spectacular program for everyone’s enjoyment this year and we encourage people to talk to the many professional men and women who operate our high-tech equipment,” said Dana Rosso, 673d Air Base Wing Public Affairs’ Community Engagement chief. “We’re excited about this year’s open house and confident people will leave here both impressed and proud of our nation’s armed forces.”

Admission to the event is free. Tickets are not available or required for general entry. General parking is also free. There will also be many private vendors at the event offering everything from food to games.

Look for the schedule and program in next two weeks’ issues of the Arctic Warrior; it includes traffic maps.

The following items are permitted:

- Personal carts or wheelchairs for physi-



The U.S. Navy’s Blue Angels headline this year’s Arctic Thunder Open House, July 30 and 31. (Courtesy photo)

cally challenged visitors

- Diaper bags for guests with small children
- Small purses
- Strollers for small children
- Official service dogs (credentials may be requested)
- Photo or video cameras; must be small enough to carry by hand
- Binoculars
- Folding chairs and lawn chairs

The following items are recommended:

- Water bottles; free refill stations will be available
- Sunscreen
- Hearing protection
- Sunglasses
- Sunhats/baseball caps
-

The following items are prohibited:

- Coolers
- Alcohol

- Backpacks
- Duffel bags
- Large purses
- Camelbacks
- Paint
- Balloons
- Large camera bags
- Illegal drugs including marijuana
- Weapons (brass knuckles, mace, pepper spray, box cutters, firearms, knives)
- Military uniforms worn by non-military members
- Gang or motorcycle club-affiliated colors or clothing
- Bicycles, inside the open house viewing area; those riding bicycles or motorcycles on base must wear a helmet
- Scooters
- Skates
- Skateboards
- Go-carts
- Wagons
- Umbrellas

Pets are prohibited from the Arctic Thunder grounds. Service animals assisting guests will be authorized. Pets may not be left unattended outside the area or in vehicles.

Open House organizers will be launching an iOS and Android app prior to the event. Although the exact launch date is undetermined, Boyer suggested people stay tuned to the iTunes and Google Play stores for updates.

“I hope we are able to demonstrate to the community that mission success begins with their support,” Boyer said. “From individual neighborly relationships to the large operational support elements, military innovation and excellence is a direct result of community support.”

Rosso echoed Boyer’s words. Speaking to visitors, he said, “We cannot accomplish our mission without the community’s support. You all have done so much for us; this is our chance to do something for you.”



Soldiers of U.S. Army Alaska will conduct airborne operations as part of a Joint Forces demonstration at Arctic Thunder 2016, July 30 and 31. Organizers have put together a “spectacular program” for the event, including current and vintage military aircraft, civilian performers, displays and games. Admission to Arctic Thunder is free, as is general parking. The official program, which includes specific traffic information and maps, will be available in next week’s Arctic Warrior and the July 29 issue; copies will also be available at the entrances to the viewing areas. (U.S. Air Force photo/Justin Connaehr)

Living with Alaska’s wildlife: The wolves of JBER

By Airman 1st Class Javier Alvarez
JBER Public Affairs

The Joint Base Elmendorf-Richardson lone wolf slowly treks through the backwoods near the Moose Crossing housing community. Her slower pace tells the arthritic tale of an active lifestyle as alpha female.

The wolf rides solo – likely because she was run out of her pack. At nine years, she has outlived the flat-gray Alaska Fish and Game radio transmitter which hangs around her neck; the last signal transmitted three years ago.

From a distance she resembles a large dog – the relic around her neck adding to the confusion. Possibly a Siberian husky, maybe an Alaskan malamute – to the laymen, all likely options.

“We’ll see a picture on Facebook with someone informing of a loose dog,” said James Wendland, 673d Civil Engineer Squadron chief conservation law enforcement officer. “We’ll look at it and recognize it’s one of our wolves.”

The features that differentiate wolves from their domesticated cousins are subtle, though JBER Wildlife Conservation Agents say, if you come across what you believe to be a wolf near housing, or one acting aggressively toward people, call it in.

“Better safe than sorry,” Wendland said. “I would much rather respond to a call and determine it is a dog and not a safety issue, than ignore it and have it become a problem.”

Wolves are not prone to approach humans, he said. On the contrary, they are more likely to run from us than to venture into populated regions.

“If you see a wolf in the wild you would have seen something most will never see because they are very leery of people,” Wendland said.

While wolf encounters are rare, they have not always been such reclusive creatures on JBER.

“We’ve had issues in the past, maybe four years ago, where they were looking into people’s backyards and taking pets,” said Mark Sledge, 673d CES senior conservation law enforcement officer.



A collared female wolf (Canis lupus) is one of many wolves who call Joint Base Elmendorf-Richardson home. This particular wolf, a senior citizen, has outlived the Alaska Department of Fish and Game radio transmitter on her neck, and is no longer part of a pack. (Courtesy photo)

In the early 2000s a member of the JBER community was walking her dog near one of the backwoods training areas, Sledge said. A female wolf stepped out and lured her pet into the woods. In the brush the pack waited, ambushing the dog and subsequently eating him.

Most of the problems that people have had on the base are usually because they have dogs with them, he said. This is why leash laws are enacted, and why they are important for your and your pet’s safety.

“If you keep your dog on a leash, you can keep them close to you,” Sledge said. “Hopefully that will deter problem encounters.”

In 2011, a problem wolf on JBER was taken out by JBER WCA because of its overly aggressive nature.

“The alpha male was approaching

people, teaching the other wolves to do the same,” Wendland said. “They were taking dogs, following people. Two women climbed a tree because he and another wolf were following them and they laid down waiting for them to come down. ... Once [the wolf] was removed, we didn’t have any issues.”

According to the U.S. Fish and Wildlife Service, the gray wolf population in Alaska is 7,000 to 11,000 – compared to 5,505 in the Lower 48.

If you find yourself recreating and a wolf stalks, approaches or otherwise acts aggressively, keep these things in mind:

Don’t run, Sledge said. Yell, clap and let them know you’re not prey. Slowly back away, keeping constant eye contact. If you’re with a companion and multiple wolves cross your path, walk back-to-back.

Use bear spray, rocks, sticks or anything handy to fight off attacking wolves.

Climb a tree if necessary. And call for safety; wolves can’t climb trees.

Photography from a distance is fine, though wildlife conservation agents stress to always be vigilant of your surroundings.

Per state law if you do anything to these animals to change their normal behavior it can be considered poaching and you can be fined, Wendland said.

In past years there have been cases of people tracking wolves to their dens for photo opportunities.

“We don’t want them to get hurt, and we don’t want the wolves to have to abandon the litter of pups or move because people are messing with them,” Wendland said. “Especially if they’re in an area where they are not a threat. We don’t want them to move to an area where they will be close to people.”

It is unlikely wolves who call JBER home will be leaving any time soon, Sledge said. All we can do is respect them and give them their space.

To report nuisance wildlife, call conservation law enforcement at 552-2436.

ONE MORE FLIGHT



LEFT: U.S. Air Force Col. David Piffarerio does pre-flight checks on his F-22 Raptor during his final flight as the 477th Fighter Group commander July 8 on Joint Base Elmendorf-Richardson.
ABOVE: Piffarerio speeds through the sky. (U.S. Air Force photos/Senior Airman James Richardson)



Palace Chase/Front

The Air Force Reserve recruiter hosts a Palace Chase/Palace Front briefing at the Professional Military Education Center auditorium July 25 at 8 a.m. and noon. These programs allow Airmen to transfer from active duty to the Reserve or National Guard.

For information, call 552-3595.

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.

The 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 De-

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

Richardson Thrift Shop

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

Consignments are accepted whenever the shop is open.

For 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.

Legal services available

The Anchorage team of the 6th Legal Operations Detachment offers legal services for eligible members of the JBER community.

Services are hosted monthly at the USARAK legal office.

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

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

For information or appointments, call 384-0371.

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. and is open Monday through Wednesday, 8 a.m. to 4 p.m.; and Friday, 8 a.m. to 3 p.m.

For information, call 384-2865.

COMMUNITY

July 15, 2016

ARCTIC WARRIOR

Volume 7, No. 28



A clown from the Lion's Club passes out candy during the Bear Paw Parade in Eagle River July 10. The parade is part of a larger festival, which is the largest and longest-running community event in the Chugiak-Eagle River area. (U.S. Air Force photos/Staff Sgt William Banton)



Air Force Lt. Gen. Russell J. Handy, Alaskan Command and 11th Air Force Commander, and Maj. Gen. Bryan Owens, commanding general U.S. Army Alaska, salute the 9th Army Band as they pass during the Bear Paw Parade in Eagle River July 10. The Bear Paw Parade is an annual event hosted by the Chugiak-Eagle River Chamber of Commerce.



Sgt. Darnell Lockwood with 6th Brigade Engineer Battalion (Airborne) waits for the Bear Paw Parade to begin in Eagle River July 10. Darnell drove the Joint Base Against Drunk Driving SUV in the parade. JBADD is a volunteer-based program that offers free, safe and reliable rides to service members. The Bear Paw Parade is part of a larger festival, which is the largest and longest-running community event in the Chugiak-Eagle River area.



OTTER FEST



CLOCKWISE FROM TOP LEFT: Parents and children board canoes before a family canoe race at Otter Lake on Joint Base Elmendorf-Richardson, July 9. The race was part of Otter Fest, which also included family races on paddle boats, kayaks and stand-up paddle boards. (U.S. Air Force photos/Airman 1st Class Valerie Monroy)

A USO volunteer paints children's faces during the Otter Fest at Otter Lake. During the event, children could also play games and participate in races with the whole family.

Parents and children participate in a family canoe race at Otter Lake.

A child waits to start a family canoe race at Otter Lake on Joint Base Elmendorf-Richardson.



Friendship: a hidden treasure worth holding on to

By Chaplain (LTC)
Greg Thogmartin
USARAK Chaplain

A friend shared this story with me awhile back and I thought was worth keeping. I also think it is worth sharing, and I hope you will think so too.

“A man was exploring caves along the seashore. In one of the caves he found a canvas bag with a bunch of hardened clay balls. It was like someone had rolled clay balls and left them out in the sun to bake.

They didn't look like much, but they intrigued the man, so he took the bag out of the cave with him. As he strolled along the beach, he would throw the clay balls one at a time out into the ocean as far as he could.

He thought little about it, until he dropped one of the clay balls and it cracked open on a rock ... Inside was a beautiful, precious stone.

Excited, the man started breaking open the remaining clay balls. Each contained a similar treasure. He found thousands of dollars worth of jewels in the 20 or so clay balls he had left.

Then it struck him. He had been on the beach a long time.



(Courtesy Photo)

He had thrown maybe 50 or 60 of the clay balls with their hidden treasure into the ocean waves.

Instead of thousands of dollars in treasure, he could have taken home tens of thousands, but he had just

thrown it away.

It's like that with people. We look at someone, maybe even

ourselves, and we see the external clay vessel. It doesn't look like much from the outside. It isn't always beautiful or sparkling, so we discount it.

We see that person as less important than someone more beautiful or stylish or well known or wealthy ... but we have not taken the time to find the treasure hidden inside that person.”

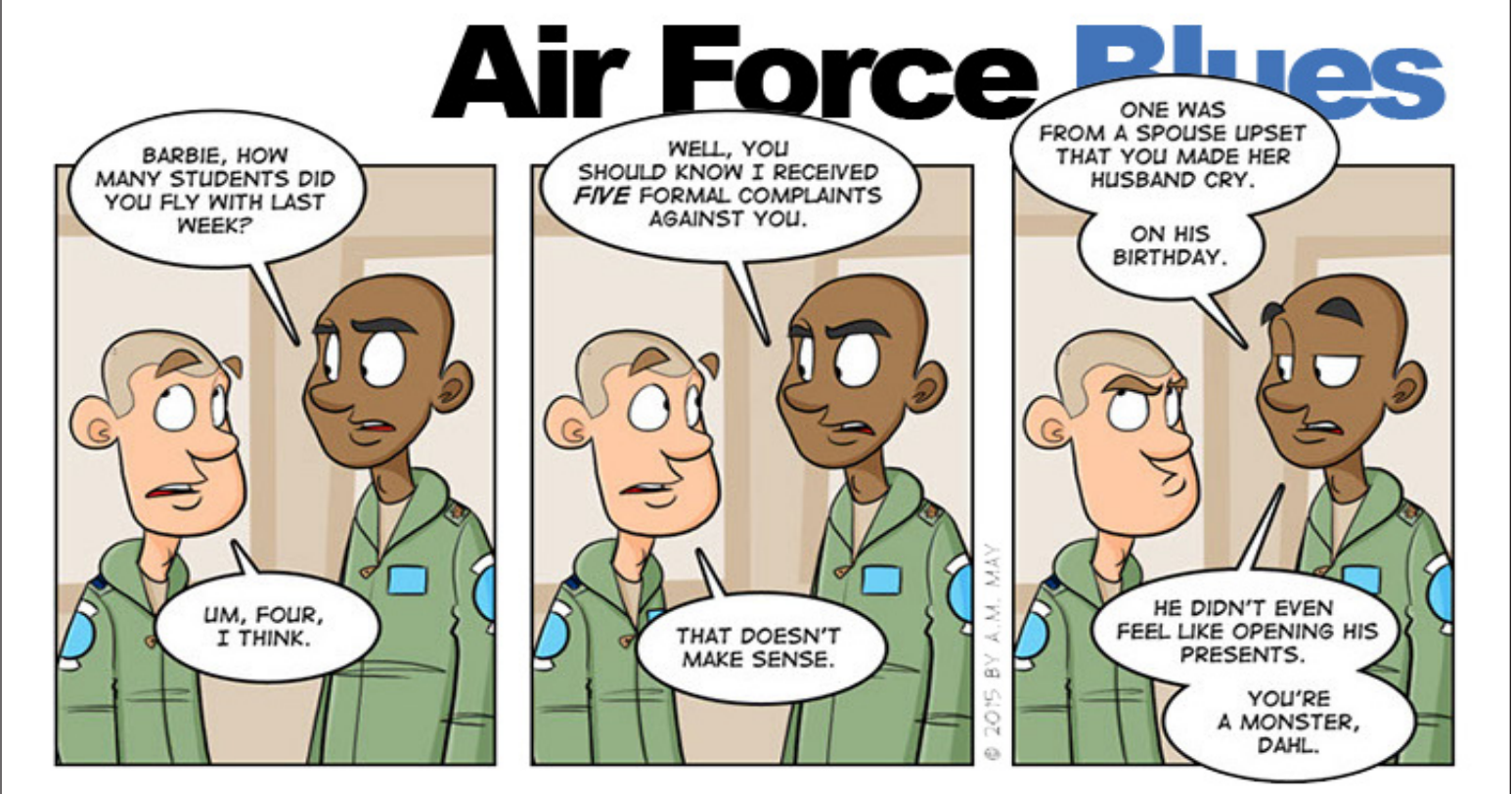
There is a treasure in each and every one of us. If we take the time to get to know other people, and if we ask God to show us individuals in the way He sees them, then the clay begins to peel away and the treasure begins to shine forth.

May we not come to the end of our lives and find out that we have thrown away a fortune in friendships because the gems were hidden in bits of clay.

May we see the people in our community and our workplace as God sees them.

“We have this treasure in jars of clay.” 2 Corinthians 4:7 (NIV)

“...Man looks at the outward appearance, but the Lord looks at the heart.” 1 Samuel 16:7 (NIV)



FRIDAY
Fit Family Fun

Parents of school-age children are invited for a day of free family fitness. Come out to Ketchikan School Age Center from 5 to 5:30 p.m. to play a game of kickball with your child.

For more information, call 552-5091.

SATURDAY
RecOn: Jim Creek ATV Trip

Enjoy a day at Jim Creek from 8 a.m. to 5 p.m., departing from the Outdoor Adventure Program with all equipment and transportation provided.

Open to all service members and dependents.

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

RecOn: Matanuska Glacier Ice Climb Trip

Enjoy a day climbing at Matanuska Glacier from 8 a.m. to 5 p.m., departing from the Outdoor Adventure Program with all equipment and transportation provided.

Open to all service members and dependents.

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

Women in the Wilderness: Intro to Stand-Up Paddle Boarding

Learn about stand up paddle boarding at Otter Lake from 10 to 11:30 a.m. at this class for women only and instructed by women.

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

Single Airman Program: Paintball

Open to all single service members, come to the Outdoor Recreation Center from noon to 4 p.m. for a day of paintball.

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

SUNDAY
Single Airman Program: Portage Lake Kayak Trip

Enjoy a day kayaking Portage River from 8 a.m. to 5 p.m., departing from the Outdoor Adventure Program with all equipment and transportation provided.

Open to all single service members.

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

RecOn: Eklutna ATV Trip

Enjoy a day at Eklutna from 8 a.m. to 5 p.m., departing from the Outdoor Adventure Program with all equipment and transportation provided.

Open to all service members and dependents.

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

MONDAY THROUGH FRIDAY
Get Golf Ready

Learn to golf in five lessons from 5 to 6:30 p.m. at Moose Run Golf Course.

Open to ages 16 and up.

For more information, call 428-0056.

TUESDAY
Women in the Wilderness: Nature Hike

This nature hike, for women only and instructed by women, is from 5 to 9 p.m. meeting at the Outdoor Adventure Program.

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

WEDNESDAY
Indoor Rock Climbing

Rock climb indoors at building 7301 from 5 to 7 p.m.

Minimum and maximum sign-up numbers apply.

For more information, call 552-5353.

Single Airman Program: Paintball

Open to all single service members, come to the Outdoor Recreation Center from 5 to 9 p.m.

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

THURSDAY
Paws to Read

The JBER Library and Midnight Sun Service Dogs invite children grades kindergarten through grade five to read with a service/therapy dog.

Reading sessions are 15 minutes long. Must pre-register at the Library.

For more information, call 384-1640.

Outdoor Rock Climbing

Depart from the Outdoor Adventure Program for rock climbing from 5 to 9 p.m.

All equipment and transportation is provided.

Minimum and maximum sign-up numbers apply.

For more information, call 552-5353.

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
Arctic Oasis Community Center Yard Sale

Come sell your unwanted household good during the Back to School Bash on August 18 from 11 a.m. to 3 p.m. Space cost includes the use of one parking space, one table, and two chairs.

Interested participants can sign up by phone or in person between July 1 and August 1. Limited space available.

For more information, call 552-8929.

Fitness Sit-up and Push-up clinics

Held every first and third Wednesday of the month. The Elmendorf Fitness Center hosts new clinics designed to teach proper sit-up and push-up techniques in an effort to enhance overall performance and fitness test scores.

For more information, call 552-5353.

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.

Located 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.

Library Story Times

Family Homecare Series: Tues- days 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.

Financial counseling

Does more than 25 percent of your pay go to bills? Are you making only minimum payments, or taking out new loans to pay off old ones?

Are you arguing over money? Do you really need that new TV, watch or cup of fancy coffee?

Financial counseling is available through Army Community Service or Army Emergency Relief, at 384-7478.

NAF jobs

Looking for a fun job? Check out nafjobs.org for fun and exciting positions within the JBER Force Support Squadron.

FSS is an equal opportunity employer.

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.

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



IF YOU ARE A SERVICE MEMBER OR DEPENDENT, YOU ARE ENTITLED TO DISCOUNTED RATES ON SOME OF OUR ACTIVITIES. THE REC-ON PROGRAM IS DESIGNED TO ENHANCE THE RESILIENCY OF SERVICE MEMBERS AND THEIR FAMILIES BY PROVIDING SUPERVISED, HIGH-ADRENALINE OUTDOOR RECREATION PROGRAMS.

Kayak Trip July 23: Portage Lake	Kayak Training July 26: Held at Elmendorf Fitness Center 6 - 8 p.m. • \$10	ATV Trips July 17: Eklutna ATV Trip 9 a.m. - 5 p.m. • \$30 July 16: Jim Creek ATV Trip 8 a.m. - 5 p.m. • \$40
Outdoor Rock Climb July 29 5 - 9 p.m. • \$10	Glacier Ice Climb July 16: Matanuska Glacier 8 a.m. - 5 p.m. • \$35	Mountain Biking July 27: Kincaid Park 5 - 9 p.m. • \$10

IF YOU ARE A SINGLE SERVICE MEMBER, YOU ARE ENTITLED TO DISCOUNTED RATES ON SOME OF OUR ACTIVITIES THROUGH THE SINGLE AIRMAN PROGRAM. THE SINGLE AIRMAN PROGRAM IS DESIGNED TO PROVIDE MORALE, WELFARE, AND RECREATIONAL RESOURCES THAT FOSTER A STRONG CULTURE, MISSION, AND SENSE OF COMMUNITY FOR SINGLE SERVICE MEMBERS.

Kayak Trips July 17: Portage Lake July 23: Portage River Inflatable 8 a.m. - 5 p.m. • \$5	Paintball Warrior Xtreme Paintball • \$5 July 16 • 12 - 4 p.m. July 20 • 5 - 9 p.m.
Mountain Biking July 22: Mountain Bike Kincaid Park 5 - 9 p.m. • \$5	Glacier Ice Climb July 10: Matanuska Glacier 8 a.m. - 5 p.m. • \$5
SKREET, TRAP & ARCHERY Range JULY - SEPTEMBER (DURING NORMAL BUSINESS HOURS) FREE ROUNDS, AMMO, & GUN RENTALS! Maximum of three rounds per person per day. Limited spots available. First come, first served. Please call, 384.1480 for more info.	
ATV Trips July 24: Eklutna ATV Trip 9 a.m. - 5 p.m. • \$5 July 23: Jim Creek ATV Trip 8 a.m. - 5 p.m. • \$5	

TRIPS & CLASSES CAN BE RESERVED UP TO 30 DAYS IN ADVANCE.

OUTDOOR ADVENTURE PROGRAM
552.4599/2023 • BLDG. 7301



FITNESS SIT-UP PUSH-UP CLINICS

FREE!

1ST AND 3RD **WEDNESDAY** OF EVERY MONTH • **12 P.M.**

Join us at Elmendorf Fitness Center for our **NEW** clinics designed to teach proper sit-up and push-up techniques in an effort to enhance your overall performance and fitness test scores.

For more info, please call
Elmendorf Fitness Center
552.5353



JBERLIFE

WWW.JBERLIFE.COM

Take advantage of housing amenities on-base

By Senior Airman Kyle Johnson
JBER Public Affairs

Aurora Housing offers a variety of amenities to lift some pressure off the more mundane tasks of everyday life, like the U-Fix-It shops.

Many choose to live on base out of convenience, but few take advantage of said conveniences while they’re available. Services that can save valuable time and money like U-Fix-It are often underused, said Daniel Gregoire, the Aurora Military Housing logistics manager.

“This kind of service is very common in on-base housing whether it is military-run or run by a private company,” Gregoire said. “I feel ours is better-equipped than most places, because people coming to Alaska are often coming from an opposite extreme of weather.”

Joint Base Elmendorf-Richardson has two U-Fix-It locations, one on JBER-Richardson and one on JBER-Elmendorf. Residents can pick up anything from toilet seat brackets to fertilizer at these locations, and it’s all free.

“The hours are a little different for the two locations,” Gregoire said. “Elmendorf is closed on Mondays but open on Saturdays and Fort Rich U-Fix-It is open Monday through Friday. We’re basically open six days a week for residents to make appointments or use the services.”

“It’s not a shop, because there’s nothing here for sale,” he said. “We offer to all of our residents quite a large selection of items that can go into the house and repair minor issues.”

For some items, the resident can trade broken for new, for other items they can rent – for free – or simply have.

“Most of our rentals are three-day rentals. We have lawn equipment and [carpet] shampoos for rent. We also have blacklights for rent which are important when somebody first moves in so they can notice any discrepancies on their carpets,” Gregoire said. “It’s all included, we also have a sonic blind-cleaning machine. If you’ve ever tried to clean blinds on your own, it’s a hassle; with U-Fix-It, they can just make an appointment,



Joint Base Elmendorf-Richardson has two U-Fix-It locations, one on each side of the base. (U.S. Air Force photos/Senior Airman Kyle Johnson)

bring in their blinds and use the machine. It takes a couple minutes and it’s done.”

The savings don’t stop there though. U-Fix-It can also confirm whether or not that hard-to-find light bulb is broken and replace it. They also do screen repairs for when the family dog takes a bit too much interest in a passing squirrel.

“We do not offer regular screw-in lightbulbs,” Gregoire said. “We have the ones you’d have to do a lot of work to find. People have gotten better about bringing in their bulbs, but it is a one-for-one exchange, we need the old bulb to match it.”

So next time that light bulb sputters out for the sixth time, or the grass starts to show its age, don’t go to the store, go see the folks at one of the U-Fix-It locations.

“You save a lot of money using our carpet cleaners and bulbs,” said Briana Young, U-Fix-It clerk and JBER resident. “The little brackets for the toilet paper holders. Its really convenient to be able to stop by and pick up these things. You don’t have to go out and search for them.”



Joint Base Elmendorf-Richardson has two U-Fix-It locations, one on each side of the base. U-Fix-Its are locations where base residents can come to rent, take or trade household necessities in the event of minor maintenance.

Protecting JBER from airborne disease carriers

Airman 1st Class Valerie Monroy
JBER Public Affairs

Few animals on earth evoke the same hate and discomfort as mosquitoes. With more than 3,000 species of mosquito in the world, they definitely have the numbers to ruin a backyard barbeque or a hiking trip. Looking beyond the inconvenience of a few itchy bites, they can cause some serious damage. According to the World Health Organization, mosquitoes are the greatest menace when it comes to disease-transmitting insects. They are responsible for several million deaths and hundreds of millions of cases every year involving malaria, dengue and yellow fever.

Because of Alaska’s colder weather, these deadly species of mosquitoes aren’t necessarily a problem. Even so, the 673d Aerospace Medicine Squadron traps mosquitoes for testing.

“Alaska doesn’t have any mosquito species with known diseases,” said Air Force Capt. Justin Whitaker, with the 673d AMDS. “Here at Joint Base Elmendorf-Richardson, we’re one of only three government organizations in Alaska that trap mosquitoes in order to have them tested for viruses and diseases.”

Airman 1st Class Brendan Rapp, 673d AMDS public health technician, sets out every Wednesday from May until September, to drop off miniature light traps at eight different locations throughout JBER.

Because mosquitoes are attracted to carbon dioxide, the traps use dry ice to bring in more potential test subjects, Rapp said. The traps are rigged with nets and picked up the next morning. The nets from each separate trap are then put in the freezer overnight and mosquitoes are sorted Friday morning.

“We have to send 10 percent from each



Airman 1st Class Brendan Rapp, 673d Aerospace Medical Squadron public health technician, places a miniature light trap on a tree branch at Joint Base Elmendorf-Richardson July 6. (U.S. Air Force photo/Airman 1st Class Valerie Monroy)

trap to get tested,” Rapp said. “We sort through the collection to get rid of other bugs and male mosquitoes and work primarily with female mosquitoes. Female mosquitoes are the ones that feed on blood in order to hatch their eggs, so those are the ones we look for.”

The samples of the collected 10 percent are then sent to Wright-Patterson Air Force Base, Ohio, to be tested by an entomologist. Results are sent back to the JBER hospital within a couple of weeks and reported to the state of Alaska.

Though no diseases or viruses have been found in Alaska’s mosquitoes, the 673d AMDS continues to diligently search for possible threats and provides the JBER and Alaska community peace of mind over an issue that could be very dangerous.

Free sit-up and push-up clinic improves fitness on JBER

By Airman 1st Class Javier Alvarez
JBER Public Affairs

The first push-up and sit-up clinic was hosted at Elmendorf Physical Fitness Center at Joint Base Elmendorf-Richardson June 29.

The clinic is part of the JBER Fitness Program, designed to give people the tools to improve their overall fitness, said Joshua Grieser, Fitness Center director. The push-up and sit-up clinic will continue to be hosted the first and third Wednesday of every month at noon. Future plans for the clinic will see it alternate between the



Evan Flores, a traffic management apprentice with the 773d Logistics Readiness Squadron, performs a modified push-up at the USO Wellness Center at Joint Base Elmendorf-Richardson June 11. The push-up and sit-up clinic at Elmendorf Physical Fitness Center is designed to give people the tools to improve their sit-up and push-up scores. (U.S. Air Force photo/Airman 1st Class Javier Alvarez)

base gyms.

“Anybody who feels like they’re having issues with their push-ups and sit-ups is encouraged to attend the free clinic,” he said.

The common misconception with push-ups is, if you do more, you’re going to do better on your physical fitness test, Grieser said.

A person closer to their push-up goal should focus more on muscular endurance, he said. If they’re further away they need to focus on strength training to build a base strength. Something as simple as putting your feet on a chair can be enough to give that increased resistance to help build strength.

For sit-ups, trainers stress the importance of flexibility.

“We tell them to try a yoga class at the fitness center and we can show them different stretching techniques,” Grieser said.

Upon starting the class, participants are asked to set goals they’d like to meet.

“We want people to be realistic,” Grieser said. “You’re not going to change your push-up score overnight.

“One of the things we [encourage people to do], especially those of us who are desk-bound, is get up once an hour and try to knock out some sit-ups and push-ups. Every little bit will help.”

Class sizes have been small enough people can get a one-on-one experience with the trainers.

As people progress through their training regimen, trainers can stay in contact and give feedback, Grieser said. If they plateau and are not meeting their goals, trainers can suggest different training techniques.

The clinic is open to all skill levels.

“Current clinic attendees have been individuals who, from a fitness assessment standpoint, are already doing really well,” Grieser said. “They wanted to be better and strive for higher excellence. Hopefully we’ll hear back from them and see if they’re hitting their goals in these next couple weeks.”

Interested parties are encouraged to utilize the sign-up sheet found at the Elmendorf PFC front counter.

“We would appreciate if they sign up to put staff in place,” Grieser said. “Though people can also show up on the day of. We’re not going to turn them away.”

Attendance to the push-up and sit-up clinic has been low.

“We’re here to support everybody,” Grieser said. “We’ll try to host the fitness clinics for as long as we can. Even if we help just one person, the clinic [will] have been a success.”

“Anybody who feels like they’re having issues with their push-ups and sit-ups is encouraged to attend the free clinic. ”

AWAAC hosted first Spoken Word Night at JBER

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

The Arctic Warrior Airmen’s Advisory Council hosted the first Spoken Word Night at the Permafrost Pub for poets to speak their mind at Joint Base Elmendorf-Richardson, July 8.

“The purpose of this event is to give service members, dependents and civilian employees a safe environment to express themselves in an open way,” said Senior Airman Tiara Wright, 673d Comptroller Squadron accounting technician, and one of the event’s leaders. “It’s therapeutic for me and it’s a nice way to bring us all together and inspire each other to make a difference.”

The first spoken word night featured eight speakers, each given a maximum of eight minutes for any type of poetry they desire. Each poem must be original without excessive cursing, violence, sexually explicit content, or degrading, discriminatory language.

“We want them to have a good time while still being respectful,” Wright said.

The participants may speak about any subject in any style – such as literary poetry, sound poetry, power raps, and many others. Poetry may be read from a notebook, page, phone, or nothing at all.

“In my experience the ones who usually write are more reserved so this could help them get out of their rooms and have a good time,” Wright said.

Wright said she wanted to start a spoken word night because there are not a lot of off-base options that cater to spoken word and poetry. Wright and Senior Airman Ki-ana Knight, 673d Security Forces Squadron Commander’s Support Staff, both avid



The Arctic Warrior Airmen’s Council hosts the first Spoken Word Night at the Permafrost Pub for poets to speak their mind at Joint Base Elmendorf-Richardson July 8. The spoken word night was from 7 to 9 p.m. and featured performers speaking poems, raps and improv comedy. (U.S. Air Force photos/Airman 1st Class Christopher R. Morales)

poets, brought the idea to the AWAC during a Thursday meeting and the event was scheduled less than a month out.

“I think it turned out to be a great suc-

cess,” Knight said. “Tiara and I were pretty nervous when 7 p.m. came around and there were only a few people, but next thing you know the place was full.

“We’ve been getting positive feedback and questions about when the next spoken word will be, so our goal is to do it monthly,” Knight said.



Airman 1st Class Aniah Everage, 673d Force Support Squadron food service apprentice, from Baltimore, Maryland, reads from his journal at the first Spoken Word Night at the Permafrost Pub at Joint Base Elmendorf-Richardson.



Darvis Wanton, Providence Health and Services Alaska dietary assistant, from Cleveland, Ohio, speaks at the first Spoken Word Night. The Arctic Warrior Airmen’s Council hosted this event so poets can speak their mind and inspire others in a safe environment.