

# ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS



# OUT!

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## ENERGY AWARENESS: EVERY EFFORT COUNTS

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## IS IT YOUR SMOKE ALARM'S BIRTHDAY?

If it's 10, it should be replaced

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# Guardsmen pair with Mongolian troops for seminar

By **ARMY STAFF SGT. BALINDA O'NEAL DRESEL**  
134th Public Affairs Detachment

ULAANBAATAR, MONGOLIA — A five-member team from the Alaska Air National Guard's 212th Rescue Squadron participated in a Disaster Management Leadership Seminar in Ulaanbaatar, Mongolia, Sept. 19 through 23.

The Mongolia National Emergency Management Agency hosted the first of its kind exchange, partnering with service members from the AKANG's 212th RQS, U.S. Army's 97th Civil Affairs Battalion, 95th Civil Affairs Brigade (Airborne), the 5th Military Information Support Battalion, U.S. Air Force's 320th Special Tactics Squadron and Special Operations Command, Pacific, in a leadership seminar.

"This is the first that I am aware of where we have actually gone in at an operational level and shared subject matter expertise for the operator type," explained Tech Sgt. Cody Inman, a pararescueman with the 212th RSQ. "[The seminar] consists of classroom subject matter experts sharing of information, hands-on training – going both ways between the National Emergency Management Agency and the members of the Alaska National Guard – hands-on extrication that culminates with a field training exercise where we put all the skills we've learned from each other together in an extrication and mass casualty incident."

The Guardsmen attended the engagement in Mongolia as part of the National Guard State Partnership program.

The program couples foreign democracies with states to develop unique security partnerships that ensure U.S. strategic access and a sustained presence in countries worldwide.

"We are here in support of the Alaska State Partnership Program



**Mongolian emergency management personnel treat Alaska Air National Guard Tech. Sgt. Corey Largo during a Disaster Management Leadership Seminar in Ulaanbaatar, Mongolia, Sept. 20. The five-day seminar, hosted by the Mongolia National Emergency Management Agency, partnered Mongolians with U.S. service members from Special Operations Command, Pacific. (U.S. Air Force photo/Staff Sgt. James Richardson)**

and the relationship between the Alaska National Guard and Mongolia's National Emergency Management Agency, Special Rescue Unit, and Law Enforcement University," explained Inman, who most recently participated in exercise Gobi Wolf, a civil-military disaster preparedness and response initiative, last April.

Since its pairing in 2003, Guardsmen have partnered with Mongolia in several exercises and exchanges including Gobi Wolf, multinational peacekeeping exercise Khaan Quest – both hosted by Mongolia – and Alaska Shield, a state-sponsored Homeland Security exercise, hosted by Alaska.

U.S. personnel have deployed as advisors with the Mongolians to Iraq since 2004 and Afghanistan since 2009.

With almost 15 years of U.S. operations combating international terrorism, pararescue has gained

invaluable experience in theaters across the globe.

"We are happy to share this experience with the National Emergency Management Agency and Special Rescue Unit of Mongolia," Inman said. "These guys are an extremely professional and competent rescue team and in the end, we both come away better at our jobs by sharing knowledge of our various skill sets."

The engagement focused on discussion forums and hands-on engagement in disaster response management, human rights, displaced persons, incident command systems, mass-casualty incident management, crisis communication and vehicle extrication.

Both countries had the opportunity to share knowledge and demonstrate best practices.

"[U.S. participants] are taking tons of experience, tips and techniques – especially from the NEMA

portion [of the seminar] – and they plan on bringing that back with them," said Maj. Saong You, 97th Civil Affairs Battalion's Theater Civil-Military Support Element commander.

"When they go to other host nations, they can share that information they get from this training."

"Our team has learned a ton about some of the specialized rescue equipment these guys approach extrication with," explained Inman. "Their mindset when it comes to mass casualty incidents, search and recovery operations is very, very similar. I would say we are 99 percent on the same page and for that one percent we are able to discuss why it works for them, how it could possibly work for us and everybody comes away better at the mission."

The countries are scheduled to participate in Gobi Wolf and Khaan Quest next year. ●

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## ARCTIC WARRIOR

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# Don't just check batteries in your smoke alarms

By **GRIFFITH TURPIN**  
*Energy Flight chief*

Does your home have a smoke alarm? According to the National Fire Protection Association, the answer is likely yes.

The NFPA's research shows that most American homes have at least one.

But do you know how old your smoke alarms are? If you're like most people, you're probably not so sure.

A recent survey conducted by NFPA revealed that only a small percentage of people know how old their smoke alarms are, or how often they need to be replaced.

That lack of awareness is a concern for the Joint Base Elmendorf-Richardson Fire Department and NFPA, along with fire departments throughout the country.

Smoke alarms don't last forever. "Time and again, I've seen the life-saving impact smoke alarms can have in a home fire, but I've also seen the tragedy that can result when smoke alarms aren't working

properly," said David Donan, JBER fire chief. "That's why we're making a concerted effort to educate JBER residents about the over-all importance of smoke alarms, and that they do have a life limit."

The National Fire Alarm Code requires smoke alarms be replaced at least every 10 years.

But because the public is generally unaware of this requirement, many homes have smoke alarms past their expiration date, putting people at increased risk.

As the official sponsor of Fire Prevention Week for more than 90 years, the NFPA is promoting this year's Fire Prevention Week campaign.

The theme is "Don't Wait – Check the Date. Replace Smoke Alarms Every 10 Years," to better educate the public about the importance of knowing the age of their smoke alarms.

The campaign urges everyone to

know the age of their alarms, and to replace them once they reach 10 years old.

This year, Fire Prevention Week is Sunday through Oct. 15.

The JBER Fire Department hosts an open house at Fire Station 4 (654 6th Street) on Oct. 14 from 10 a.m. to 3 p.m.

Another open house will be Oct. 15 at Fire Station 1 (11415 Fighter Drive) from 11:30 a.m. to 3 p.m.

The events will include free drinks and food, as well as fire equipment demonstrations.

The Fire Station 1 event will include hourly door prizes.

To find out how old your smoke alarm is and its expiration date, simply look on the back of the alarm; this is where the date of manufacture is marked.

The smoke alarm should be replaced 10 years from that date – not from the date of purchase.

Smoke alarms should be tested monthly, and batteries should be replaced once a year or when they begin to chirp, signaling they're running low.

For more on alarms and the Fire Prevention Week campaign, visit [www.firepreventionweek.org](http://www.firepreventionweek.org). ●



# 'I Am JBER Energy' initiative kicks off; every effort counts

By **GRIFFITH TURPIN**  
Energy Flight chief

October is Energy Action Month at Joint Base Elmendorf-Richardson, and it's an opportunity to learn more about the impact of energy on our mission – part of a national campaign by the Department of Energy.

The theme, "I am JBER Energy," puts all of us at the center of the campaign. The goal is to be more efficient, so we can provide an energy advantage to the mission, and reflects the idea that energy conservation is in your hands.

All aspects of the military mission depend on a reliable supply of energy, and using it smartly means flying aircraft farther, transporting more cargo and accomplishing our mission in an efficient way.

Everyone on JBER, from Airmen and Soldiers to civilians to contractors, plays a key role in achieving our energy goals by making energy a consideration in all we do.

Every effort counts – small changes in our community members' daily habits lead to substantial savings when multiplied across the

Department of Defense.

Every dollar we don't spend on energy allows us to invest that dollar into you, your family, and our joint mission.

At JBER, we have reduced facility energy intensity by more than 20 percent since 2006 by replacing inefficient lighting, upgrading windows and doors, installing lighting occupancy sensors, controlling inside temperature, upgrading heating equipment and energy efficient new construction.

We have been recognized for our successes by winning an Annual Federal Energy Management Award three years in a row.

In 2014, we were awarded the project division based on the Land Fill Gas Generating Plant and in 2015 the overall Energy Program Award was won by the Energy Management Team.

In 2016, Mr. Jon Dalsfoist of the 673rd CES was recognized with a FEMP Career Exceptional Service Award for his 40 years of outstanding technical service as a mechanical engineer with the federal government, specializing in the area of

energy efficiency.

With the current budget environment, we must continue to add to the progress made by capital investments by taking individual actions that reduce the energy consumption, such as:

- Maximize daylight by opening or closing blinds to make the best use of natural daylight sources to reduce lighting during daytime hours.

- Modify the temperature in the office based on the season and business hours. You can save up to 3 percent for each degree the thermostat lowered in the winter.

- Make sure all air vents are clear of paper, files, and other office supplies. Blocked air vents means your HVAC system has to work harder and use more energy to circulate warm air in the office. As much as 25 percent more energy is required to distribute air if your vents are blocked.

- Turn off lights in empty areas.
- Reduce individual office lights and use task lighting.

- Reduce exterior lighting in unused parking and storage areas.

- Turn off your computer monitor at the end of the day or when it is not

in use for more than 20 minutes so that it can enter sleep mode.

- Consolidate appliances like coffee makers, refrigerators or microwaves in break rooms.

- Call CE if your building is too warm. They can adjust the temperature set point of the building heating system and save energy.

- Look at the job you do every day – each individual can impact JBER's energy posture. Evaluate how you use energy, and do it smarter.

- The average commercial building wastes 30 percent of its energy. These tips could reduce energy use by 10 percent with little or no cost.

We should also carry this over to our consumption of vehicle fuel.

- Reduce vehicle warm-up times.
- Car pool to interoffice meetings.
- Maintain proper tire pressure.
- Follow maintenance schedule.

Smarter energy use means greater energy security and that serves our national interest. JBER leadership is serious about this commitment and together we can successfully execute awareness every day.

For information about Energy Action Month, call 384-2763. ●



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](mailto: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 report 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](http://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 those 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](http://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.

Bargain shop

The JBER Bargain Shop, at

8515 Saville Ave., is open Tuesdays, Wednesdays and Fridays and the first Saturday of the month from 10 a.m. to 2 p.m. For information, call 753-6134.

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.



**POLAR  
PEDIATRICS**  
(2X4 FPC)

**SLIPPERY  
SALMON**  
(2X4 FPC)

**SCHNEIDER**  
(2X4 FPC)

**AK GUN  
COLLECTORS**  
(3X7 FPC)

**SHOWDOWN  
PRODUCTIONS  
BIG WILD**  
(3X7 FPC)



# Keep Fido healthy with regular checkups, too

By **AIR FORCE STAFF  
SGT. WES WRIGHT**  
*JBER Public Affairs*

It's a meme that's all too common: a dog sitting in the passenger seat of a car on his way to the vet with a look of betrayal on his face. "I trusted you, and this is how you treat me?"

Many children often share the same feeling upon discovering they're on their way to the dentist.

However, in both cases, what both passengers may initially fail to see is the person in the driver's seat loves them and is looking out for their long-term health.

For Joint Base Elmendorf-Richardson's furry residents, the JBER Veterinary Clinic offers a wide range of services to ensure the good health of man's best friend.

"The first step to being a responsible pet owner is to ensure the animal's health is taken care of," said Army Capt. Natalie Erker, Army Public Health Command District, Joint Base Lewis-McChord (JBER Branch) Veterinarian.

While the JBER Vet Clinic's primary mission is for the Air Force and Army's military working dogs, taking care of JBER's pets is also a priority.

"It allows us to maintain our skills for our military working dogs and provides members of the installation some reduced costs for pet care," Erker said. "We offer basic wellness exams. I recommend pets come in annually to just touch base and make sure everything is okay, just the same way you or I would go to our doctor."

At those annual appointments, Erker ensures pets are in good health and are current with their vaccines.

"We also do an annual heartworm test," Erker said. "It allows us to prescribe heartworm preventative medication. Heartworm is a parasite that's transmitted through mosquitoes. While heartworm itself isn't native



**Gordon, a Springer spaniel, cuddles up to Army Capt. Natalie Erker, Army Public Health Command District, Joint Base Lewis-McChord (Joint Base Elmendorf-Richardson branch) veterinarian following an exam at the JBER Vet Clinic. The vet clinic advises pet owners to bring their pets in for annual exams to ensure long-term health. (U.S. Air Force photo/Staff Sgt. Wes Wright)**

to Alaska, we have such a transient population, that it's easy for someone to unknowingly bring an infected animal here. A mosquito bites the animal and then it spreads."

While the risk of infectious diseases in Alaska is relatively low, according to Erker, fleas can present a bothersome challenge to Alaska residents.

"Once flea infestations get into your home, they're extremely difficult to get rid of," Erker said. "I'm a believer in the mantra, 'it's easier to prevent than to treat.' So, if I can give my dog a pill or apply some-

thing topical once a month, that's the better route."

Leptospirosis is another potential concern for Alaska's furry pets.

"Leptospirosis is a bacterial pathogen found in the urine of wild animals," Erker said. "There haven't been a lot of cases here in Alaska, but certainly the wild population in Alaska can carry it. If your dog is out hiking with you and drinks from something contaminated with urine from a wild species, they could be at risk. If you're active outdoors with your pet, it's a good idea to get your pet that vaccine."

The clinic's services run

a wide range to include, X-rays, bloodwork, limited ultrasound, spays, neuters and tumor removals. For more complicated procedures or exotic animals, Erker said her services are offered on a case-by-case basis dependent upon availability of appropriate equipment. The clinic does not have emergent care.

While the clinic's services are comparable or in some cases cheaper than off base, Erker said the goal isn't to compete with civilian providers, but to consolidate military personnel's pet care into an efficient one-stop service.

"One of the big advantages we offer is we now have an electronic records system that can be sent directly to your gaining installation's veterinary clinic," Erker said. "It helps with maintaining continuity of care. We're also able to do international health certificates that a civilian veterinarian is not able to fully complete because it requires multiple steps that take extra time and extra money. We can do it all in one go."

Erker recommends pet owners who receive permanent-change-of-station orders, get in touch with the clinic as soon as they are received, as some installations may require a six-month quarantine if proper steps aren't taken beforehand.

The clinic primarily sees cats and dogs as those two species constitute the majority of pets people tend to gravitate to.

As such, Erker said people should take the health of their pets seriously and at an early age.

"With puppies we recommend starting vaccines at eight weeks," Erker said. "There are two vaccines that are considered part of the core vaccines by the American Veterinary Medical Association: distemper combination (a combination of four different vaccines) and rabies."

While pet health is an important owner responsibility, keeping them on post is a privilege and entails other responsibilities including sanitation and environmental concerns, Erker said.

All pets on JBER must be registered with the JBER Vet Clinic.

The Veterinary Treatment Facility is in Building 47-815 on the Davis Highway between Fifth and Sixth streets on the JBER-Richardson side.

To schedule an appointment, call 384-2865 8 a.m. to 4 p.m. Monday through Wednesday, or from 8 a.m. to 3 p.m. Friday. ●





**ABOVE:** Sgt. Brandon Johnpier, left and Spc. Stephen Maklos, assigned to Delaware Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, take cover while conducting M67 fragmentation grenade live fire training at Kraft Range on Joint Base Elmendorf-Richardson Sept. 29. To maintain a safe instructional environment and enforce safety standards, a 'pit' noncommissioned officer supervised the Soldiers who were conducting the training in the grenade pits, directing them on proper handling and use of explosives. (U.S. Air Force photos/Alejandro Pena)

**RIGHT:** Paratroopers assigned to D/1-501st PIR, gather fragmentation grenades before conducting live-fire training at Kraft Range, Sept. 29. During the familiarization training, the Soldiers threw live hand grenades to hone their proficiency.





**Saturday**  
**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*.

**Spanish story time**  
The JBER library hosts stories and games in Spanish starting at 10 a.m.  
For information call 384-1640.

**UFC Fight Night**  
Head to the Permafrost in Building 9387 for Bisping vs. Henderson’s middleweight championship. Fight starts at 4 p.m.  
For information, call 552-3669.

**Monday – Wednesday**  
**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*.

**Tuesday**  
**Intro to winter camping**  
Want to get out in the snow this year? Check out the Outdoor Adventure Program’s class from 5:30 to 7:30 p.m. for the lowdown on equipment and techniques

you’ll need.  
For information call 552-4599/2023.

**Wednesday**  
**Healthy Ways**  
Tune up your skills for making your children’s day successful at the Illa and Ketchikan youth centers. Talk about healthy sleep habits, nutritious lunches, and more. For times and more information, call 384-1505/7500.

**Thursday**  
**Women’s skeet/trap shoot**  
Women in the Wilderness hosts this intro to shotgun sports at the Skeet, Trap and Archery Range from 5 to 7 p.m.  
For information, call 552-2266 or 384-1508.

**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 start at 7:15 p.m. at the Sullivan Arena.

For information, visit *alaskaaces.com*.

**Oct. 31**  
**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 more 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 *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.

**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.



## FAIRBANKS BEATS UP ON ANCHORAGE



**JBER Air Force and Fort Wainwright team members fight for a rebound under the hoop Oct. 1 at Buckner Physical Fitness Center. Fort Wainwright won the championship game against the JBER Air Force team with a score 56-37. The JBER Air Force team beat the Eielson Air Force base team by a score of 56-51 to end up in the championship game. Fort Richardson was eliminated early in the tournament. (U.S. Air Force photo/Senior Airman Kyle Johnson)**

## INTRAMURAL YOUTH SPORTS

## INDOOR SOCCER

The organizational meeting for indoor soccer will be Wednesday, 1 p.m., at the Buckner Fitness Center Sports Office.

The season starts Friday and runs to Feb. 19. The league is open to all active duty military, dependents over 18, retirees, and DOD civilians who are associated with military units on JBER.

For information, call 552-2266 or 384-1508.

## 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.

Registration 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.

## FLAG FOOTBALL

## JBER CHAMPIONSHIP

1. 703 AMXS
2. B/6 BEB
3. HHC 17th CSSB

## FINAL STANDINGS

Team	W	L	T
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## DIVISION 1

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

## DIVISION 2

HHC 17th CSSB	6	1	1
C/1-501	6	1	1
B/6 BEB	6	2	
673 SFS 2	4	2	2
673 WSA	5	3	
673 CES	4	3	1
4th QM	2	5	1
C/307 ESB	1	7	
773 CES	0	8	

## DIVISION 3

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

## UPCOMING JBER EVENTS

JBER SWIM MEET #2  
(MEN AND WOMEN)

Deadline to sign up for JBER's second swim meet is Oct. 21.

The swim meet is Oct. 27 at 5:30 p.m. at the Buckner Fitness Center pool.

For information, call 552-2266 or 384-1508.

## COSTUME FUN RUN

Elmendorf Fitness Center is hosting a Costume Fun Run at Hangar 5, Oct. 28 from 3 to 4 p.m.

There will be prizes for the top 2 finishers in the one mile run and top adult and child's costume.

For information, call 552-5353.

## POOL CLOSURE

The Buckner Fitness Center pool and hot tub will be closed from Nov. 1-30 for annual cleaning.

The Aquatics Center and Elmendorf Fitness Center pool will still be open for your swimming needs.

Dates are subject to change so please follow the Buckner Fitness Center Facebook page for the most current updates.

Standings are current as of Oct. 5. For any questions please contact the JBER Sports Office at 384-1312 or 384-1304.

Contact Staff Sgt. James Richardson at 552-9823 or 552-xxxx for any questions or concerns about the JBER sports page.

## It's a new year – time to plan for some new spiritual growth

By **AIR FORCE CHAPLAIN (MAJ.) MICHAEL BRAM**  
*JBER Chaplain*

This October marks the major Jewish holiday season. Three of our five biggest holidays, including the top two (and one in a tie for #3) all fall during this month. The Jewish holiday season kicks off with Rosh HaShanah, literally the "head of the year," the Jewish new year.

It is significantly different in character from the secular New Year (aside from the fact that we're approaching the year 5777, while the secular calendar is a very young 2017).

The secular new year is marked by parties and celebration; the Jewish New Year is a solemn time of introspection and reflection.

Rosh HaShanah, when

tradition teaches us that God judges the world, begins a period known as the "Ten Days of Repentance" which culminate on Yom Kippur, the Day of Atonement.

At first glance, this order may seem backwards. Shouldn't repentance and atonement come before judgement? Shouldn't I make amends for my transgressions before I stand in divine judgment?

If I'm judged before the day of atonement, wouldn't that be a very bad thing for me? I would think that the day of atonement should come first, when I repent for all my sins, and then I'm ready for judgement. (As an aside, of course one can atone for their transgressions any day of the year, however, Jewish tradition teaches that Yom Kippur is an easier day to arouse di-

vine mercy.)

The answer lies in true meaning of the Hebrew word "teshuva," which encapsulates the main themes of this season for us.

Teshuva is usually translated, or mistranslated in my opinion, as "repentance." It is more correct to translate it as "return." The difference is, I believe, significant. Repentance focuses on my past misdeeds – the things I've done wrong and the damage they have caused to myself and others. Based on this erroneous understanding of teshuva, it makes sense why one would expect the day of atonement to precede the day of judgement. How can I be prepared for judgment if I haven't corrected my past misdeeds?

However, if we understand teshuva to mean "return," we get a much more

forward-looking view of our situation. Return is focused on the improvements and spiritual growth I'm going to make in the coming year.

Yes, I've done wrong, but I'm constantly improving and doing better. We're all human and we all make mistakes. Our judgment comes first on Rosh HaShanah. But then, instead of focusing on my failures and mistakes, I focus on the ways I'm going to improve myself. We "atone" for our past misdeeds by improving our future deeds, and through that, our judgment for next year may be improved.

Making amends for the past is important, but I believe it's important for only one reason – to help us improve in the future. Each and every one of us has made mistakes, be it mistakes in our spiritual life, our per-

sonal life, or our professional life. Making mistakes doesn't make us bad people; it makes us people, just like everybody else.

Where our past mistakes can get us into trouble is if we dwell on them and allow them to poison our present and our future.

If we obsess over our mistakes to the point they affect our present, then we condemn ourselves to a continual downward spiral.

But if we alter our perception and see our mistakes not as a failure to be obsessed over, but as a challenge to be overcome, then we can use our mistakes as an opportunity to learn and grow, and in the long run we'll become better and happier people, not in spite of our mistakes, but because of them.

Wishing everyone a happy and sweet new year. ●