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ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

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ECRWS / PRSRT-STD
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Annual CFC season to kick off Monday; support your passions

By **AIR FORCE COL. GEORGE T.M. DIETRICH III**
JBER and 673d ABW Commander

“From what we get, we can make a living; what we give, however, makes a life.”

– Arthur Ashe

As members of the United States military, we obviously do a lot for our country ... but we can't do it all.

While we're working to fight and win our nation's wars, there are countless other dedicated individuals working hard on our behalf to ensure all the other issues we care about are addressed.

Once a year, we're given the opportunity to show our support and gratitude to those organizations by contributing through the Combined Federal Campaign.

The 2016 campaign for the Joint Base Elmendorf-Richardson community will kick off next Monday and run through November 18.

Last year, federal employees participating in the CFC contributed more than \$177 million to the causes they are passionate about across the nation and around the world.

So in the spirit of this year's theme, let's "Show Some Love" and make a positive impact on those charities working for our benefit.

The thermometers posted at the



Air Force Col. George T.M. Dietrich III, commander of Joint Base Elmendorf-Richardson and the 673d Air Base Wing (left), Air Force Lt. Gen. Kenneth S. Wilsbach, commander of Alaskan North American Aerospace Defense Command Region, North American Aerospace Defense Command; Commander, Alaskan Command, U.S. Northern Command; Commander, Eleventh Air Force, Pacific Air Forces (center), and Army Major Gen. Bryan Owens, commander of U.S. Army Alaska, make donations to the Combined Federal Campaign Sept. 22 at JBER. (U.S. Air Force photo/Justin Connaheer)

base gates will serve as reminders of our dedication to the public as we strive to reach the JBER 2016 CFC goal of \$250,000.

Team JBER members can give to a cause of their choice from more than 26,000 participating charities at the local, national, and international levels.

Members can view all the charities on the CFC webpage, or better yet, talk with a CFC keyworker within their organization.

There's lots of ways to make your pledges, either on-line or through the traditional form, using cash, credit card, or my method of choice, payroll deduction.

Talk to a CFC keyworker to find out which way is easiest for you.

It's important to give, no matter the amount; every gift adds up and the more gifts we can contribute throughout our area, the more lives we can touch.

Contact your unit CFC representative for additional information. ●

Air Guardsmen rescue stranded, injured hiker near Pioneer Peak

By **TECH. SGT. ALICIA HALLA**
176th Wing Public Affairs

Alaska Air Guardsmen with the 176th Wing's 210th, 211th and 212th Rescue Squadrons rescued one individual in the vicinity of Pioneer Peak late Tuesday.

According to the Alaska Rescue Coordination Center, the fallen hiker had a colleague with her, but she was unable to walk out even with partner assistance due

to her injuries.

At the request of the Alaska State Troopers, Air National Guard assets were deployed for the mission, including an HH-60 Pave Hawk helicopter from the 210th Rescue Squadron and an HC-130 King aircraft from the 211th Rescue Squadron.

A two-man Guardian Angel team was onboard the HH-60.

212th Rescue Squadron Guardian Angel teams

are composed of a minimum of two pararescuemen and combat rescue officers.

These elite warriors are experts in all aspects of the personnel recovery mission, and their skill sets include specialized training in land and water rescue, as well as advanced



medical care.

Though the Alaska Air Guard rescue squadrons train primarily to their DoD mission involving combat scenarios, their unique skills make them a fitting resource to aid citizens of Alaska.

“It was a straight forward

mission assist, and the crews did a phenomenal job,” said Maj. John Romsper, the officer in charge at the Alaska Rescue Coordination Center

The distressed individual was hoisted from the steep terrain, delivered and released to the Mat-Su Regional Medical Center for medical evaluation.

For this mission, the 210th, 211th and 212th Rescue Squadrons were awarded one save. ●

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

**Joint Base Elmendorf-Richardson/
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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. John Ross (USAF)

Public Affairs Operations Chief
Jerome Baysmore

Public Affairs Superintendent
Senior Master Sgt. J. LaVoie

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



LEFT: Sgt. Caleb Morrison, assigned to the 545th Military Police Detachment, 17th Combat Sustainment Support Battalion, U.S. Army Alaska, buckles a seat belt on a suspect during quarterly law enforcement training in a housing complex, Wednesday on Joint Base Elmendorf-Richardson. The Soldiers were evaluated on various scenarios to maintain proficiency in military law enforcement procedures on base. (U.S. Air Force photos/Justin Connaher)

ABOVE: Sgt. Michaels Wells, assigned to the 545th Military Police Detachment, 17th Combat Sustainment Support Battalion, interviews a witness to a domestic disturbance during quarterly law enforcement training.

LEFT: A role-playing Soldier stands handcuffed.
ON THE COVER: Wells takes a statement from a witness during the quarterly training. The Military Police and Security Forces personnel on JBER train regularly for many contingencies.

ALASKA ARMY NATIONAL GUARD COMMANDER PINS FIRST STAR

By **SGT. DAVID BEDARD**
134th PAD

Joseph Streff, who serves as the commander of the Alaska Army National Guard and the assistant adjutant general - Army, was promoted from colonel to brigadier general during a ceremony at the Alaska National Guard Armory at Joint Base Elmendorf-Richardson Sept. 21.

As the commander, Streff ensures the training and equipping of more than 1,700 Alaska citizen-Soldiers here and at readiness centers across the state.

"It is a privilege to now wear this new rank as I serve as the Army commander," Streff said. "From this day forward, we will continue to endeavor to make this a top-notch organization."

Brig. Gen. Laurie Hummel, Alaska adjutant general, gave context to the promotion.

"This ceremony marks a momentous occasion in a military career, as there are fewer than 200 officers in the entire United States Army across all components that hold the rank of brigadier general," Hummel said. "Those of us here today bear witness to a relatively rare ceremony."

Streff said he looks forward to the continuation of his command.

"I have never been more excited for this organization than I am right now," he said. "We are a capable, agile and motivated force that is combat tested and proven to be on par with the best. We have never been better manned, equipped, trained or prepared to do our state and federal missions."

Streff's February 2015 assumption of command of the Alaska Army National Guard was the culmination of a 29-year career in aviation with the Alaska Army National Guard.

Streff began his career when he enlisted as an air traffic controller in 1987. He graduated flight school for the UH-60 Black Hawk helicopter in 1990 and was appointed a warrant officer, attending Officer Candidate School the same year and earning a commission as a second lieutenant.

His early assignments included aviation liaison officer, operations officer and company section leader in the 1st Battalion, 207th Aviation Regiment. As a captain, he commanded an aviation maintenance company, attended the Aviation Maintenance Course and UH-60 Test Pilot Course, and earned his se-



Brig. Gen. Joseph Streff, Alaska Army National Guard commander, takes a moment with his wife, Lynn, and grandchildren, after they pinned his star during his promotion Sept. 21. (Alaska Army National Guard photo/Officer Candidate Marisa Lindsay)

nior aviator wings.

Streff attended the C-12 Huron course in 2001 and continued his service in 1-207th Aviation as operations officer and executive officer.

In 2006, Streff deployed to Iraq,

where he served as the Multi-National Corps Air Operations Section leader. He was promoted to colonel in 2013 and took command of the Alaska Army National Guard in March 2015. ●

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; those interested should apply through command channels for the LSAT immediately.

For information, call 384-0313.

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, the 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 for followup.

Weather and mission permitting, potholes will be repaired within 24 hours.

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 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.

Priority placement

The Priority Placement Program provides non-competitive appointment for spouses of active-duty service members, including full-time National Guard and Reservists, relocating to accompany their spouse 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 eligible up to two years from the date of the PCS orders and are in the program for one year. Even those who have never filled a federal position can register at the either JBER personnel office.

For information or to register, call 552-9203.

Home-buying seminar

Volunteer realtors and mortgage lenders present an hour-long h seminar every Wednesday at either Housing Management Office from 1 to 2 p.m., which 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.

RED RIBBON WEEK MARKS COMMITMENT TO AVOID DRUGS

By **AIRMAN 1ST CLASS JAVIER ALVAREZ**
JBER Public Affairs

NEARLY 30 YEARS HAVE passed since the first National Red Ribbon Campaign was hosted by the National Family Partnership.

The red satin ribbon – evolved from red badges once worn to honor the commitment of Enrique “Kiki” Camarena, a Drug Enforcement Administration agent – continues to raise awareness of the destructiveness caused by drugs in America.

Red Ribbon Week is celebrated nationally Oct. 23 to 31.

At JBER, the drug-free campaign will extend to activities throughout October.

“And it’s not just happening that one week, or that one month,” said Maxine Martinez, Army Substance Abuse Program alcohol and drug control officer. “It’s something that we need to be cognizant about so we can build resiliency skills, so people don’t get involved with drugs.”

Each year the campaign’s theme – submitted by school-age children and selected by NFP members – changes to appropriately and successfully appeal to youth.

The 2016 National Red Ribbon Campaign theme is, “YOLO [you only live once]. Be drug-free.” The theme was created by Kristopher Jeremiah Oakes and Logan Brehm, sixth graders at Claysburg-Kimmel Elementary School in Claysburg, Pennsylvania.

Students from schools throughout JBER will unite at two parks on the installation to spell the year’s theme Oct. 20. The display, with support from security forces and other agencies on the installation, will be captured with an aerial photo, to be printed on posters and delivered to the participating schools.

ASAP members take a creative approach when teaching about the dangers of drug and alcohol abuse, and they employ various methods to get their message across.

ASAPs creativity is best illustrated with their use of “CSI: Prescription Drug Abuse,” an interactive game in which participants play the role of detectives, employed to find prescription drug abuse.

“When people are moving around talking and discussing they

are able to retain information a little better,” said Theresita Cliett, ASAP risk-reduction coordinator.

Outreach booths will be set up at the base hospital Oct. 12, and at Building 600 Oct. 24, encouraging everyone to take the pledge to be drug-free, she said.

Within the last five years, 70 to 80 percent of people under the age of 25 who take drugs first experiment with something out of a medicine cabinet, said George Mongar, ASAP employee assistance program professional.

Twice a year there’s a national campaign for prescription drug take back, in October and April, he said.

“This year we’re not participating in that because [our clinics at JBER] have the only locations in Anchorage with Med Safe turn-in-boxes,” he said. “The only other location in Alaska that has it is at Fort Wainwright.”

During the week of Oct. 17, Aurora Military Housing will host a Best of the Red housing-decoration contest. The idea is to engage not just children but the whole family.

Interested JBER artists can participate in the base poster contest. ASAP will deliver posters to JBER schools to encourage participation.

“We made arrangements with Aurora housing, and they will post some of the posters at their office on base,” Martinez said.

ASAP will also partner with other agencies throughout the installation in support of Red Ribbon Week.

“We want to partner with other agencies because drug abuse overlaps with a lot of other high-risk behaviors, like domestic violence,” Martinez said. “It overlaps with financial issues, behavioral issues, and suicide [among others.] We don’t just look in our lane. We need to look further and beyond that.”

Being drug free is not just a value for kids; it’s a value for the military.

“The military makes you responsible for your own behaviors,” Martinez said. “It’s important that we expand it. People realize it’s more than a child function, a youth function. Even though it started in the schools as a grassroots program, it is something that should be adopted by every layer of society.”

For more information call ADAPT at 580-2181, or ASAP at 384-1418. ●

SAPR AIMS TO EDUCATE SERVICE MEMBERS ABOUT MILITARY PREDATION

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

The Sexual Assault Prevention and Response Office hosted a “Responding to Predation in the Military” seminar with speaker Myla Haider, a counselor and Army veteran, to shed light on the threat in the ranks.

“Predators perfect their skills and strategies, and there is a science behind those dynamics that we need to understand – and that’s where this presentation comes into place,” said Darmaly Williams, SAPRO manager. “This seminar is about understanding who the predators are, and how and why they choose the targets they do.”

Haider’s seminar began by comparing predators in the animal kingdom to sexual predators. One characteristic is an inability to empathize, caring only about what others can provide for

them, and looking for ways to get the most reward for the least amount of effort.

Just as a lion or wolf chases the young, wounded or slow, a sexual predator targets the most vulnerable to get what they want.

“Predators are not just a random person hiding in a bush, but most of the time are your friends – and a good indicator would be them trying to prove they have power and control over you because sexual assault is not always about sex,” Haider said.

Power rapists are intent on obtaining power or control whenever they are given the opportunity and these are the most common rapists in the military, Haider said.

Another type of predator is the anger rapist – someone who intends to harm and ultimately torture their target because of hatred for

one or more of the victim’s qualities such as skin color, occupation or a resemblance to someone who hurt them in the past.

To better their chances they become top performers, and are very good at playing the system. They notice and use command climates to their advantage and always agree with the more popular opinion to fit in.

These attributes create an illusion of reliability and trust so others may think they could do no wrong. When opposed, the predator has ample positive relationships to support his case.

After creating a buffer in their environment, they target the vulnerable and test how much they can get away with.

Some potential vulnerabilities are being inexperienced, naïve, intoxicated or physically weaker. Predators also target previous victims of trauma-

tic events because they show exploitable characteristics, such as freezing up.

Victims of childhood sexual abuse usually ‘freeze and dissociate’ because they were incapable of fighting back or running away. When a predator sees that reaction, he can take that opportunity to commit the assault.

“People who have been victimized before become ‘easy prey,’ if you will, and it’s almost as if they carry a sign on their forehead that says this,” Williams said. “Be wary that some people may be physically able to fight off a predator, but not mentally.”

Good prevention techniques would be to shut down any form of testing one’s boundaries, redirect the atmosphere or conversation, and not ‘talk yourself out of’ protecting yourself and others. Bound-

ary-testing could be borderline or generally inappropriate or nonconsensual touching.

Predators are weak without their tools, Williams said. If the community understands these tools, predators have less chance to commit these heinous crimes.

The JBER SAPRO are always ready to respond, but also offer various training opportunities throughout the year like this seminar. The next presentation focuses on the healing of men who have been sexually assaulted.

‘Men and Healing’ is a three-day course that provides comprehensive training to engage with men who have had unwanted or abusive sexual experiences. The class starts Oct. 24 from 9 a.m. to 4:30 p.m. in room 230/231 at the Education Center.

For more information, contact the SAPRO at 551-2035, or the joint hotline at 384-7272. ●

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.

BOSS community service
Better Opportunities for Single Service Members supports the Fisher House from 11:50 a.m. until 4 p.m.; meet at the Fisher House.
For information, call 384-9023.

Tuesday
Kayak training
Learn to kayak in the safety of the Elmendorf Fitness Center pool from 6 to 8 p.m.
For more information, call 552-4599/2023.

Wednesday
CDC parent advisory board
All parents who have children in the Child Development Centers are invited to this planning meeting at noon in Building 600's Room 170.
For information, call 552-5113/5091.

Indoor rock climbing
Learn to climb at the Outdoor Adventure Program building from 5 to 7 p.m.
For more information, call 552-4599/2023.

Thursday
Purple Fun Run
All JBER personnel are invited to the Buckner Physical Fitness Center at 7 a.m. for a 5K run/walk to raise awareness of domestic violence.
For information, call 384-2999.

Snow Parade
Are you ready for winter? The 773d Civil Engineer Squadron is.

This parade of snow-clearing vehicles starts at the Arctic Warrior Events Center at 10:45 a.m. and ends at the snow barn.
Check out the equipment used to clear the flightline and move snow.
Oct. 8
Disney symphony concert
The Alaska Center for the Performing Arts hosts this celebration of cartoons produced by Disney between 1929 and 1939.
There are two shows, 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, crafts and much more at the Alaska Zoo from noon to 4 p.m.
For more 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.

Oct. 14
Clothing swap
Bring gently used clothing for men, women and children to the Arctic Oasis from 6 to 8:30 p.m. and swap to create a new look cheap. For information, call 580-5858.

Oct. 21 and 22
Trick-or-Treat Town
The 25th annual indoor event provides a safe, warm place to enjoy tradition. Trick-or-treat through replicas of historic Anchorage and maybe meet the Alaska Aces.
There are multiple sessions; for information visit Trickortreat-town.org.

Oct. 28 through 30
Alaska Aces hockey
The Aces take on the Rapid City Rush in the 2016 ECHL season opener. Games are nightly starting at 7:15 p.m. at the Sullivan Arena.
For information, visit alaskaaces.com.

Oct. 31
Halloween train
Hop aboard the Alaska Railroad for a ghoulishly good time. Ride the train to Alyeska for a concert, and return by motorcoach Sunday. For information, visit alaskarailroad.com.

Zoo Boo
The whole zoo is decorated for a spooky good time, and there's a bonfire for warming up. Come in costume! For information, visit alaskazoo.com.

Nov. 5 and 6
Holiday gift festival
Looking for something Alaskan to send home as gifts? The Dena'ina Center hosts the 29th annual Holiday Food and Gift Festival from 10 a.m. to 6 p.m. Saturday and 11 a.m. to 5 p.m. Sunday, featuring unique gifts, handmade arts and crafts, and much more.
Santa and his elves will be on hand for photos. For information, visit anchoragemarkets.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 kids too. The center, at Building 8481, is open Monday through Friday from noon to 4 p.m. subject to staff 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.

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.

Weekly hikes
The Alaska Outdoors host easy to moderate hikes every Monday and Thursday throughout the year. Monday hikes are easy and suitable for parents with children; Thursdays are for more moderate hikers. For information, visit alaska-outdoors.org.

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.

ROPE WRANGLERS

CADETS CLIMB A ROPE DURING THE 2016 RAIDER CUP COMPETITION AT CAMP CARROLL ON JOINT BASE ELMENDORF-RICHARDSON SEPT. 24. THE COMPETITION INCLUDED A 20-METER PROGRESSIVE AEROBIC CARDIOVASCULAR ENDURANCE RUN, A BASKETBALL TOSS, A RUN-DODGE-AND-JUMP EVENT, AN OBSTACLE COURSE, WEIGHTED WHEELBARROW RUN, ROPE CLIMB, CRAB-WALK, A MILE RUN, AND A TUG-OF-WAR. (U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS VALERIE MONROY)



JBER Youth Shotgun League ‘Clay Bears’ take aim at skills

By **AIRMAN 1ST CLASS JAVIER ALVAREZ**
JBER Public Affairs

Neon-orange clay pigeons fly the coop, as members of the Joint Base Elmendorf-Richardson Clay Bears yell, “Pull,” at the JBER Trap and Skeet range.

Either through gravity or pinpoint accuracy a sea of shattered disks coats the trap and skeet range with the orange afterglow of the clay plumage.

The first JBER Youth Shotgun League, in association with the Rabbit Creek Youth Shotgun League, welcomed seven trap and skeet enthusiasts Sept. 12, 2016.

The JBER youth league is a joint venture between 673d Force Support Squadron and the Alaska Department of Fish and Game.

Participants who have enrolled in or completed the Hunter Education course thought the ADF&G can attend the JBER Trap and Skeet Range Mondays at 6:30 p.m. The ten-week league is open to interested youth ages 10 to 15.

Owning a gun is not a requirement when participating in the JBER Youth Shotgun League, said Marc Coulombe, volunteer coach with the JBER Clay Bears.



Hannah Funches, 12, fires her shotgun at the Joint Base Elmendorf-Richardson Trap and Skeet Range Sept. 19. The JBER Clay Bears, the JBER Youth Shotgun League, is a joint venture between 673d Force Support Squadron and the Alaska Department of Fish and Game. (U.S. Air Force photo/Airman 1st Class Javier Alvarez)

The entrance fee pays for shells, gun rental, range time and trophies.

People who missed entry this fall season can look forward to the spring season, scheduled to begin March, 2017.

While the JBER Clay Bears might be in the same league as the Rabbit Creek Youth Shotgun League, the difficulty in venue is significantly different to begin with, Coulombe said.

In the Rabbit Creek league, coaches set up the shots to meet the skill level of the shooter; at the JBER Trap and Skeet Range, sim-

ilar accommodations are not possible, he said.

The heart skips a beat as participants send blasts from their shotguns down the range.

The pull of the trigger unlocks the intense gunpowder aroma.

“It’s really fun and satisfying to watch a new shooter hit something for the first time,” Coulombe said. “They all have to turn around and smile at everybody.”

Coaches stress, “It’s not just pulling the trigger. Technique is very important.”

JBER Youth Shotgun

League coaches have more than 43 years of combined experience with firearms.

“I’ve been shooting at this range for 31 years,” Coulombe said. “I first shot on this range in 1985, which is hard to believe. It looks almost the same except the clubhouse is a lot nicer.”

Hosting the youth shotgun league at JBER allows people living near the installation the freedom to commit to and enroll their kids in the league.

“[The Rabbit Creek League] is hosted a long way from here. For a military dependent, or someone

getting off at 5 or 6 p.m., the last thing they feel like doing is driving their kid across town.”

“It is important for me to have [my son] participate,” said Air Force Maj. Christopher Smith, the 3rd Maintenance Squadron commander. “I think the younger you can get [kids] exposed to guns, the less fear there will be. And they will have a better understanding of what their purpose is.”

To join the JBER Youth Shotgun League and become a JBER Clay Bear, contact the JBER Trap and Skeet Range at 384-1480. ●

Things and relationships can break – but they can also be fixed

By **ARMY CHAPLAIN (MAJ.) LISA A. NORTHWAY**
CFLC Chaplain

RECENTLY DURING our move and household goods arrival, with my husband's tireless efforts, we had the opportunity to take stock of all we have accumulated over 26 years of marriage and family. This after 59 nights in a pet-friendly room in temporary lodging.

In addition, a cross-country road trip and a flight from Seattle, afforded me yet another opportunity to reflect on all the things we typically come across in a permanent change-of-station move.

Especially sobering are those items that end up not surviving the move.

Some things seem, or actually are, irreplaceable, such as items we as service members acquire from downrange.

Certainly no moving company can truly reim-

burse me for my broken pottery miniatures of Abraham sites in Iraq.

Other things, such as my holiday light-up jars purchased at Sam's Club last year, will be a bit easier to replace.

A verse from a favorite song of mine entitled Unbroken says, "When life gets shipped from here to there/you crack a mirror, you bust a chair/But with every new front door you open/Love arrives unbroken."

But what if what really matters arrives broken? What if the true treasures of our lives such as our spouses, our children or other vital relationships, are emotionally, spiritually and mentally bruised and battered along the way?

What if the unrecognizable shards of our lives seem overwhelming and we are tempted to not try and repair those relationships?

Much like when we purchase new furniture and think the old stuff has served

its time, we know there are those among us who have started over with new relationships when hardships seemed hopeless.

Seriously, no judgement here – even those of us who are "relationship experts" seem to find ourselves in the middle of our own crazy relationship dynamics.

Any one of us may feel ill-equipped to address something hurtful or unhelpful in a timely manner.

In the New Testament of the Bible, 2 Corinthians 4:7-9 reads "We now have this light shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves. We are pressed on every side by troubles, but we are not crushed. We are perplexed,

but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed."

Certainly it is challenging to "hunt the good stuff" (as that master resiliency mantra suggests) if we feel we are the hunted.

We all have fragile moments and places in our hearts.

Likewise, many of us have been part of various cy-

cles of abuse from an early age or in more recent years at home or in the workplace.

Those experiences leave us hungry for a more sustainable and life-giving cycle – and one that takes practice as in any new skill.

We are the best-resourced population on the face of the Earth, but we are no better off than any other population unless we take hold of those resources and allow them to assist in guiding us toward our pursuit of wholeness.

As leaders and military community members who place importance on healthy relationships, may we take heart to care for the irreplaceable treasures who are our loved ones.

May we lean forward to be God-equipped to love our own families and comrades alike. ●



Cybersecurity Awareness Month: an opportunity to check yourself

By **JIM BUTLER**
JBER Cybersecurity Office

Each October, the U.S. Department of Homeland Security promotes cybersecurity awareness through its National Cybersecurity Awareness Month Campaign.

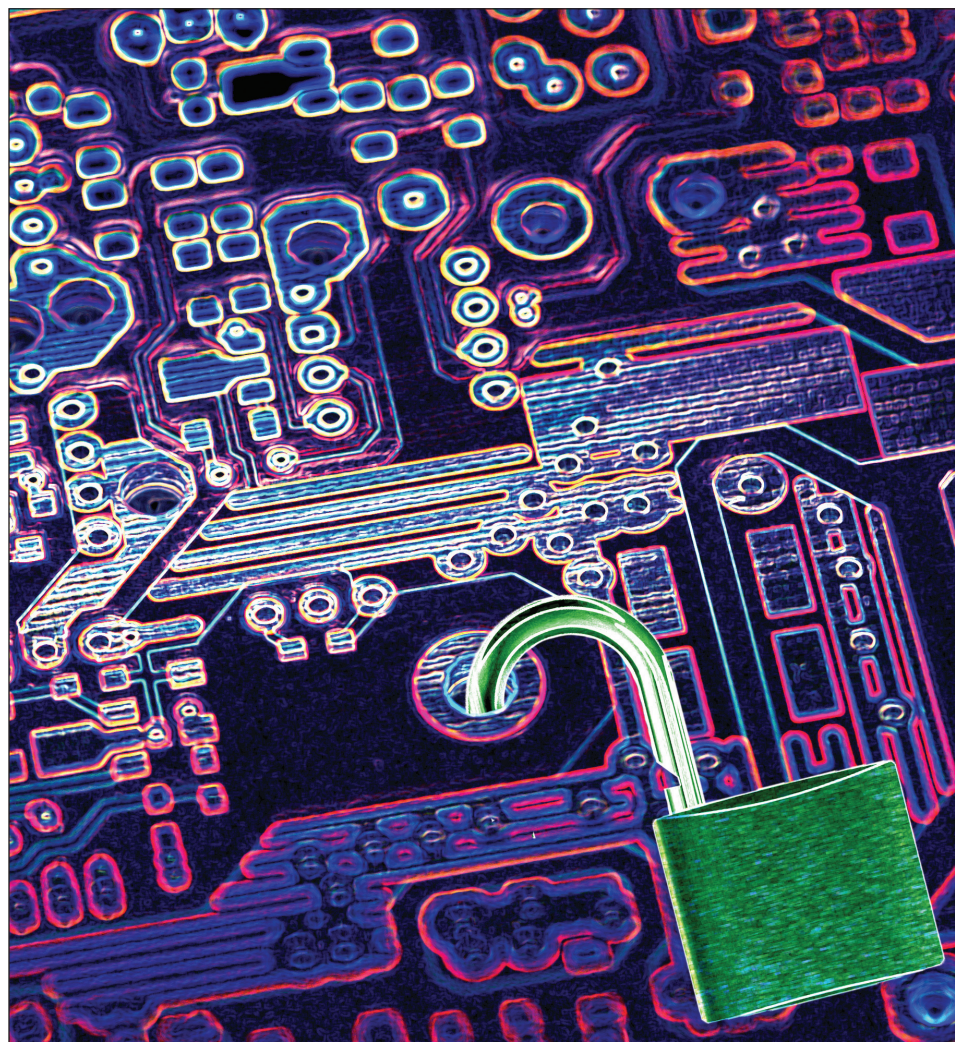
In 2004, President George W. Bush proclaimed October Cybersecurity Awareness Month to "...promote information sharing about cyber threats between Government and the private sector – because this is a shared mission, and all of us must work together to do what none of us can achieve alone."

Additionally, the executive order aims to "...inform our citizenry of the dangers posed by cyber threats and to provide the tools needed to confront them."

Finally, the president urges all Americans to take measures to decrease their susceptibility to malicious cyber activity.

This includes choosing stronger passwords, updating software, and practicing responsible online behavior.

The 673d Communications Squadron and Wing Cybersecurity Office are promoting this year's National Cybersecurity Awareness



Staying on top of privacy settings, using care with social media, and protecting software from viruses and your hardware from hacking are ways to stay safe in cyberspace. (U.S. Air Force illustration/Chris McCann)

Month with information designed to inform everyone on JBER – military, civilian, and family members.

Over the course of five weeks, the 673d Communications Squadron will release weekly cybersecu-

rity information through official and public channels, providing essential information for everyone, from novice computer users to experts in the computing field.

The Cybersecurity Office will host an information event at the Talkeetna Theater Oct. 12, starting at 10 a.m.

The event is open to anyone, and will cover a variety of cybersecurity topics like securing home networks, personal hard drive destruction, cybersecurity for parents, wireless device security, mobile location services, and much more.

The event's guest speaker, Air Force Maj. Brian Peterson, serves as chief of cyber operations for the Alaskan NORAD region and Alaskan Command. Peterson will provide education on current cyber threats and discuss awareness and safety procedures.

Finally, the 673d Air Base Wing Cybersecurity Office will host a personal-hard-drive destruction event Oct. 26 from 11 a.m. to 2 p.m. at Building 5385.

If you have any questions regarding National Cybersecurity Awareness Month, or ways to protect yourself, contact the Cybersecurity Office at 552-0900. ●