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# ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

# MISSION CRITICAL.

JBER's  
airborne

OCTOBER 28, 2016 • VOLUME 7 • NO. 43

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ECRWS / PRSRT-STD  
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# A PARTNERSHIP OF NATIONS:

# RED FLAG ALASKA



ABOVE: An airman with the Republic of Korea Air Force marshals a ROKAF C-130 Hercules during Red Flag Alaska 17-1 at Joint Base Elmendorf-Richardson Oct. 19. (U.S. Air Force photos/Airman 1st Class Valerie Monroy)  
LEFT: Paratroopers of the 4th Airborne Brigade Combat Team, 25th Infantry Division, greet ROKAF personnel.



A Tactical Air Control Party Airman waits to board a C-130 Hercules before a jump during Red-Flag Alaska 17-1 at Joint Base Elmendorf-Richardson, Alaska, Oct. 19, 2016. Red-Flag Alaska 17-1 provides joint offensive counter-air, interdiction, close air support, and large-force employment training in a simulated combat environment.  
LEFT: Soldiers with the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, wait for paratroopers to board a Republic of Korea Air Force C-130 Hercules during Red Flag Alaska 17-1 at Joint Base Elmendorf-Richardson, Alaska, Oct. 19, 2016. Red Flag-Alaska exercises are focused on improving the combat readiness of U.S. and international forces and providing training for units preparing for Air Expeditionary Force taskings.

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# Coordinating Red Flag-Alaska a logistical megatask

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

During the most recent iteration of Red Flag-Alaska – 17-1 – international forces and several units from throughout the U.S. participated in the exercise providing joint offensive counter-air, interdiction, close air support and large force employment training in a simulated combat environment. It’s a quarterly exercise that requires extensive preparation in terms of logistics.

Airmen from the 354th Operations Group Detachment 1, stationed at Joint Base Elmendorf-Richardson, are responsible for coordinating all maintenance and logistics support for incoming units.

Masses of people needing food, lodging and transportation means planning needs to begin months in advance.

“With the exercise being in October, the planning conference took place in March,” said Air Force Staff Sgt. Amelia Hadrava, Red Flag supply liaison. “That was when each unit

said how many aircraft and people they were going to bring and the number of vehicles that would be requested.”

From then on, a constant flow of communication is crucial, Hadrava explained.

“The week before is when everything starts to get crazy busy,” Hadrava said. “Even though the exercise hasn’t officially started, we are still responsible for getting the arriving units’ needs met.”

This past exercise included units from the Republic of Korea Air Force; Royal New Zealand Air Force; Dyess Air Force Base, Texas; Joint Base Pearl Harbor-Hickam, Hawaii; Kadena Air Base, Okinawa, Japan; and Joint Base McGuire-Dix-Lakehurst, New Jersey.

“We are here to play the middle-man between the units coming and the units on station here,” said Air Force Staff Sgt. Ryan Brooks, air transportation liaison and Red Flag project officer.

The team greets each crew as they arrive to let participants know who to contact for help or questions.

Then, throughout Red Flag, they

continue to provide support whether it be acquiring aircraft parts, bus transportation, coordinating hangar space, or getting aircraft unloaded.

One of the biggest projects is lodging.

Each unit submits a mass participant list which includes names, arrival and departure dates and duty positions of each member.

“We begin with getting 517 beds blocked out in lodging during the days of Red Flag, and then we work on getting everyone assigned to a bed,” Hadrava said. “Due to constant shift changes, a lot of work goes into getting people in the right spot.”

At times, preparing for international partner personnel may take a little more work, she continued.

“The language barrier of course might present an issue, but we try to get their advance-echelon team prepared before the full unit arrives.”

Preparing the ADVON team is a big part of keeping the units self-sufficient, Hadrava said.

“We want to accommodate to

the best of our ability but also give them the steps to survive on their own,” Hadrava said. “The training is crucial and we want them to get the best out of it.”


One of the main aspects of a successful exercise involves keeping aircraft ready for each training mission.

Units requesting aircraft parts or fluids must have the proper amount of money in their accounts through a contract with foreign military advisors.

“We have to make sure that the money designated for parts gets put into their account correctly so during the exercise they have all they need,” Hadrava said. “Once they leave, we also ensure their unused money is refunded.”

Though the process may be long, Hadrava said she continues to enjoy each Red Flag.

“I love it because it’s different every time,” Hadrava continued. “This was my fourth exercise and I continue to meet new characters and personalities from all over the world.

“It’s never a boring job.” 

# IT'S A DOG'S LIFE

**MILITARY WORKING DOGS HONE THEIR SKILLS AT ANNUAL CERTIFICATION**



**ABOVE:** Military working dog, Kahn, assigned to the 673rd Security Forces Squadron, searches for simulated hidden explosives during annual certification training Oct. 14. (U.S. Air Force photos/Alejandro Pena)

**LEFT:** 673d Security Forces dog Greg enjoys time with his toy after a successful find.



Air Force Staff Sgt. Kelley Szydlo and military working dog Chase, assigned to the 673rd Security Forces Squadron, complete annual certification, which ensures the dog teams maintain their skills and operational readiness.

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 is not meant to replace a visit with a provider.

Flyers and patients who are on personnel reliability program status, pregnant, or under the age of 2 are not eligible due to special needs. The clinic offers basic pain relievers, cough, cold and allergy

medications and nasal sprays, ointments, and constipation and diarrhea medications.

For information visit [www.facebook.com/JBERPharmacy](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. It does not apply to those providing care in another family’s home or occasional care.

The Mission Support Group commander approves and monitors licensing and program requirements. The licensing process comes with benefits such as training and support, a lending library of books, toys and supplies, and reimbursement for food costs.

To become a Family Child Care provider, call the FCC Office at 552-3995.

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. on JBER-E, is open Tuesdays, Wednesdays and Fridays and the first Saturday of

the month from 10 a.m. to 2 p.m.

Consignments are accepted Wednesdays from 10 a.m. to 12:30 p.m. Volunteers are welcome.

For information, call 753-6134.

Priority placement

The Priority Placement Program and Executive Order 13473 provide non-competitive appointment for spouses of active-duty service members, including full-time National Guard and Reservists, who are relocating to accompany their service member during a permanent change-of-station. The program allows spouses to register for Department of Defense positions and be considered for jobs offered internally.

Spouses are matched with jobs based on their qualifications and preferences. Spouses are eligible for up to two years from the date of the PCS orders and are in the program for one year. Spouses, even those who have never filled a federal position, can now register at either JBER personnel office.

For information or to register, call 552-9203.

Home-buying seminar

Volunteer realtors and mortgage lenders present an hour-long 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.



# JBER's airborne capability: mission critical

By **AIR FORCE STAFF SGT. JAMES RICHARDSON**  
*JBER Public Affairs*

**T**he command to “sound off for equipment check” resonates through the immense interior of a C-17 Globemaster III aircraft. The call of “One, OK!” finalizes the equipment check, then 170-pound Soldiers carrying 150 pounds of gear each shuffle like zombies toward the open door of the massive cargo aircraft cruising at 1,000 feet.

The light changes to green and they stumble towards the door with a hand covering their reserve chute. Recalling their training, they take a giant leap into the unknown.

That sensation is something familiar to many at Joint Base Elmendorf-Richardson.

Airborne operations have become one of the most monumental developments in the United States’ strategic military doctrine since the use of aircraft in the early 1900s, rivaling the tactics and concepts employed by Friedrich Wilhelm von Steuben as he taught the brand new American Army how to fight during the Revolutionary War.

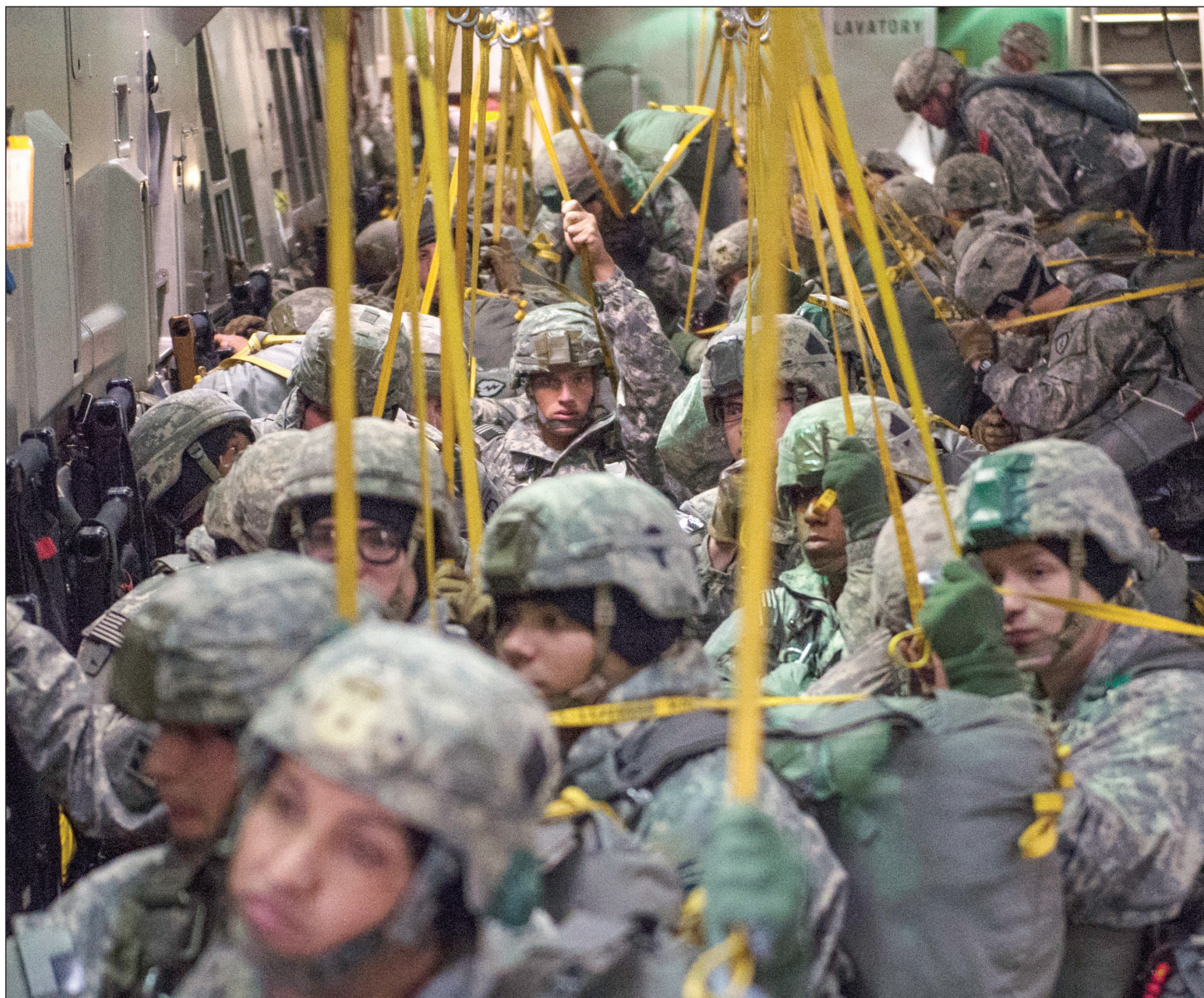
Although not instrumental in the creation of airborne operations, JBER has played a significant role in its continued development when the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division was created in 2005 as the only airborne BCT in the Pacific theater.

Since then, seeing Soldiers descend from C-17 Globemaster IIIs, C-130 Hercules and even UH-60 Black Hawk helicopters in less-than-ideal, frigid Alaska conditions, has become a regular sight at JBER.

“The 4-25 is the only arctic airborne unit in the Army,” said Army Sgt. 1st Class Darren Cufaude, a platoon sergeant and jumpmaster with Charlie Company, 3rd Battalion, 509th Parachute Infantry Regiment. “The airborne mission at JBER is very important. We and all of the other supporting units are trained to operate in the harshest of arctic environments, something that truly separates us from others.”

With 53 jumps under his belt, Cufaude said he has absolute trust in everything and everyone associated with JBER’s airborne mission.

“With the demand for risk measures on everything we do, I feel



**U.S. Army Alaska Soldiers assigned to the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, prepare to jump out of a C-17 Globemaster III during a formation flight from Joint Base Elmendorf-Richardson Oct. 19. (Photo by Staff Sgt. James Richardson)**

that it is safer than ever, everything is tested and retested before it is pushed out to us,” Cufaude said. “Neither of us [Army or Air Force] want anything to happen that could affect the mission or injure a Soldier or Airman.”

From the pilots with the 517th, 144th, and 249th airlift squadrons who try to keep the aircraft’s flight as smooth as possible to the 3rd Wing weather specialists who monitor conditions on drop zones, there are many Airmen at JBER who work closely with the Army.

But none of them have a more unique relationship on personnel airdrops than loadmasters.

“We work more closely and often with the Army than any other units on JBER,” said Air Force Staff Sgt. Joe Braunwarth, assigned to the 517th AS. “There are times when we make two to three personnel drops in a week, and we are always planning future exercises together. We have a huge area of land to work with up here in Alaska and multiple drop zones to train on.”

The importance of units like the 517th AS and the 4/25 IBCT can be easily summed up by a quote from

Brig. Gen. Billy Mitchell, who is widely regarded as the father of the U.S. Air Force. “I believe that in the future, whoever holds Alaska will hold the world,” Mitchell said. “I think it is the most important strategic place in the world.”

“We have a very unique mission here at JBER that makes airborne operations so important,” Braunwarth said. “We are situated in a very strategic location, being able to touch many critical parts of the globe in just several hours. I believe airborne operations at JBER are extremely critical to our nation’s defensive strategies and capabilities.”

Airborne operations do not come cheap.

Aircraft, manpower, trucks to transport Soldiers, parachutes, and meals for long missions add up to a huge cost.

However, the benefit to airborne operations at JBER is in the capabilities they provide.

“From C-47 [Skytrains] dropping troops in Normandy, to C-130s in Vietnam and up to the present day with Soldiers jumping out of C-17s into Iraq, multiple decades of airborne operations have proven to

be highly effective and successful,” Braunwarth said. “At JBER, we are able to deliver world-class Soldiers anywhere in the world whenever needed.”


Airmen and Soldiers have an immense appreciation for airborne operations, Braunwarth continued.

The lessons taught at loadmaster, jumpmaster and airborne schools offer a unique perspective into the mindset of those who do the job.

“I volunteered to do this line of work,” Cufaude said. “It takes a special kind of person to throw themselves from an aircraft in flight, but I love it and would do it every day if I could.”

As future military theories continue to develop, so too will airborne operations.

The military texts by Sun Tzu and Carl von Clausewitz contain antiquated tactics, but many current military strategists continue to draw inspiration from their writings.

Massive airborne operations like those used in operations Husky, Overlord, and Market Garden may also be a dated philosophy, but they continue to influence the theory and future of military operations. 

# Think safety, warmth while trick-or-treating this year

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

Halloween is full of ghouls and ghosts, but in Alaska there are other dangers – cold, dark and wildlife.

Halloween trick-or-treating on Joint Base Elmendorf-Richardson is scheduled from 6 to 8 p.m. on Oct. 31.

Curfew times for children 15 years old and under is 11 p.m.; for 16 and 17-year-olds, 1 a.m.

Children should wear costumes that keep them warm with either thermals underneath or jackets, said Tech. Sgt. Jennifer Tuepker, Joint Base Elmendorf-Richardson occupational safety manager. She also recommends wearing gloves and hats because fingers and ears become cold faster.

“If there is snow or ice on the ground, boots with traction will help keep children’s feet warm and [decrease the chance of] falls,” Tuepker said.

Always exercise caution when crossing the street and walking alongside any road. The 673d Security Forces Squadron will conduct ‘Pumpkin Patrol’ to ensure safety by

facilitating traffic and foster community relationships. If there is an emergency or suspicious activities during Halloween, contact the Base Defense Operations Center at 552-8550 or 552-3421.

“Drive slowly during trick or treating,” Tuepker said. “Children sometimes get away from their parents and run across the road to get to the next house and do not look both ways.”

Reflective objects can help trick-or-treaters to be seen. To increase visibility, children can wear a reflective belt, reflective tape on costumes and candy pails, and even wear glow stick bracelets.

Be aware of wildlife and always keep your distance. Despite the urge to share candy, remember it is also illegal in Alaska to feed most wildlife like bears, moose, foxes and wolves. Do not leave pumpkins or jack-o-lanterns outside because it can attract unwanted wildlife.

“Wildlife is all around; keep your eyes open and [watch for any] wandering around neighborhoods,” Tuepker said.

Trick-or-treating can be rewarding, but it’s a task that should not be done alone. According to the American Academy of Pediatrics, a responsible parent or adult should always accompany young children.

If an older child would like to travel with friends, review the route and designate a clear curfew.

On JBER, children age 11 and under must be accompanied by another person at least 12 years of age or older.


The AAP also recommends to only trick-or-treat at houses which have a porchlight on, and to only travel on well-lit sidewalks when trick-or-treating.

Once children go through all these troubles and tricks for candy and treats, the journey doesn’t end there. Before eating anything given by a stranger, a parent or adult should review it, according to the AAP. Though tampering is rare, look for anything suspicious and don’t hesitate to throw it out; better safe than sorry.

“Check for candy wrappers that look like they have been tampered with, [and] don’t allow kids to eat unwrapped candies,” Tuepker said.

The JBER Passenger Terminal provides X-ray screening for parents to check candy and other treats from Oct. 31 to Nov. 1 from 6 a.m. to 10 p.m. For more information, call the terminal’s dispatch number at 552-3718.

Eating a healthy warm meal before trick-or-treating can discourage early candy cravings and provide enough energy for the journey. To reduce overindulgence, parents and adults should ration out the candy.

For more information about trick-or-treating on JBER, contact the Safety Office at 552-6850, and the 673d Security Forces Squadron at 552-2132. 



## Arrive alive: JBADD provides backup when plans to get home fail

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

Individuals going out to drink on the weekend should always have a plan to get home safely, whether it be by designated driver or taxi. When the initial plan fails, Joint Base Against Drunk Driving provides a free and anonymous lift home.

Active-duty military members and their dependents, 18 and older, are eligible to be picked up by and volunteer for JBADD at Joint Base Elmendorf-Richardson.

In the United States, driving with a blood alcohol concentration of .08 percent and above is considered a crime.

On base, if an individual is driving with a BAC of .05 or higher they are also subject to a 12-month revocation of on-base driving privileges – along with other administrative and punitive actions.

This low tolerance for drinking and driving is for everyone’s safety.

Due to a high rate of DUIs on base, JBADD was created in January 2013 under the Better Opportunities for Single Soldiers organization (now Better Opportunities for Single Service members), as a combination of the Soldiers Against Drunk Driving and Airmen Against Drunk Driving programs.

“One of the beauties of this program is it brings the Army and Air Force closer,” said Air Force Staff Sgt. Jayson Dictaan, 673d Aerospace Medicine Squadron bioenvironmental technician and JBADD president. “I’ve been with JBADD since its conception and I’ve learned a lot of Army culture and all the enlisted ranks.”

Volunteering for JBADD comes with incentives – promotion points, evalua-

tion bullets and the opportunity for passes.

Volunteers can be drivers, escorts and dispatchers. Additional duties like briefing newcomers, taking care of the vehicle and media updates are for official members of the council; volunteers can become a member after 20 hours of service in JBADD.

Last summer, JBADD had a drought of volunteers and had to close down the service some weekends,

Dictaan said.

This year, thanks to additional volunteers, the program has exceeded the number of potential lives saved by more than 100 over last year.

Every pickup has a driver and an escort; at least one volunteer in the vehicle has to be the same gender as the person being picked up.

“We [often had] a lot of male volunteers and not enough female volunteers, but [we] haven’t had that problem for a while now,” Dictaan said. “Hopefully that continues.”

Because JBADD is anonymous, dispatchers must remain helpful and respectful, Dictaan said.

One night, when Dictaan responded to a call while volunteering for JBADD, he picked up a troop who


hadn’t been in Alaska for more than week.

The troop’s initial plan failed, and as he was deciding what to do he heard gunshots nearby. Dictaan said the frightened troop had no idea what to do, so he retrieved a JBADD card from his wallet and made the call.

“That was one of the most pivotal moments that made me appreciate what I do,” Dictaan said. “I want JBADD to be there for the new Soldiers and Airmen because a lot of them don’t know what it’s like [on] a night out in Alaska.”

Volunteers meet at the Warrior Zone from 11 p.m. to 4 a.m. Friday and Saturday.

The program’s services are also available every three- to four-day weekend, provided enough volunteers are available.

To request a pickup anywhere between Chugiak and South Anchorage, call 384-RIDE (7433). 



Friday  
Costume Fun Run

Hangar 5 is the place to be: this all-ages costumed run is free, from 3 to 4 p.m. Sign up at the Elmendorf Fitness Center. For information, call 552-5353.

Trunk or Treat

The Arctic Oasis hosts this safe area to trick-or-treat at cars outside, or come inside for an indoor experience with trick-or-treating and games – all free. For information, call 552-8529.

Halloween Dance

Get spooky at the Kennecott Youth Center from 6 to 9 p.m. at this dance for youth 9 to 13 years old. For information, call 384-1508 or 552-2266.

Saturday  
BOSS Laser Tag

Zip down to theWarrior Zone for free laser tag from 1 to 4 p.m. For information, call 384-9023.

Hillberg season passes

Ski season is almost upon us; get to Hillberg Ski Area for your rentals, passes and lessons early. For information call 552-4838.

Through Monday  
Fright Night haunted house

This 10,000 square-foot haunted house at Northway Mall is in its 31st year. The maze takes 15 to 20 minutes, and is guaranteed to give you chills.

Through Sunday  
Alaska Aces hockey

The Aces take on the Rapid City Rush in the 2016 ECHL sea-

son opener. Games start at 7:15 p.m. at the Sullivan Arena. For information, visit [alaskaaces.com](http://alaskaaces.com).

Monday  
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](http://alaskazoo.com).

Nov. 5  
Country Fair

The Richardson Spouses’ Club hosts their annual Country Fair from 10 a.m. to 5 p.m. at the Buckner Physical Fitness Center with handmade crafts, photography, knives, food and much more. For information, call (571) 606-6955.

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](http://anchoragemarkets.com).

Nov. 9 through 12  
Alaska Aces hockey

The Aces take on the Indianapolis Fuel at Sullivan Arena. Games start at 7:15 p.m.; for information visit [alaskaaces.com](http://alaskaaces.com).

Nov. 17 - Dec. 18  
Christmas Towne

Visit Christmas Towne on Camp Gorsuch Road in Chugiak. Lit walking trails, holiday decora-

tions and music and Santa bring the smells and tastes of the holidays early. Visit Thursdays through Sundays from 10 a.m. to 6 p.m. For information visit [christmastownealaska.com](http://christmastownealaska.com).

Nov. 19 and 20  
Crafts Emporium

The Dena’ina Center hosts the 38th annual Arts and Crafts Emporium, with a huge selection of handmade art, crafts, foods and one-of-a-kind gifts. Santa will be in attendance with his elf; events run from 10 a.m. to 6 p.m. Saturday and 11 a.m. to 5 p.m. Sunday. For information, visit [anchoragemarkets.com](http://anchoragemarkets.com).

Nov. 22 through 26  
Great Alaska Shootout

The University of Alaska Anchorage Seawolves take on their top foes at this long-running tournament at the Alaska Airlines Center. For information, visit [goseawolves.com](http://goseawolves.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 test scores. For more information, call 552-5353.

JBER Wildlife Education  
Center activities

Learn about Alaska’s amazing wildlife 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](mailto: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](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.

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](http://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 information, email [jber.ak.pwoc@gmail.com](mailto: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

Call 384-0456 or 552-5762.

Religious Education

For schedules, call the Religious Operations Center at 552-5762.

# Everything is transient – there's no need to fear

By **ARMY CHAPLAIN (CAPT.) TIMOTHY J. BARANOSKI**  
17th CSSB Chaplain

It was a bright, sunny day. The sky was blue without a cloud to be found. As I walked for a mid-afternoon break in my neighborhood, there was a bit of chill in the breeze. The leaves had begun to turn from green to shades of yellow and brown.

Autumn had arrived.

After weeks of little or no activity at the bird feeder outside my window, the birds are back and noisily eating up the seeds.

As the sun rises over the trees in the morning, I can now see the light reflect through emptying branches.

We know the signs of the transition. As summer days fade, nature enters a gradual shedding of the life that marked the warmer months.

The transition is often marked with vibrancy: bright colors, noticeable changes in air temperature, and the final blooms of the

annual flowers.

Yes, the colors of autumn are brilliant. But what will follow? Can we know what the coming months of winter will bring?

The transition from one season to another which we witness in the movement from autumn to winter is metaphoric for the seasons of our lives.

While nature moves through these transitions with a kind of grace and elegance, often we face our life transitions with stress and anxiety; fear and dread.

Focused on what we are giving up, we miss the opportunity to experience something new and exciting.

Transitions occur in our lives just as surely as they do with the seasons of the year. One thing that the changing seasons have taught me is to appreciate each one. There's no use dreading a hard winter or a hot, humid summer. The seasons come and go in their own time.

The same is true with



**Serpentine Hot Springs, on the Seward Peninsula, is ablaze with fall color. (National Park Service photo/Katie Cullen)**

our life transitions. Change occurs; we can attempt to cling to what we find most comforting in the present moment, but it will change and pass away.

Embracing the change as it comes is the essence of living life to the fullest. Everything about us and around us is temporary and changing. That's a key lesson conveyed in all the great spiritual traditions.

In the midst of the changing seasons this year I find myself drawn to the words of the 16th-century mystic, Teresa of Avila.


In the Book of My Life, a kind of autobiography she was ordered to write by church officials, she states: "Nothing shall trouble you. Nothing shall disturb you. All things are passing."

During the Spanish Inquisition, when some "experts" insisted that Teresa's spiritual experiences were the work of evil spirits, Teresa maintained her integrity and spoke what she knew to be true.

That truth was who she understood herself to be – a person in vibrant communion with the holy one.

From that truth, she looked squarely at what could happen to her in the inquisition and recognized that "all things are passing."

We often fret because of transitions; the process of change is often difficult for us. We don't want to change, but be comfortable with what we've grown used to.

But perhaps we can learn to be like the leaves of autumn: when the time is right, just let go and let the wind carry us. After all, "all things are passing." There's no reason to be troubled or disturbed. 

## Navigating winter's ice, on foot and by vehicle

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

Winter isn't officially here, but the risks that come with it are: ice, snow, and bad roads.

Personnel new to Joint Base Elmendorf-Richardson may not be familiar with the winters up here – or the necessary precautions with home, vehicles or even something as mundane as walking.

Precautions taken today may prevent a tragedy tomorrow.

"Inspect your vehicles for damaged belts, fluids, brakes, and emergency kits," said Air Force Staff Sgt. Jonathan Murphy, 673d Air Base Wing Safety Office occupational safety technician. "Verify you have everything you need to make sure when you travel, you get where you need to go safely and without incident."

The American Red Cross recommends emergency kits be tailored to hazards in the local area, and must contain the basics.

These include: water, non-perishable food, first-aid kit, impor-

tant documentation, flashlight/light source, hand-cranked or battery-powered radio, extra batteries, multi-purpose tool, personal hygiene items, extra cash, emergency blanket and map(s) of the area.

For more information on preparing an emergency readiness kit, visit [www.fema.gov](http://www.fema.gov), [www.earthquake.usgs.gov](http://www.earthquake.usgs.gov), [www.pdc.org](http://www.pdc.org), [www.avo.alaska.edu](http://www.avo.alaska.edu), and [www.ready.gov/build-a-kit](http://www.ready.gov/build-a-kit).

As dangerous as the cold is, there is another risk lying in wait for the unsuspecting passerby in Alaska's winter: ice.

"[There's] ice in the roads, ice in the parking lots," said Tech. Sgt. Raphael Otero, 673d Safety Office safety occupational technician. "You're not going to be able to avoid it. It doesn't matter how much [civil engineering] tries to stop it, that's

just how it works. Always be on the lookout for ice."

Whether it be driving or walking on the sidewalk, ice can turn a piece of asphalt into a skating rink overnight.

"For those specifically that don't

drive off base often, they need to be prepared for varying road conditions if they go off base," Murphy said. "Our roads are typically better-maintained than the roads downtown. For those that pri-

marily navigate the installation, be prepared for the roads to be a lot different downtown."

"Increase your stopping distance," Murphy said. "When we lose the roads, follow traffic lines. Don't try to develop your own traffic path. Give right of way to the snow plows. They are a lot bigger than you are."

Don't think they can stop just because you're in their way."

Falls are also a risk, but there are precautionary measures that can be taken to minimize falls on the ice.


673d Air Base Wing Safety Office occupational safety technician Tech. Sgt. Jennifer Tuepker said JBER Safety encourages people to walk like a penguin. Take short strides and walk flat footed. This technique, as silly as it may sound, is effective in preventing slips on the ice.

Wearing ice cleats can help establish a firm foothold when walking on icy walkways, Tuepker said.

Individuals are encouraged to have three points of contact whenever possible, Tuepker said.

When entering and exiting a vehicle, one can sustain positive control by holding on to the door.

Holding onto a handrail can help prevent a slip or fall when ascending and descending steps.

For more on ice safety, call 552-6850, or visit the JBER Safety Facebook page at [www.facebook.com/JBER-Safety/](http://www.facebook.com/JBER-Safety/). 



# Keeping up the fight: Former JBER officer beats cancer

By **TECH. SGT.**

**ROBERT BARNETT**

*Air Force Public Affairs*

She placed a pillow under her right shoulder and put her right arm behind her head on the bed. Using her left hand, she pressed the pads of her fingers around her right breast gently in small circular motions, covering the entire breast area and armpit.

These routine checks only took a few moments of her time. But her eyes widened as her fingertips suddenly found a lump on her left breast, and her breath caught in her throat as she realized what it might mean.

"I make it a practice to check myself," Lt. Col. Felicia Burks said. "I had discovered a lump that felt like a marble in my left breast as I lay in bed one night. The lump...was hard and appeared mobile...It's unusual when you're under 40 and don't have a history of breast cancer."

It was May of 2014, and she was a health services administrator finishing a tour in the 673rd Medical Support Squadron at Joint Base Elmendorf Richardson, only six weeks shy of assuming a command position at Royal Air Force Lakenheath, England.

"I was beyond stoked to have that opportunity," the medical professional said. "Command is a privilege."

She was six weeks from getting on the plane when she went to the hospital and was diagnosed with triple-negative breast cancer.

Breast cancer is called triple negative when it does not grow in the presence of three known receptors – the estrogen receptor, the progesterone receptor and the HER2, or human epidermal growth factor receptor 2. Approximately 15 to 20 percent of breast cancers are triple negative.

"When breast cancer interrupted my life, all those plans went out the window," Burks said. "I was devas-

tated. There were times of uncertainty, and I was still determined to go [to Lakenheath] but that just wasn't the divine plan for me at the time. I started thinking about how to fight through this. I wanted to learn more about what had interrupted my life. I had to go to a medical board, and then go through surgery to remove the cancer."

With no family in Alaska, the prospect of going it alone was nerve-racking.

Burks' Mother's Day gift to her mother that year was the disturbing news she [Burks] had breast cancer.

"It shook something in me for a moment, but I realized I had to reach out so she could be a source of strength and support for me," she said. Unfortunately, her parents were unable to travel, but her sister was able to be with her for the surgery.

Coming to terms with the disease, Burks wondered how it would affect her 23-year career.

Burks grew up in Grady, Alabama, and wanted to enlist after being inspired by her uncle serving in the Army Reserves.

"I was 17 at the time; my mom actually signed the papers for me to join the military," she said.

The multi-service veteran served in the Army Reserves as an automated logistics specialist from 1993 to 1999 before being commissioned into the active-duty Army, where she spent several years in various roles including an executive officer, administrative officer and a company commander.

But she dreamed of a different path, one of putting others before herself, helping people heal as a health services administrator.

"I wanted to be a medical professional, to give back and help make a difference in the lives of others," Burks said. "It's amazing; it's what I was born to do. It's the best job I could have had, I'm really having the time of my life."

After years of serving her country, it was her turn to be served.

Surgery to remove the cancer took place only five days after diagnosis. It was followed by six weeks of fertility preservation and then four and a half months of chemotherapy.

The chemotherapy took its toll. Burks was exhausted. She lost most of her eyebrows; her nails became brittle and dark. Her skin appeared dehydrated.

"When faced with anything, we can either fight it, or run from it," she said.

She shaved her head, rather than watch her hair shed away. Combating the effects of the therapy, she took vitamins and monitored her diet – she was determined to win.

In addition to her sister, Burks also found support through her wingman and church families.

Burks and her colleague, Maj. Jennifer Pearl, had been friends since 2006 when they met at Health Service Administration School at Sheppard Air Force Base, Texas. They re-connected at JBER in 2012.

"I did what any friend would do – [I was] just a shoulder for her to cry on," Pearl said, who also served with Burks in the 673rd MSS. "She didn't have any family there, just a church nearby. She's one of the strongest people I've ever known. If you didn't know she was going through cancer, you wouldn't have been able to tell."

Pearl became Burks' rock.

"My period of adversity drew us closer and she taught me wingmanship on the next level," Burks said.

She also found support through a non-military com-



**Lt. Col. Felicia Burks, commander of the 92nd Medical Support Squadron at Fairchild Air Force Base, fought cancer to keep her career. (Courtesy photo)**

munity she held close to her heart. Burks will always consider Shiloh Mission Baptist Church in Anchorage to be her church home. They became her extended family.

"It was shocking and a surprise for her," said Edwina Brown, executive pastor for the church. "We prayed for her in the services, and then we just listened to what she needed. Whatever she needed, [whether] at home or in the hospital, we had a team that would respond, but mostly we were there to listen and walk with her."

The treatments took place in medical facilities including the military treatment facility, Mat-Su Regional Medical Center, Providence Alaska Medical Center and Alaska Regional Hospital.

"It was an amazing dy-

namic, from my Air Force medical service providers, the whole medical team all the way to the providers within the community of Anchorage," Burks explained. "It was outstanding; I was very impressed by the compassion, their professionalism and excellence."

Burks said the process developed her, and made her view life differently.

"I'll always reference the quote of Winston Churchill, 'Mountaintops inspire leaders but valleys mature them' because it reminds me that adversity almost always primes one for purpose," Burks said.

Burks advises women to pay careful attention to their bodies, to know when something isn't normal. She also stressed that its important people understand what resources are out there to help.

The Air Force officer and cancer survivor hopes people understand what resources are available. There are services to help patients get a wig or prosthetic, or clean their house, or provide meals. There are a lot of options out there to help get through these difficult moments, the resilient veteran said.

"We're already trained to fight to overcome adversity, especially in the military," Burks said, sitting in her office at Fairchild Air Force Base, Washington.

As a survivor, she hopes others will not quit, and will continue to believe in themselves and their purpose.

"As I look at myself today, I can clearly see the difference," she said.

She finally feels normal again, she explained, as she adjusted her hair, touching up her professional appearance. She was ready for another day as commander of the 92nd Medical Support Squadron. 