

ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

BURNING DOWN THE HOUSE

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SEPTEMBER 16, 2016 • VOLUME 7 • NO. 37

**45 years of
keeping JBER
cutting edge**

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**BUILD RELATIONSHIPS
AND MAINTAIN
READINESS WITH THIS
ONE SIMPLE TRICK**

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SIMPLE CARDS CAN HELP LEADERS MAINTAIN READINESS

By **ARMY MAJ. GEN. BRYAN OWENS**
USARAK Commander

THE ARMY MUST ADAPT AT every level to an operating environment of dwindling resources and personnel reductions.

Yet we must still maintain the highest possible levels of readiness and the ability to “fight tonight” with the mind-set to match, when we are ordered into combat.

Allow me to share with you a way to organize your thoughts and a specific example of personal application which may help with your understanding to accomplish this complex objective.

As a brigade commander in Iraq, I always carried three five-by-eight cards with me.

I called them “tier cards,” and used them to help me see my organization and connect the dots between the assets available and solutions to the problems I faced; it does not matter the level of leadership in which you are assigned, this method can apply to all echelons.

The Tier I Card listed the assets, capabilities and enablers that I owned and controlled in my organization which were almost always available to me. The key is to maximize the capabilities of the assets under your control.

The Tier II Card listed assets, capabilities and enablers that my division commander (or your immediate higher headquarters) owned and controlled which were sometimes available to me.

The key is to justify your need after cross-talking with fellow commanders to understand the impact to their formations. You must have an understanding about what is available to you, with proper justification.

The Tier III Card listed the relationships we had developed with people outside our organization and the assets, capabilities and enablers they had which might be available

to us.

The key was to work the relationships before we needed their assistance.

I consistently referred to and updated my tier cards. Any time I faced a problem with no readily apparent solution, I pulled out those cards.

Here’s one story to illustrate my tier card solution process.

The Buffalo, the large route clearance trucks used to defeat improvised explosive devices and for filling in craters so they couldn’t be reused by the enemy, were critical assets which saved Soldiers’ lives by preventing our vehicles from being hit by enemy IEDs. Since IEDs were a key weapon system for the enemy, the Buffalo was our primary means to defeat them.

My division commander ordered his supporting effort brigades (of which I was one) to each give up a Buffalo to the main-effort brigade, whose three assigned Buffalo vehicles were down for maintenance.

This presented a problem.

According to my Tier I Card, I only had two Buffalo vehicles across my whole brigade. We were already maximizing these assets; the loss of a single Buffalo would have dramatic impacts on the brigade’s ability to succeed in the counter-IED fight.

I didn’t want to lose this critical asset, so I looked to my Tier II Card for a solution. In this case I found no help there.

My boss was the one ordering me to give up a Buffalo, so I couldn’t turn to his assets for a solution.

The Tier III Card held the key. One of the relationships listed was an engineer brigade commander

with whom I had dinner every Thursday.

I talked the problem through with him, and it turned out he had access to the parts needed to repair the main-effort brigade commander’s Buffalo vehicles.

He dispatched the parts and the unit repaired the vehicles before the Buffalo I was ordered to send arrived.

We were able to keep our Buffalo by leveraging a relationship to accomplish my commander’s intent without losing our asset.

This was possible because I had put the time and effort into developing a relationship with a key leader outside my chain of command.

Good relationships need to be reciprocal. Leaders must be ready to give as well as accept help in order to foster strong relationships.

Two weeks earlier I had used the assets and capabilities available to me to help the engineer brigade commander. He had recently lost two Soldiers to enemy sniper fire while his units were conducting route-clearance operations on a bad stretch of road.

He asked me for help in saving lives by taking out those insurgents and by synchronizing our combat patrols to coincide with his clearance efforts.

Understanding the capabilities of AH-64 Apaches and a RQ-7 Shadow unmanned aerial system, we devised a tactic in which the two platforms worked together to force the hand of the enemy.

If all went according to plan, the enemy IED team would unknowingly walk right into our templated

kill zone.

Listed on my Tier I Card were snipers, a UAS, and combat patrols under my control – but I needed the AH-64s to further disrupt the enemy, so my Soldiers could take them out.

AH-64s were listed on my Tier II Card (division-level assets).

Before I requested anything from my boss, I would first check to my left and right to see if my use of those assets would be hindering the missions of my fellow brigade commanders.

That done, I presented my two-star commander with justification for the use of his AH-64s.

It worked out beautifully.

My snipers eliminated the insurgents while they were being overwatched and forced into our kill zone.

The engineer brigade commander had a serious threat neutralized and was able to continue clearing roads of IEDs – which in turn made us all safer.

Everyone on our team won.

As I said in the beginning, this system can be useful at any echelon.

Squad leaders could use a version of tier cards to help them better see their organization and find solutions.

This system can also be applied anywhere – from counterinsurgency to combined-arms maneuver operations, offensive or defensive.

I’ve been in command of United States Army Alaska for just over a year now; I am truly impressed with this organization and what our Soldiers and units are capable of.

We are a very complex organization with many diverse missions, but we come together to get the job done.

Whether it is a rotation to the Joint Readiness Training Center at Fort Polk, Louisiana or the National Training Center at Fort Irwin, California; Pacific Pathways, Arctic Anvil or actual combat, I’m convinced this is an organization that knows how to succeed.

Arctic warriors, arctic tough! ●

“GOOD RELATIONSHIPS NEED TO BE RECIPROCAL. LEADERS MUST BE READY TO GIVE AS WELL AS ACCEPT HELP.”

ARCTIC WARRIOR

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Team training hard to represent JBER at PACAF skills challenge

By **AIRMAN 1ST CLASS VALERIE MONROY**
JBER Public Affairs

A six-member Joint Base Elmendorf-Richardson Security Forces team is training for the upcoming Pacific Air Forces Advanced Combat Skills Assessment hosted in Guam, Sept. 25 to 29.

The challenge incorporates mental and physical competitions as well as tactics, weapons, the Marine Corps combat fitness test and a military working dog portion, said Senior Master Sgt. Eric Hall, 673d Security Forces Squadron superintendent. Teams from throughout PACAF will vie for the title.

Hall is preparing and training the team.

“We only have 30 days to train and cannot train outside of that window,” Hall said. “Our training varies from day to day and can involve anything from firing at the range to running hills at Arctic Valley to any sort of physical-fitness training.”

Team members were chosen at the end of June after an open tryout was hosted for Air Force security



Senior Airman Christopher Bonham, below, and Tech Sgt. Barry Fairbanks, above, train at the Elmendorf Fitness Center Sept. 6. Bonham and Fairbanks are part of the team training for the upcoming Pacific Air Forces Advanced Combat Skills Assessment hosted in Guam, Sept. 25 to 29. (U.S. Air Force photo/Airman 1st Class Valerie Monroy)

forces and Army military police personnel. The tryout involved fitness factors and firing qualifications with multiple weapons, after which individuals’ scores were calculated and the team members were chosen.

The team consists of Tech. Sgt. Barry Fairbanks, Tech. Sgt. Joshua Heffley, Air Force Staff Sgt. Zach-

ary Fredrick, Senior Airman Christopher Bonham, and Airman 1st Class Paige Goodrich, all with the 673d SFS, and Army Staff Sgt. Matthew Mobley of the 545th Military Police Detachment, 17th Combat Sustainment Support Battalion.

Hall explained the teamwork and motivation shown by each mem-

ber is one of their biggest strengths against their competition.

“I really love team-building things like this and anything that’s challenging,” Fairbanks said. “It keeps me young, and I like to see how far I can push myself.”

As a group, everyone brings something different to the team, he continued.

“We have our sharp shooters, the people who can do some crazy fitness stuff, and those who bring leadership skills and knowledge about the things to expect in Guam,” Fairbanks said.

Winning as a joint team would be a great accomplishment and bring a sense of pride to JBER, Hall said.

“I’m already proud of them and all their accomplishments so far,” Hall continued. “They’ve worked really hard and continue to do so each day.”

Following the group’s run up the mountains of Arctic Valley, Fairbanks explained his passion for the team through his sweat and fatigue.

“We have a great group who never quits,” Fairbanks said. “We’re pushing it to the limit every day.” ●

HAZARDOUS-WASTE MANAGEMENT HELPS PROTECT ENVIRONMENT

By **AIRMAN 1ST CLASS CHRISTOPHER MORALES**
JBER Public Affairs

HAZARDOUS WASTE IS harmful to living creatures and the environment either immediately or over the course of many years.

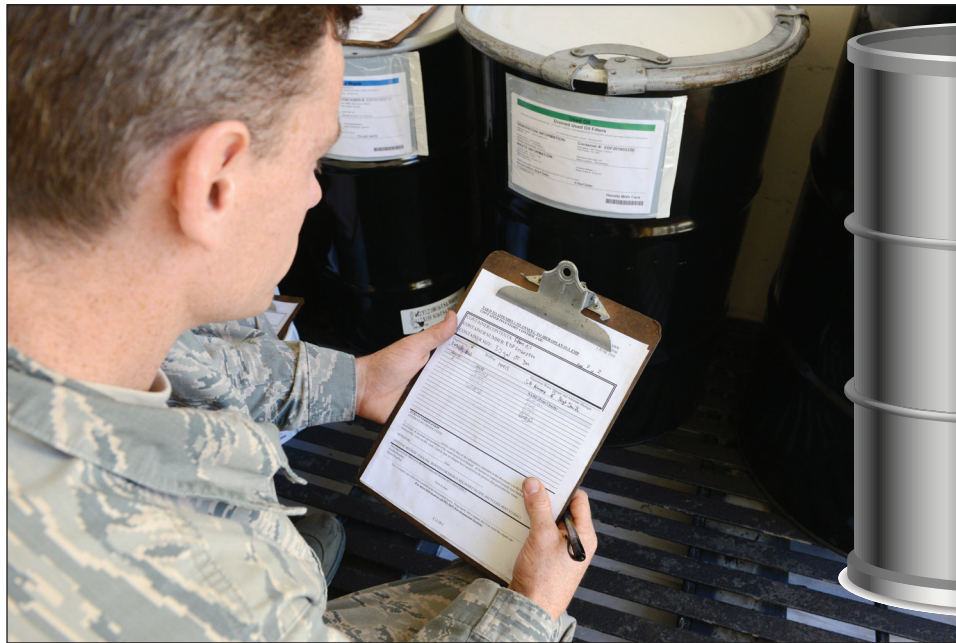
Laws have been put in place throughout the United States to reduce this harm by managing it from start to finish.

“Joint Base Elmendorf-Richardson is [an aircraft] maintainer base, and when you maintain things, you generate possible hazardous waste,” said Wayne Hughes, JBER hazardous waste program manager.

Hazardous material is any liquid or solid that has corrosive, toxic, flammable or reactive agents in them.

The hazardous waste program also manages waste that can be recycled instead of disposed of, such as oils, lead-acid batteries and contaminated fuel.

Batteries with lead can be corrosive and fuels are ignitable, but if you manage them properly they



Senior Airman Joshua Alvarez, 3rd Maintenance Squadron hazardous material waste manager, checks storage containers during his daily evaluation at Joint Base Elmendorf-Richardson Sept. 1. The most common wastes generated at the 3rd MXS are oils, fuels, absorbents and aerosol cans. (U.S. Air Force photo/Airman 1st Class Christopher R. Morales)

can be exempt from classification of hazardous waste, Hughes said.

If these materials can be reused, it reduces the cost of disposal.

Agencies all around the installation generate hazardous waste, which is picked up and transported by hazardous waste facility personnel to be stored for up to 90 days.

Senior Airman Joshua Alvarez, the 3rd Maintenance Squadron hazardous material waste manager, said the most common waste he collects are oils, fuels, absorbents and aerosol cans.

“Attention to detail is very important,” Alvarez said. “And managing waste is very meticulous.”

Alvarez takes care of expired or excess material by storing them properly in drums.

Actively hazardous waste is stored in a secured shack outside the 3rd MXS building and is checked daily for leaks, loose lids and improper placement until

pickup.

He also makes sure everything is in the right container and labeled correctly, the surroundings are clear and clean and that the waste is removed to the hazardous waste facility.

The Defense Logistics Agency disposition service contracts a shipping company to move the waste from the central hazardous waste facility to the Lower 48.

From there, the waste is either disposed of safely or recycled. ●

Legal Education Program

The Office of the Judge Advocate General is accepting applications for the Army’s Funded Legal Education Program.

The Army will send up to 25 officers to law school at government expense. Those interested should apply through command channels for the LSAT immediately.

For information, call 384-0313.

Scheduled power outage

There will be a scheduled power outage in the Chugach Housing area Monday, which will start at 9 a.m. and is expected to last until about 5 p.m. For more information, call 552-4061.

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 the service member begins 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. Other requests will be tracked by 773d CES. Take note of the location, including 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.

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 offender release. Eligible clients include all active duty military of all branches of service, mobilized Reserve Component members, retirees (and

the dependents of these sponsors) who make a restricted or unrestricted report for sexual assault.

For information, call 353-6507.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents, including 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.

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 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,

allowing occupants to make minor improvements and repairs.

The JBER-E 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-R 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.

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 does not 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 others.

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, but not those providing care in another family’s home or for occasional care. The licensing process comes with training, support, a lending library of books, toys and supplies, and reimbursement for food costs. To become a provider, call the FCC Office at 552-3995.

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.

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.

The seminar covers all aspects of home-buying.

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.

ADS

PREPARES FOR BALL TO CELEBRATE 69 YEARS OF AIR FORCE SERVICE

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JBER ENGINEER HAS KEPT INSTALLATION ON CUTTING EDGE FOR 45 YEARS

By **SENIOR AIRMAN
KYLE JOHNSON**
JBER Public Affairs

THE 673D CIVIL ENGINEER Squadron's mechanical engineer, Jonathan Dalsfoist, has been selected by the Department of Energy for the 2016 Federal Energy Management Program Exceptional Career Award, having paid his own salary many times over in energy savings.

Dalsfoist began working for the U.S. Army Corps Of Engineers on Fort Richardson in 1979 before reaching the apex of that career, and joining the 21st Civil Engineering Squadron – now the 673d CES, Dalsfoist said.

Before coming to Fort Richardson, he established a reputation for efficiency at an Air Force Station in Kodiak.

"In the 1970s we had an embargo on fuel, so management started looking at us and said, 'We need to save energy.' I said OK, we've got this much savings. They said, 'Great; we need some more!' I said OK, well I can change a few more things,' and went back to them. They said – 'Some more!' It got to the point where I had every other light in the hallway off, and they still wanted more. So I got [upset] and told them the only way to save any more from this facility was if they shut her down.

"They did. I lost my job."

In time, Dalsfoist proved their loss would be JBER's gain.

Though the amount of money Dalsfoist has saved the Air Force is so high it can only be estimated, one thing is certain: Joint Base Elmendorf-Richardson wouldn't be the same without him – literally.

Over his 45-year career, he has either been solely responsible, or largely responsible, for establishing the base's current electrical and gas systems. That's not considering his influence in bringing the base into the digital age, hiring computer programmers in the 90s to create algorithms for automatically heating the concrete outside hangar doors on the flightline.

Before Anchorage had become as established as it is now, Elmendorf Air Force base relied on a steam-electric power plant to supply power and heat to the base. It was originally built by where the 3rd Wing Headquarters now stands, Dalsfoist said.

In the mid 60s they moved the plant to Bluff Road, using high-tem-



Jonathan Dalsfoist, 673d Civil Engineer Squadron mechanical engineer, sits in front of a tree outside his office building on Joint Base Elmendorf-Richardson. Over the course of his 45-year career, Dalsfoist has saved the Air Force many times his salary in energy costs and was recently selected for the 2016 Federal Energy Management Program's Exceptional Career Award. (U.S. Air Force photo/Senior Airman Kyle Johnson)

perature steam to turn turbines, and a network of underground pipes that transported steam and condensate, used to heat buildings, residential homes and schools. By the 1980s, the heat-distribution system was beginning to fail. Enter Dalsfoist.

The condensate-pipe return system began to leak badly to the point that no condensate returned to the plant, Dalsfoist was charged with coming up with a solution.

"We were having failures," Dalsfoist said. "They were underground, so I couldn't see what was going on. Once a year, the Air Force Reserve F-4 Phantoms would train taking aerial photographs. I asked them if they could do infrared."

The pilots told him they could, and asked what he needed.

"At 6 o'clock in the morning, I want you to fly back and forth over here – and I showed them the map – and take photos of the ground," Dalsfoist said.

With the infrared images, Dalsfoist was able to tell which pipes were compromised by the amount of heat registered on the photos.

He began replacing the pipes, one section at a time, beginning with the most-compromised. That's not all he did though, Dalsfoist went one step further – he convinced the on-base housing manager to fund a portion of the repairs.

"I noticed it was mostly housing, so I talked to them and explained if they want their heat, they need to fund the repairs or risk loss of heating," Dalsfoist said. "They were

more than happy to help."

Dalsfoist was bailing water on a sinking ship. Replacing the pipes wasn't a long-term fix; it was a necessary band-aid.

"I was replacing one to two miles of pipe a year," Dalsfoist said. "They asked me when I was going to get done."

With all the tact of a lifelong engineer, Dalsfoist said, "Never. I have 53 miles of lines, I can only fix two miles a year. How long before I fix that? 25 years? The useful life of the line I'm putting in is 15 years."

Luckily, Anchorage utilities had grown enough to provide reliable power to the base, and Dalsfoist and others began the initiative of shutting down the doomed-to-fail steam-electric plant.

With no plant to maintain, they saved money and manpower – at no risk of blowing up old steam lines.

That was just the first 10 years of his career. Several years later, he pioneered a movement to stop using buried oil tanks as fuel on base, and instead switch to natural gas – which he bought from a local provider, Dalsfoist said. Again, his plans saved money on labor and maintenance – not to mention the environmental improvement on base, Dalsfoist said.

In the late 80s and early 90s, the digital age was descending on America, and Dalsfoist pulled JBER right in the middle of it, hiring programmers to set up an energy management and control systems for the base heating and ventilation. The

system included maps of the base's facilities down to the room level that would show where something was damaged and in need of repair.

Unfortunately, in 2012, Dalsfoist lost the use of his legs as a side-effect of surgery to remove a tumor wrapped around his spinal cord. The tumor was benign, but when it was removed, a pressure bubble formed within his spinal cord.

When the doctors went in a second time to drain it, a nerve was injured, and just like that, Dalsfoist would spend the rest of his life in a wheelchair.

That hasn't slowed him down a bit though; he's still saving the Air Force money as a mechanical engineer, and leadership is doing everything they can to keep him from retiring.

"We are concerned Jon might retire on us," said Morgan Benson, 673d CES energy manager. "I don't say that loosely with him, I'm not trying to push him out the door; really I'm trying to keep him inside the building. He's still a very valuable contributing member of our team. I'd like to keep him. So we wanted to do something that would recognize all the contributions he's done in the years past, so we nominated him."

For now, Dalsfoist will continue paying for his own salary, but after 45 years of employment, he could have retired twice by now, and may soon hang his hat.

If he does, the shoes he leaves will be hard to fill. ●

Friday
Air Force Birthday party
The Permafrost Pub hosts this festive shindig from 4:30 to 9 p.m. to celebrate 69 years of Air Force service.
For information, call 552-3669.

Free movie: Zootopia
Head to the Talkeetna Theater for a free showing of Zootopia; doors open at 5:30 p.m.
For information, call 552-8529.

Book and clothing swap
The JBER Library hosts this event – get some free books, and bring clean clothing (no shoes or accessories) to swap. Freshen up your wardrobe and help others from 6 to 7 p.m.
For information, call 384-1640.

Kayak rolling class
Meet at the Elmendorf Fitness Center from 6 to 8 p.m. and learn to safely recover from a capsized kayak. For information, call 552-4599/2023.

Saturday
Jim Creek ATV trip
Head to the Outdoor Adventure Program building at 8 a.m. for this ATV trip; equipment and transportation is provided.
For more information, call 552-4599/2023.

Matanuska Glacier climb
Women in the Wilderness hosts this climb starting at 8 a.m.; equipment and transportation are provided.
For more information, call 552-4599/2023.

Sunday
Eklutna ATV trip
The Outdoor Adventure Program will take you on this ATV ride from 9 a.m. to 5 p.m.; enjoy the weather while it lasts.
For more information, call

552-4599/2023.
Wednesday
Pro-Am bowling
Sean Rash and Parker Bohn headline this competition from 4 to 7:30 p.m. at the Polar Bowl.
For information, call 753-7476.

Worldwide Play Day
This annual event encourages children and parents to turn off the TV and get outside to play together.
The Kennecott Youth Center hosts a carnival with lots of activities from 4:30 to 6 p.m.
For information, call 552-2266.

Indoor rock climbing
All service members and dependents are welcome to meet at the Outdoor Recreation Center at 5 p.m. to practice climbing in safety.
For more information, call 552-4599/2023.

Thursday
Pro-Am bowling camp
Sean Rash and Parker Bohn are instructors at this bowling instruction from 3 to 5 p.m.
For information, call 753-7476.

Spouse orientation
The Log Cabin hosts this orientation for spouses new to JBER or to military life.
Learn how to make things easier on you and your family starting at 4 p.m.
For more information, call 753-7467.

Sept. 23 and 24
Oktoberfest at Alyeska
All things Bavarian are happening at Alyeska, with polka music in the day and rock/jam at night, schnitzels, bratwurst and more.
For more information, visit alyeskaresort.com.

Sept. 24
Air Force Birthday Ball
Commemorate the Air Force’s 69th birthday in style at the annual ball at the Egan Center.
Tickets are available now; for more information, visit <https://jberafball.com>.

Sept. 26 and 27
Predation in the military
Learn about predation in the military at this series of briefings at the Talkeetna Theater.
9 a.m. for leaders; 10:30 a.m. for first responders and advocates; 1 p.m. for OSI, CID and legal; and 2:30 p.m. for community partners, Family Readiness Groups and spouses.
For information, call 551-2033.

Oct. 8
Disney symphony concert
The Alaska Center for the Performing Arts hosts this celebration of cartoons produced by Disney between 1929 and 1939. Shows are at 2 and 7:30 p.m.
For information, visit alaskapac.centertix.net.

Wolf Day at the Zoo
Winter is coming! Enjoy a scavenger hunt, a touch table, wolf encounters and crafts at the Alaska Zoo from noon to 4 p.m.
For information, visit alaskazoo.org.

Oct. 10 through 13
Alaska Aces hockey
The South Carolina Stingrays visit Sullivan Arena for three exhibition games against the Aces, nightly at 7:15.
For information, visit alaskaaces.com.

Ongoing
Fitness skills: Sit-up and Push-up clinics
Every first and third Wednesday of the month, the Elmendorf Fitness Center hosts these clinics

designed to teach proper sit-up and push-up techniques.
Enhance your performance and raise your fitness test scores.
For more information, call 552-5353.

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. The center, at Building 8481 on the Elmendorf side of JBER, is open Monday through Friday from noon to 4 p.m. (subject to staffing availability).
For information, call 552-0310 or email jberwildlife@gmail.com.

Wildlife Wednesday
Stay scientifically enriched with this free 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.
For information, visit [alaska-zoo.org](http://alaskazoo.org).

Library Story Times
Evening Story Time: Tuesdays 6:30 to 7 p.m.
Toddler Tales: Wednesdays 10 to 11 a.m.
Preschool Story Time: Tuesdays and Thursdays 10 to 11 a.m.
Surprising Science: Thursdays 6:30 to 7:30 p.m.

PWOC meetings
The Protestant Women of the Chapel meet Tuesdays at 9:30 a.m. and 7 p.m. at the Arctic Warrior Chapel.
For more information, email jber.ak.pwoc@gmail.com.

MCCW/CWOC
The Military Council of Catholic Women and Catholic Women of the Chapel meet Tuesdays from 6 to 8 p.m. at the Arctic Warrior Chapel.
For information call 552-5762.

Chapel services

Catholic Mass
Sunday
8:30 a.m. – Arctic Warrior Chapel
11:30 a.m. – Midnight Sun Chapel
Monday and Wednesday
11:40 a.m. – Arctic Warrior Chapel
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 schedules, call the Religious Operations Center at 552-5762.

RUNNING FOR READINESS
AIRMEN RACE TO THE FINISH LINE DURING THE ‘RUN TO BE READY’ 5K AT THE EAGLEGLLEN FITNESS PARK AT JOINT BASE ELMENDORF-RICHARDSON SEPT. 9. (U.S. AIR FORCE PHOTO/AIRMAN 1ST CLASS VALERIE MONROY)



BURNING DOWN THE HOUSE

ON THE COVER: Fire protection specialist Senior Airman Larry Kyles, assigned to the 673rd Civil Engineer Squadron, performs firefighter training on a simulated aircraft fire at Joint Base Elmendorf-Richardson, Wednesday. Aircraft live fire training is conducted periodically throughout the year at JBER to ensure Airmen are prepared to combat aircraft fuel fires. (U.S. Air Force photos/Justin Connaher)

LEFT: A fire protection specialist carries hoses to help battle the flames.

BELOW: Airman 1st Class Brian Charles, a fire protection specialist, watches fellow Airmen gather hoses.

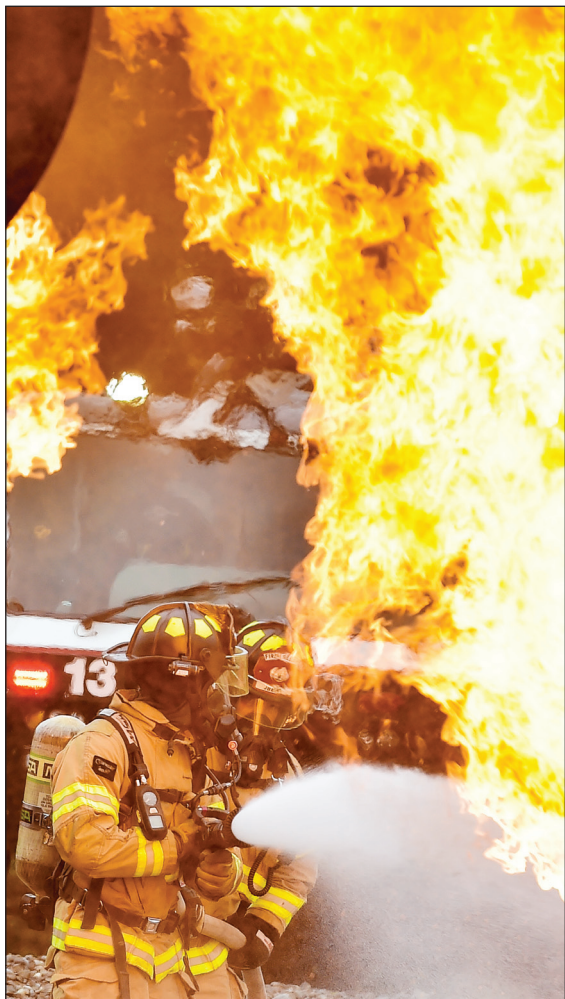


BELOW: Fire protection specialist Airmen assigned to the 673rd Civil Engineer Squadron practice extinguishing a simulated aircraft fire on JBER Wednesday. Aircraft live fire training is conducted periodically throughout the year at JBER to ensure Airmen are prepared to combat aircraft fuel fires.

BELOW LEFT: 673d CES firefighters pack up hoses after putting out a practice blaze. Aircraft accidents can easily cause fires, given the large fuel tanks, so it's critical Airmen train regularly to deal with the possibility.



Fire protection specialists Tech Sgt. Sean Armstrong, and Senior Airman Larry Kyles, assigned to the 673rd Civil Engineer Squadron, extinguish flames on a burning aircraft.



INTRAMURAL SPORTS

FLAG FOOTBALL

Team	W	L	T
DIVISION 1			
703 AMXS	6	0	1
962 AACS	6	1	
1-40 CAV	2	2	1
673 MDG	3	3	
373 IS	2	3	
673 SFS 1	2	4	
3 MXS	1	5	
HHB 2/377 PFAR	0	7	

DIVISION 2

HHC 17th CSSB	6	1	1
C/1-501	5	1	1
B/6 BEB	6	2	
673 SFS 2	4	2	2
673 CES	4	2	1
673 WSA	4	3	
4th QM	2	5	1
C/307 ESB	1	6	
773 CES	0	8	

DIVISION 3

A/3-509 1	7	1	
673 CONS	5	1	
673 LRS	5	2	
A/6 BEB	4	2	
773 LRS	4	3	
A/3-509 2	3	3	
D/3-509	2	6	
517 AS	1	7	
D/3-509	2	6	
517 AS	1	7	
B/2-377 PFAR	0	8	

Saturday,
10 a.m. 1-40 CAV v. 373 IS
11 a.m. 673 MDG v. 3 MXS
noon HHB 2/377 PFAR v. 673 SFS 1
1 p.m. 673 CES v. 673 WSA

Sunday,
noon C/1-501 v. C/307 ESB
1 p.m. 673 LRS v. 773 LRS
2 p.m. 673 CONS v. A/3-509 2
3 p.m. A/6 BEB v. 673 CONS
4 p.m. D/3-509 v. A/3-509 2

Monday,
5:30 p.m. 517 AS v. A/3-509 1
6:30 p.m. A/6 BEB v. 673 CONS
7:30 p.m. D/3-509 v. 673 LRS

PLAYOFFS

JBER's top eight flag football teams will compete in a tournament Sept. 21 through Sept. 28. Final standings will be available at the Sports Office on Tuesday. For more information please contact the JBER Sports Office. As of Sept. 14 tournament start times are as followed:

Wednesday,
5:30 p.m. 1 v. 8
6:30 p.m. 4 v. 5
7:30 p.m. 3 v. 6

Thursday,
5:30 p.m. 3 v. 7

All schedules and standings are current as of Sept 14. In the event of any cancelations please contact the Sports Office at 384-1312 or 384-1304

2016 JBER STRONG MAN COMPETITION

Women's Category
1. Patty Howard
2. Darla Roundtree

Men's Lightweight Category
1. Eddie Auaya (Army)
2. Joe Skopinsky (Army)

Men's Middleweight Category
1. Tyler Griswald (Army)
2. Phillip Sohm (Army)

Men's Heavyweight Category
1. Bryan Boutilier (Army)
2. Tyler Tullen (Army)

BASKETBALL

Intramural basketball letters of intent for both the regular season and tournament are due Sept. 23. An organizational meeting will be hosted at Buckner PFC Sept. 30 at 1 p.m. in conjunction with the regular season meeting. A double-elimination tournament will take place Oct. 1 through 14. For more information contact the Sports Office at 384-1312 or 384-1304.

AIR FORCE BASKETBALL

The Sports Office is accepting registrations to participate in Air Force Trial Camp through Sept. 27. The Air Force team will be selected from this trial camp. For information contact the Elmendorf Fitness Center at 552-5353.

INDOOR SOCCER

Intramural soccer letters of intent are due Oct. 7. An organizational meeting will be hosted at Buckner PFC Oct. 12 at 1 p.m. The season will start Oct. 14 and end Feb. 19. For more information contact the Sports Office at 384-1312 or 384-1304.

JBER SWIM MEET #2 (MEN AND WOMEN)

Deadline to signup for JBER's second swim meet is Oct. 21. The organization meeting will be Oct. 7, 1:30 p.m. The swim meet will be on Oct. 27 at 5:30 p.m. at Buckner Fitness Center pool. For more information contact the Sports Office at 384-1312 or 384-1304.

Please contact Staff Sgt. James Richardson at 552-9823 for any sports page announcements.

UPCOMING JBER EVENTS

8TH ANNUAL PAR 3 TOURNAMENT SUNDAY AT 9 A.M.
MOOSE RUN GOLF COURSE, 428-0056

PRO-AM BOWLING COMPETITION WEDNESDAY AT 7:30 P.M.
POLAR BOWL, 753-7467

PRO-AM BOWLING INSTRUCTION CAMP WEDNESDAY, 3 P.M.
POLAR BOWL, 753-7467

YOUTH SPORTS

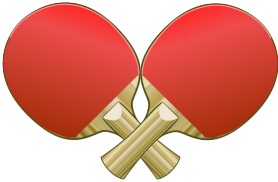
VOLLEYBALL

Registration has started for youth volleyball for ages 9 to 14 and will last till Nov. 15. All participants must be Youth Program members and have a current sports physical and immunization record. The registration fee is \$70. The season runs from Nov. 28 to Jan. 30. Register at either the Kennecott or Two Rivers youth centers. For information, call 552-2266 or 384-1508

WARRIOR ZONE

PING-PONG TOURNEY
SEPT. 24

Sign up at the Warrior Zone. Events start at 2 p.m. Must have a minimum of six people for prizes. For information call 384-9906.



POLAR BOWL NFL SCHEDULE

WEEK 2

Sunday, 9 a.m.
San Francisco v. Carolina
Dallas v. Washington
Cincinatti v. Pittsburgh
New Orleans v. New York G.
Miami v. New England
Kansas City v. Houston
Tennessee v. Detroit
Baltimore v. Cleveland

12:05 p.m.
Seattle v. St. Louis
Tampa Bay v. Phoenix

12:25 p.m.
Jacksonville v. San Diego
Atlanta v. Oakland
Indianapolis v. Denver

4:30 p.m.
Green Bay v. Minnesota

Monday, 4:30 p.m.
Philadelphia v. Chicago

WEEK 3

Thursday, 4:25 p.m.
Houston v. New England

THIS WEEK IN JBER HISTORY

SOURDOUGH SENTINEL, 1945



(Photo by Ladd Field)

AS LADD FIELD EKED OUT 14-13 WIN — The farthest-north game ever played in Alaska saw the Ladd Field Flyers take a hard-fought game from Fort

Richardson Raiders in a contest recently at Fairbanks. Ace back Walt Moore of Ladd Field is about to be brought down by Rogers of Fort Richardson.

No one wants to be defeated; if your morale is weak, there’s help

By **AIR FORCE CHAPLAIN (CAPT.) RONALD LAWRENCE**
JBER Chaplain

I walked into the living room at home and saw my daughter with her hands over her ears. Curious, I asked her why she was plugging her ears. It was because she didn’t want to hear a word that was being used on her video game. What was the word? A word many of us in life do not want to hear – “defeated.”

It seemed a little funny that the word bothered her so much, but I believe there is a significance in not wanting to hear that word. The word defeated means having been beaten in a battle or other contest; demoralized and overcome by adversity. I have yet to meet a person who wants to be overcome by adversity, let alone be demoralized.

No one that I have ever come across, to my knowledge, has ever expressed a desire to be beaten in sporting contests.

I would dare say that many folks are competitive when it comes to sports. There are those of us who may say “It’s only a game,” how-

ever, a 2013 survey conducted by the Barna Research Group found that “Americans believe athletes have a greater influence than any faith leaders.”

A more recent 2014 survey found 89 percent (9 out of 10) of Americans “strongly agree that sports are an important part of American culture.”

I personally do not know of any highly observed sporting events where the main goal is to lose.

As I visit with folks on our installation, I see people who are excited about life and who are thankful to be where they are.

I meet those who want to excel in their jobs; who have hopes of making the next rank or desire to climb that next mountain.



Feeling defeated? There’s help.
(Courtesy photo)

While I do come face-to-face with those who aspire to live life with enthusiasm and to grow where they are planted, I also encounter those who have come to a place where they have lost hope, courage, and confidence. It is heart-breaking to come face-to-face with a young man or woman whose morale has been weakened, broken, and even lost.

From my faith tradition, I have found there is great comfort in being reminded that as one who trusts in the power of God: “We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.” (2 Corinthians 4:8-9) This is what brings me joy and gives me hope, especially when I am experi-

encing great times of adversity. I also know not everyone at JBER shares in the same faith as me, but we all have this in common: we are human beings who have hopes and dreams of living lives with positive outlooks of the future. We have cares and concerns for family and loved ones from here and around the world. There may be some today who are experiencing adversity in such a way – who just do not see a hopeful outcome to their situation. You may even be in a place where life does not seem worth living at all. Do not let your hope become lost in the shuffle of life’s demands. Please let those of us here at the installation talk to you. “Come and let us reason together.” Let us talk about your life situation and figure this out cooperatively. We are out visiting your units and squadrons, so please pull us aside and share what is going on in your lives. We are here for you 24 hours a day, seven days a week. We can be reached by calling 552-JROC (5762) or calling the command posts (552-3000 and 384-6666). ●

ARCTIC WARRIOR
CLASSIFIEDS



CLASSIFIEDS

MCGINLEYS
(2X2 FPC)

FIRST BAPTIST
(2X2 FPC)

PET EMERGENCY
(2X2 FPC)

MARK JUST
(3X3 FPC)

FILL
(3X3 FPC)

USAA
(6X10 FPC)

▶ **JOIN US** ◀

CELEBRATE THE AIR FORCE'S BIRTHDAY

AT THE PERMAFROST PUB

U.S. AIR FORCE CLUBS

AF 74 2016

THE TRADITION CONTINUES

BLDG. 9387 • 552.3669

SEPT. 16 • 4:30 - 9 P.M.

JBER Life!

ELMENDORF-RICHARDSON
FORCE
SUPPORT SQUADRON

For more information about these events
& more, pick up a copy of September JB

ER Life!

THE POLAR BOWL PRESENTS

ALASKAN LOCAL

Sean Rash

PRO-AM BOWLING COMPETITION
September 21
4 - 7:30 p.m.

Parker Bohn

PRO-AM BOWLING INSTRUCTIONAL CAMP
September 22 • 3 - 5 p.m.

Limited slots available.
Please contact Polar Bowl at 753.7467 (PINS) to register.

FSS**SMWR**

WWW.JBERLIFE.COM

673d FORCE SUPPORT SQUADRON

HARD ROCK???
(6X5 FPC)