ALASKA POST

FREE

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The Interior Military News Connection

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Remember, celebrate, act

Maj. Dalmar Jackson (right), deputy commander for administration, Medical Department Activity - Alaska, thanks Reverend Darrell Jarmon (left) for serving as guest speaker during the 2018 Dr. Martin Luther King Jr. Observance at Northern Lights Chapel Jan 11. Jarmon urged attendees to carry on Dr. King's philosophy of service. (Photo by Brandy Ostanik, Medical Department Activity - Alaska Public Affairs)

Brandy Ostanik
Medical Department Activity – Alaska Public Affairs

Members of the Fort Wainwright and Fairbanks community gathered together for the 2018 Dr. Martin Luther King Jr Observance at the Fort Wainwright Northern Lights Chapel Jan. 11.

Medical Department Activity – Alaska, along with the Fort Wainwright Equal Opportunity Office sponsored this year's observance, "Remember! Celebrate! Act! A day on, not a day off!"

During his remarks, guest speaker, Rev. Darrell Jarmon, a former Soldier himself, acknowledged that the Soldiers in the crowd had likely been to many observances honoring Dr. King since 1983 when the law was passed to officially mark January 15 as Martin Luther King Jr. Day.

"I know many of you come at this from my perspective where you've been to so many of these," said Jarmon. "I wanted to share something with you that you would be able to take away from this experience, where you could say, 'this is still worth acknowledging and observing.'"

Jarmon encouraged the audience to not just remember Dr. King as a great non-violence advocate for the civil rights movement, but to honor what he stood for.

"We are here to talk about Martin Luther King," said Jarmon. "We are here to honor not just the man, but his dream, his philosophy. We are here to pay tribute to the idea that his life meant more than just a protest. We are all here to equal rights based on that struggle and that is really something to cheer for."

Jarmon contended that Dr. King's philosophy was centered on service and challenged those in the audience to serve their community and those around them by referring to a quote by Mahatma Gandhi, "Consciously or unconsciously, every one of us does render some service or other. It we

See MLK on page 2

Soldiers complete transition assistance Microsoft course

Daniel Nelson
Fort Wainwright Public Affairs

Fort Wainwright's Garrison Commander, Col. Sean Fisher, met with four Soldiers Jan. 11, to recognize them for being the first Soldiers here to complete a course aimed at better preparing them for the transition from military service to serving their communities in the civilian workforce.

Fisher, along with Fort Wainwright's Deputy to the Garrison Commander, Angela Major, and Garrison

From left to right, Capt. Lee Wakeman, company commander, Medical Department Activity - Alaska; Spcs. Avash Khadka and Sandesh Maskey, medical logistics specialists with MEDDAC-AK; Col. Sean Fisher, Fort Wainwright garrison commander; Sgt. Subash Kharel, an automated logistical specialist with India Company, 3rd Battalion, 21st Infantry Regiment; Spc. Surendra Thapa, a patient administration specialist with Charlie Company, 25th Brigade Support Battalion; Capt. Tim McCoy, India Company commander, 3/21 IN; and 2nd Lt. Charles Cook, Charlie Company, Treatment Platoon leader, 25th Brigade Support Battalion; pose for a photo together Jan. 11, after Fisher recognized the four enlisted Soldiers for completing the Microsoft Software and Systems Academy. The Soldiers participated in the course as part of Fort Wainwright's Career Skills Program, which is an additional Soldier for Life – Transition Assistance Program. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)

Command Sgt. Maj. Juan Cornett, supported the initiative on the part of the Soldiers for their efforts to increase employment readiness in their transitional process out of the military.

Spc. Avash Khadka and Sandesh Maskey, medical logistics specialists with Medical Department Activity – Alaska; Sgt. Subash Kharel, an automated logistical specialist with India Company, 3rd Battalion, 21st Infantry Regiment; and Spc. Surendra Thapa, a patient administration specialist with Charlie Company, 25th Brigade Support Battalion; recently returned to Fort Wainwright to finish their out processing from the Army after completing the Microsoft Software and Systems Academy.

Jerri Tuck, Fort Wainwright's education services officer, stated that the Fort Wainwright command supported and afforded the four Soldiers to use permissive temporary duty to participate in the MSSA hosted by Saint Martin College through the Joint Base Lewis-McChord, Wash., Career Skills Program.

The program focuses on Soldiers who are within 18 months of separating from the military. Soldiers are afforded opportunities to finish classes, internships and even interview with civilian employers as part of the program.

"The Career Skills Program at Fort Wainwright, Alaska, is an additional Soldier for Life – Transition Assistance Program entity to provide the transitional Soldiers every opportunity to enhance educational, vocational, technical, entrepreneurship and job skills opportunities via apprenticeships, on-the-job training, job shadowing, employment skills and interview opportunities for civilian employment as they transition from military service," added Tuck.

Prior to their separation from service, and with approval from their command, Soldiers are permitted to be away from their units to participate in the program anywhere from just an afternoon or up to six months.

"These Soldiers took the initiative to meet the requirements, pursue the opportunities and complete the tasks as they reaped viable experience, which will certainly enhance their employability," said Tuck.

The Soldiers requested an opportunity to extend their thanks to the garrison command for allowing them to participate in the program. They had the opportunity to tell Fisher about their experiences

See Microsoft on page 3

Warming up during Sentry Aloha 18-1

A U.S. Air Force F-16 Fighting Falcon aircraft, assigned to the 18th Aggressor Squadron (AGRS) in Eielson Air Force Base, Alaska, prepares to taxi Jan. 8, 2018, at Joint Base Pearl Harbor-Hickam, Hawaii. The 18th AGRS is providing adversarial support for the 144th Fighter Wing and the 154th Wing during Sentry Aloha 18-1. (Photo by Airman 1st Class Eric M. Fisher, 354th Fighter Wing Public Affairs)

Eric M. Fisher
Airman 1st Class
354th Fighter Wing
Public Affairs

Jan. 10, 2018 marked the beginning of Sentry Aloha 18-1, a large-scale fighter exercise hosted by the Hawaii Air National Guard.

Sentry Aloha exercises are held to provide the Air National Guard, U.S. Air Force and other Department of Defense agencies an opportunity to execute current, realistic, integrated training specifically designed to develop combat operations and skill sets.

The 354th Fighter Wing's 18th Aggressor Squadron pilots are experts in replicating adversarial aircraft capabilities, and will play the roles of "Red Air". Their job is to simulate the enemy during exercise scenarios allowing other units to practice their combat tactics and procedures.

With their support, the Hawaii ANG's 154th Wing and California ANG's 144th Fighter Wing will receive realistic air-to-air combat training enabling them to better perform defense and combat operations.

"We are providing training platforms for the Hawaii and California ANG's offensive counter-air and defensive counter-air missions," said Capt. Robert Glenn, an 18th AGRS pilot. "They don't have dedicated adversary air so this exercise will improve each unit's capability to fight and increase overall readiness in Pacific theater."

Due to their location the F-22 Raptor pilots based in Hawaii don't have many opportunities to train with professional adversaries such as the 18th AGRS and also have limited opportunities to train with 4th Generation aircraft.

"On a daily basis, normal combat units have to split up their training to allow for adversary support within their own unit," said Maj. Brandon "Napalm" Nauta, the 18th AGRS assistant director of operations. "But when the aggressors are available it allows their entire unit to train and provides their young wingmen multiple opportunities to train against what they can expect to see from a real enemy."

Throughout the exercise, which ends Jan. 24, 2018, the Airmen will gain experience with multi-generation fighter integration including the 4th generation F-16 Fighting Falcon and F-15 Eagle and the 5th generation F-22 Raptor.

WEEKEND WEATHER

Friday

Snow showers with a high of 3 degrees.

Saturday

Mostly cloudy with a high of minus 13 degrees.

Sunday

Mostly cloudy with a high of minus 25 degrees.

FREE ELECTRONICS RECYCLING FRIDAY / SATURDAY

Green Star of Interior Alaska's monthly Electronics Recycling Depot is located within the University of Alaska at Fairbank's Surplus Warehouse, building 1855 Marika Road. Open today, Friday and Saturday, from 10 a.m. to 4 p.m. both days. Green Star also accepts ink and toner cartridges, wires, batteries, CDs/DVDs and cellphones. This is a free service to the residents and businesses thanks to a grant from the Fairbanks North Star Borough. Interested in being a volunteer? For more information, call (907) 452-4152.
https://www.facebook.com/pages/Interior-Alaska-Green-Star/253931654664618

Nutrition Corner: Strawberry smoothie

Consuming the proper nutrients at the proper time can make a big difference for those with goals to improve their physical performance and/or fuel their workouts properly. A special consideration to when and what you eat can pay off.

For those trying to improve their physical performance in areas such as speed, strength and endurance, the nutrients you consume makes a big difference. Remember you cannot put a Band-Aid or "quick fix' on a bad diet, but this is especially true if you are an athlete or physically active in general.

Focus on consuming a healthy diet most of the time - eat at least five servings of fruits and vegetables each day, choose lean proteins, whole grains at least half the time, and switch to low fat dairy.

For protein, distribute it evenly throughout the day. Instead of eating a mostly carbohydrate breakfast, like a bowl of cereal, and a snack with fruit only and then a large portion of meat for dinner, try having some eggs or other lean pro-tein with your bowl of cereal in the morning, nuts and seeds and/or low fat cheeses with snacks and consume three to four ounce portions of lean meat with lunch and dinner. It is better to eat consistent amounts of protein throughout the day than to consume a large portion once or twice per day.

For pre-workout fueling, focus on a meal or snack, depending on what time you work out, that provides carbohydrates, is relatively low in fiber and fat, and moderate in protein. The fat and fiber will slow gastric emptying and increase the possibility of having a stomach ache during your workout. A small bowl of cereal or piece of fruit about 45 minutes before your workout are good choices for a pre-workout snack.

During your workout, focus on staying hydrated. For physical activity that lasts less than an hour, water alone is sufficient for those who normally follow a balanced diet. For intense exercise lasting longer than 60 minutes, rehydrate with a sports beverage or product that contains fluid, carbohydrates and elec-trolytes.

For post workout muscle recovery and to replace glycogen (storage form of glu-cose in muscles and the liver) stores, consume a meal or snack that contains carbohydrate and protein. This can be a nice balanced meal using the plate method which is appropriate for workouts right before meal time.

For workouts not close to a meal time, a post workout snack can be as simple as a glass of low fat chocolate milk. If you are interested in individualized guid-ance on how to tailor your diet to maximize your physical performance, make an appointment with one of the registered dietitians at Bassett Army Communi-ty Hospital.

Featured Recipe: Strawberry Banana Smoothie

3/4 cup strawberries
1 banana
6 ounces of Greek Yogurt (low fat)
1 cup fresh spinach or kale
1 tablespoon ground flaxseed
Crushed ice to achieve desired consistency

Blend all ingredients in the mixer and serve chilled.

Weekly Financial Tips: Planning purchases

Ryki Carlson
Survivor Outreach Services Support Coordinator

PLANNING PURCHASES – Quite often people ask about the specific time of year to get great deals on items. Planning purchases could save you hundreds or even thousands of dollars during the year. The following monthly list gives you a guide to plan the best time to purchase items:

1. January – Major appliances such as washer and dryers, bicycles, calendars, carpet and flooring, furniture, linens and bedding, office furniture, business suits, men's shirts, video games, hot water heater, Christmas wrapping paper, Christmas cards, lingerie, shoes, outdoor gear, digital cameras, bicycles, furniture, computers, toys and real estate.

2. February – Bicycles, boats, home theaters, video games, art supplies, used cars, lamps, chocolate after the 15th, toys, TVs Carpet and storm windows.

3. March – China, flatware, gardening tools, children's shoes, ice skates, luggage, winter clothing, shoes, frozen food (national frozen food month), baby items and ski equipment.

4. April – Women's shoes, dresses, cookware, electronics, office furniture at the end of the month, snow blower, televisions, vacuum cleaners, boots, used cars, car accessories, fabric, ski equipment and hosiery.

5. May – Cookware, electronics, small kitchen appliances, mattresses and box springs, party supplies, vacuum cleaners, bathrobes, luggage, outdoor furniture, area rugs, spring cleaning, paint, summer sports equipment, vacation trips and tires.

6. June – Champagne, gym memberships, power tools, building materials, museum tickets and men's clothing.

7. July – Broadway tickets, gardening tools, household paint, computers, furniture, diamond rings, condiments and business suits.

8. August – Computers, school supplies, swim suits, dehumidifier, flip flops, lawn mowers, swing sets, car batteries, patio furniture, beach toys, large outdoor toys, coolers and barbecue grills.

9. September – China, flatware, patio furniture, wine, cars (last year's models), garden equipment, summer clothing, lawn mowers, laptops, landscaping plants, trees, appliances, holiday airfare and lamps.

10. October – Gas grills, air conditioner, large home appliances, new car, jeans, women's coats, finishing equipment, summer sports equipment, shrubs, trees, spring bulbs, cookware and cars (last year's models).

11. November – Cookware, gas grills, small kitchen appliances, recreational vehicles, blankets, boy's coats, shoes, home improvement supplies, men's shirts, leftover Halloween candy, wedding dress (Nov. 15 to Dec. 24), HDTV and home theatre equipment (Nov. 15 to Jan. 31), and fall clothing.

12. December – Champagne, cookware, tools, small household appliances and televisions.

OUTDOOR RECREATION
February - March Trips

MACLAREN RIVER LODGE SNOWMACHINE TRIP
Feb 16 - 18, 8 a.m.
Location: Maclaren Lodge
Price: $275 per operator
$200 per passenger

ICE CLIMBING
Mar 3, Mar 17, 8 a.m.
Location: ODR Price: $70

CROSS COUNTRY SKIING AT UAF
Mar 10, 10 a.m. - 3 p.m.
Location: UAF Cost: $35

SNOWMACHINE SAFETY COURSE
Mar 10, 9 a.m. and 1 p.m.
Location: ODR Price: $15

TRY A SNOWMACHINE
March 11, 11 a.m., 1 p.m. and 3 p.m.
Location: Birch Ski Hill
Price: $40

BIRCH HILL SKI AND SNOWBOARD CAMPS
Mar 14-16, Noon - 3 p.m.
Location: Birch Hill Ski and Snowboard Area
Price: $175 DoD, $225 Non-DoD

WOMEN IN THE WILDERNESS: SNOWMACHINE TRIP
March 17, 8 a.m. - 5 p.m.
Location: ODR Price: $110

COMPEAU'S TRAIL SNOWMACHINE RUN
Mar 24, 8 a.m. - 5 p.m.
Location: ODR Price: $110

WHITE MOUNTAINS SNOWMACHINE TRIP
Mar 31, 8 a.m. - 5 p.m.
Location: ODR Price: $110

BIRCH LAKE ICE FISHING
April 7, 8 a.m. - 5 p.m.
Location: Birch Lake
Price: $50 An Alaska State Fishing License is required!

GO. EXPLORE.

For trip details and to reserve your spot,
Call us at 361-6349 or stop by the Outdoor Recreation Center, Bldg. 4050.
www.wainwright.armymwr.com
@WainwrightMWR #wainwrightMWR #WainwrightODR

MEDDAC Minute

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

IMPORTANT PHONE NUMBERS
Emergency: 911
24 Hour Nurse Advice Line: 1-800-874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
Substance Abuse/Clinical Counseling: 361-4054
Tricare On-Line: *www.tricareonline.com*
United Health Care: *uhcmilitarywest.com*, 877-988-9378

PERFORMANCE TRIAD TIP
Strength training is an essential part of having healthy bones and maintaining a healthy weight. Ladies, it is especially important for you. Estrogen, a hormone in women that protects bones, decreases sharply when women reach menopause, which can cause bone loss. This is why the chance of developing osteoporosis increases as women reach menopause.

A GREAT PLACE TO WORK
MEDDAC-AK has job openings for both clinical and non-clinical positions here at Fort Wainwright. To view job openings go to *www.usajobs.gov*.

IMMUNIZATIONS
The immunizations clinic at Bassett ACH is open on a walk-in basis Monday through Friday 7:30 a.m. to 3:45 p.m. for all beneficiaries.

TRICARE ONLINE REMINDERS
TRICARE makes it easy to receive a reminder for upcoming appointments. Beneficiaries who have their cell phone number in their TRICARE profile will receive a reminder text 48 hours and two hours prior to their appointment.

SAVE A TRIP TO THE ER
Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can all our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273).

TOBACCO FREE CAMPUS
As of Dec 1, 2017 all MEDDAC-AK facilities are tobacco free. Please refrain from using tobacco products, including vaping devices within our campus perimeters, including parking lots and sidewalks.

MLK

Continued from page 1

cultivate the habit of doing the service deliberately, our desire for service will steadily grow stronger, and will make, not only our own happiness, but that of the world at large."

It is Jarmon's belief that there are three reasons most people choose not to serve.

"Most people don't serve because one they think the timing is wrong. Two, they don't think they have the resources to do the service to the level that is expected and three think they don't have the personal skills them-selves; that someone can do it better than they can," said Jarmon.

In a call to action, Jarmon chal-lenged the audience not to give in to those three misconceptions or fears.

"My word to you today is very simple. Start where you are. Don't wait for the perfect time; now is the right time. Use what you have, don't wait to get something specific, do what you can. You can't do what MLK did, but he couldn't do what you can do. Martin Luther King Jr. can do no more, only you can go forward from here and I want you to go forth today and serve."

ALASKA POST
The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

History Snapshot: Soldier's cabin near main gate

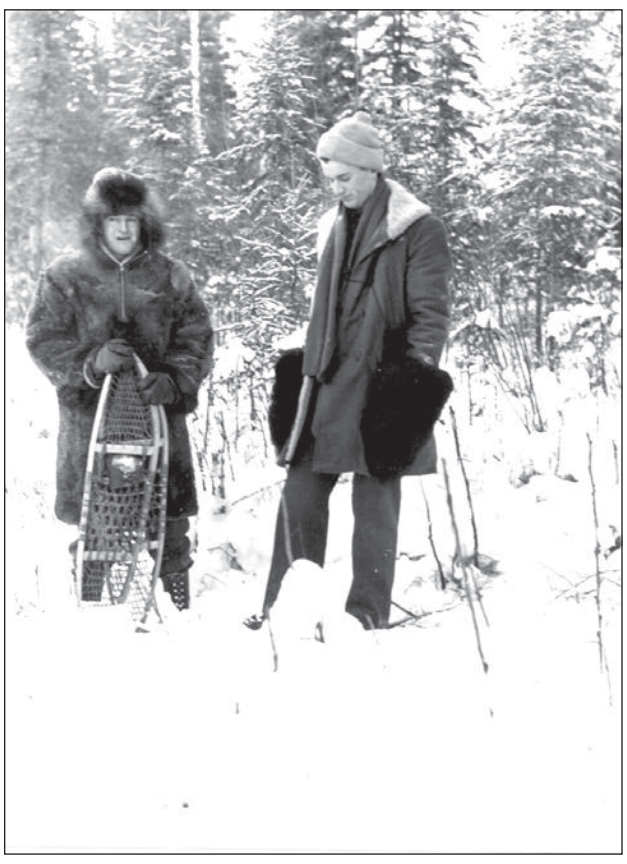
L. Amber Phillippe
Fort Wainwright Landscape Historian

Richard F. Dennison served in the L Company of the 4th Infantry Regiment at Ladd Field from October 1940 to June 1943. Primarily he was involved in airfield security, but also worked as a platoon leader, mess officer, exchange officer and performed field testing for the Cold Weather Test Detachment when he could.

Dennison recalled Ladd Field in its earliest days, saying, "The field was very small with a very small complement. There were no buildings south of the runway and the housing around the old post had not been built yet." Dennison went on to recall that, "The barracks (including officer quarters) were wooden temporary buildings heated by coal stoves but well insulated…the Infantry was proud of "roughing" it." The temporary housing was located near where Trainer Road is now.

In June 1943 Dennison was transferred to Fort Richardson and subsequently posted in New Guinea, the Philippines, Japan and Germany. He returned to the states in 1967 and was assigned to the Pentagon. He officially retired from the Army in February 1968 having achieved the rank of Colonel. During his 28 years of service Dennison received the Legion of Merit, the Combat Infantry Badge, the Bronze Star, the Army Commendation Ribbon and the Greek War Cross among others. He passed away at the age of 97 on May 12, 2016 in Carlisle, Pennsylvania.

Like Historic Photos? Check out our Pinterest page for more, visit *www.pinterest.com/fwacultural/*. If you have any stories or photographs to share with the Cultural Resources Management program please call, (907) 361-9329 or email *laurel.a.phillippe.ctr@mail.mil*.



Lt. Fred Dunphy (left) and Richard Dennison during the winter of 1940-41, 3 miles east of Ladd. (Image courtesy of Richard F. Dennison)

Cabin near main gate Soldiers; Bush, Rager, Dunphy, Dennison lived there until it burned February 1941. (Image courtesy of Richard F. Dennison)

Rotary Club of Fairbanks helps strengthen military Families with grant to ASYMCA of Alaska

Staff Report
Alaska Services YMCA

Rotary Club of Fairbanks, an organization dedicated to making positive and lasting change in communities, has awarded their Donor Advised Fund Grant for $10,000 to the Armed Services YMCA of Alaska to renovate the Military Courtesy Lounge at the Fairbanks International Airport.

Since 1941, The Armed Services YMCA of Alaska has served their mission to enhance the lives of military members and their families in spirit, mind and body through programs relevant to the unique challenges of military life. The Armed Services YMCA of Alaska will continue to serve this mission by growing their programs to combat food insecurity, childcare accessibility, family separation, financial distress and addressing the unique stressors of military families. With the generous grant from Rotary Club of Fairbanks, the ASYMCA of Alaska will be able to implement long-awaited renovations to our Military Courtesy Lounge at the Fairbanks International Airport.

"The Rotary Club of Fairbanks is committed to projects that enhance quality of life for people in our community. We also look for opportunities to mobilize our members to serve others through volunteer activities," said club president, Bill Wright. "This airport lounge renovation will meet both of these objectives and help all of us realize the Rotary International ideal of "Service Above Self."

"We are excited have been selected by the Rotary Club of Fairbanks to receive this grant, and to work side by side with a host of professional members to completely renovate the ASYMCA Military Lounge," says ASYMCA executive director, Sarah Riffer. "This lounge serves as a comfortable resting place for service members and their families, both active and retired, who are traveling through our community. The military lounge has refreshments, comfortable seating, a private area to rest and for nursing mothers—and soon we'll have a playful spot for the youngest members of our military families to play and squirm after long days of travel."

To learn more about the Armed Services YMCA of Alaska, please visit our website, at *www.asymca.org/alaska* or call us at 907-552-9622.

MICROSOFT

Continued from page 1

using permissive TDY, career skill learned and of their interviews with Microsoft as part of the course.

"I'm not nervous about getting out and finding a job anymore," stated Kharel. "I know that I'm going to find a job after completing this course within a reasonable time."

Khadka added that the course goes toward completing a computer science undergraduate degree, earning him 18 college credit hours.

"It was a great learning experience," stated Maskey. "The training gives you everything to include resume building and helping find a job after separating from the military. There is a lot of room for personal progress with this program."

Fisher encouraged the Soldiers to share their experiences of being able to pursue educational opportunities such as MSSA that make them more marketable and competitive in the civilian workforce after separating from the Army.

"There are a lot of little aspects to your experiences that can help others who choose to transition out," added Fisher. "I encourage you to talk with your fellow Soldiers and let them know what this opportunity has given you as you transition into the civilian workforce.

"We want you to tell your Army stories," added Fisher. "You all represent the modern veterans, you're Soldiers for life. Volunteerism is in each of you, and I encourage you to get involved with your communities; don't keep your service to yourself. These things help a community thrive."

For more information on opportunities available through the Career Skills Program, visit the Farthest North Army Education Center, building 4391 Neely Road, Fort Wainwright, Alaska 99703.

Alaska National Park Service news release

Staff Report
Alaska National Park Public Information Office

NPS-Alaska Park Compendiums Open for Public Comment

National Park Service compendiums for Alaska are open for public comment through Feb. 15, 2018. A compendium – one for each NPS area in Alaska – is a compilation of designations, closures and restrictions adopted under the discretionary authority within the regulations covering national parks. This regulatory tool helps manage Alaska's national park areas for the public's enjoyment, use and protection.

A handful of changes are proposed for this year. They include, but are not limited to:

Lake Clark National Park and Preserve proposes to designate a new public use cabin and adopt provisions regulating public use in that immediate vicinity.

Denali National Park proposes to address parking on the restricted section of the Denali Park Road during the summer operating season.

Denali National Park also proposes changes regarding human waste disposal on the West Buttress of Denali.

Katmai National Park proposes to adopt a requirement that individuals in the Brooks Camp Developed Area who do not comply with rules regarding protecting the public and wildlife repeat the bear orientation that visitors are required to take upon arrival at Brooks Camp.

Bering Land Bridge National Preserve proposes to require hunters remove non-edible animal parts from harvested game within one half mile of Serpentine Hot Springs and Serpentine Hot Springs Airstrip for public health and safety reasons.

Information on the proposed changes and instructions on how to comment is available at *https://www.nps.gov/locations/alaska/proposed-compendiums.htm*. A written copy may be requested directly from a park or the National Park Service, 240 W. 5th Avenue, Anchorage, AK 99501, Attn: Compendium.

www.nps.gov

Contact: Megan Richotte,
Public Information Officer
Akro_public_affiars@nps.gov
907-644-3639

1st Battalion, 5th Infantry Regiment hosts Morning Star Ranch visit

1st Lt. John W. Folta
Charlie "Charger" Company, 1st Battalion, 5th Infantry Regiment

Spc. John Cantrell and Pfc. Jordan Palmer, volunteers for 1st Battalion, 5th Infantry Regiment's community outreach event smile with members of Morning Star Ranch at Fort Wainwright, Alaska, Dec. 14. Charger Company, 1/5 IN invited members of the community to come on post and interact with Soldiers just prior to the holiday season. (Photo by Pfc. Christian Garcia, Charlie "Charger" Company, 1st Battalion, 5th Infantry Regiment)

Just two weeks before Christmas, Soldiers of Charlie "Charger" Company, 1st Battalion "Bobcats", 5th Infantry Regiment, did something special for a few individuals within the Fairbanks community.

The company invited 16 affiliates of Morning Star Ranch to participate in a community outreach event hosted by the Bobcat Battalion, and to receive a chance to view a vehicle static display, observe a dry-fire equipment demonstration, and engage directly with the volunteering Soldiers in an open forum.

Morning Star Ranch is a well-established program within the Fairbanks community that has been serving individuals with developmental disabilities since 1995. Their organization continues to offer the services of care providers, various support channels and opportunities for community integration through education, activities and work experience.

The initial idea to bring them onto Fort Wainwright, Alaska, to engage with service members was a collaboration between one of the Soldiers of Charger Company, Spc. Joseph Biel, and his wife, Joree Hill, who is currently serving as a care provider at Morning Star Ranch.

Biel brought the concept to his chain of command who, also eager for the opportunity to give back to the Fairbanks community, readily sought authorization for the event through the proper channels and charged Biel with seeing the event through.

On Dec. 14, the idea came to fruition as Charger Company, 1-5 IN, welcomed 16 individuals from Morning Star Ranch onto Fort Wainwright. Biel received them with opening remarks and oriented them to the display, which included one of the battalion's available Stryker Infantry Carrier Vehicles and an Arctic Small Unit Support Vehicle.

Biel invited participants to sit in the ICV and SUS-V and to talk with the vehicle's crew members about Arctic mobility and maintenance. Afterward, one of the company's fire teams and an M240L gun team introduced themselves to the visitors and demonstrated some of the drills they regularly use as part of their training.

Charger Company's 2nd Platoon medic additionally showcased several combat-lifesaving techniques frequently taught in the battalion's quarterly advanced First Responder Course and fielded questions about the various roles filled in an infantry company.

Finally, Charger Company welcomed participants to remain in the area and continue to ask questions, talk or take photos with the nine Soldier-volunteers who were a part of the event. Morning Star Ranch patients and providers alike continued to engage Soldiers and share time together until the event's conclusion.

The innovation and initiative displayed by a junior Soldier in the planning and execution of this unique event was truly special, as was the extraordinary experience created for both Soldiers and the community alike. Soldiers and members of Morning Star Ranch both left with new relationships formed, memories shared and an eagerness to not let this event be the last of its kind, a sentiment evident in the excited words of Yuri, one of Morning Star Ranch's clients, "when can we go back again?"

Editor's Note: More information on Morning Star Ranch can be obtained at morningstarranchak.org. More details regarding this event can be viewed on the "Charger Company 1-5" Facebook page.

Spc. Joseph Biel, a Soldier assigned to Charlie "Charger" Company, 1st Battalion, 5th Infantry Regiment, welcomes members of the Fairbanks community and introduces them to other Soldiers who volunteered to participate in an event Dec. 14. Biel coordinated, planned and successfully executed the event in conjunction with his wife, Joree Hill, and Morning Star Ranch, a not-for-profit organization in the Fairbanks-North Star Bureau. (Photo by Pfc. Christian Garcia, Charlie "Charger" Company, 1st Battalion, 5th Infantry Regiment)

Pacific Region's only American airborne brigade fills Alaska skies

Paratroopers assigned to the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, jump from a U.S. Air Force C-17 Globemaster III with the 517th Airlift Squadron during airborne training over Malemute drop zone, Joint Base Elmendorf-Richardson, Alaska, Jan. 9, 2018. The Soldiers of 4/25 belong to the only American airborne brigade in the Pacific, and are trained to execute airborne maneuvers in extreme cold weather/high altitude environments in support of combat, training and disaster relief operations. (Photo by Senior Airman Curt Beach, Joint Base Elmendorf-Richardson Public Affairs)

Weekly Events

January 19 – 26

20 **Saturday Family Movie Day**
January 20
10 a.m. to 2 p.m.

Your wish is our command during Saturday Family Movie Day at the Library! Request a movie and enjoy it with the family in our lounge area.!

Post Library, building 3700
Call 353-2642

21 **Family Fun Day Sunday**
January 21
11 a.m. to 4:30 p.m.

Grab your friends and family and head on down to Nugget Lanes Bowling Center for bowling and food specials, every Sunday.

Nugget Lanes Bowling Center, building 3702
Call 353-2654

24 **Upper Cut Fitness Class**
January 24
7 p.m.

Tone those muscles! Upper Cut uses weights and cardio, and targets the arms, back, shoulders and core to get the upper body sculpted and toned.

Physical Fitness Center, building 3709
Call 353-7223

25 **Welcome to Winter**
January 25
6 to 8 p.m.

Is this your first year in Interior Alaska? Have you adjusted to the cold yet? Prepare yourself for winter's grasp by attending Welcome to Winter, where experts will orientate you to life in sub-zero temperatures.!

Last Frontier Community Activity Center, building 1044
Call 353-7908

25 **Daniel Dugar & Friends Comedy Tour**
January 25
7:30 p.m.

Get ready for night of gut busting comedy, Fort Wainwright! Daniel Dugar, JJ Williamson, and Darren Frost are ready to deliver hard-hitting comedy that is right on the money! This event is for DoD ID Cardholders 18 years of age or older. Must be 21 years of age or older to purchase or consume alcohol.

Warrior Zone, building 3205
Call 353-1087

Eielson Air Force Base

Friday – 19th
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.

MARSHALL (PG-13), 6 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 20th
LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

CONE DE FORCE, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.

OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

MULAN (G), 3:30 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

THE FOREIGNER (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 21st
LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

LILO &STITCH (PG), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Monday- 22nd
FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.

HIIT, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Tuesday – 23rd
SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

REUNION BRIEFINGS, 9:30 to 10:30 a.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 10:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

LADIES BOOK CLUB, 5 p.m., Eielson Library, Eielson AFB, Call 377-3174.

SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Wednesday – 24th
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.

BODY SCULPT, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Thursday – 25th
SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

STORYTIME, 10 to 11 a.m., Eielson Library, Eielson AFB, Call 377-3174.

DEPLOYMENT BRIEFING, 1 to 2 p.m., Airman & Family Readiness Center, Ei-elson AFB, Call 377-2178.

OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

YOGA MIX, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

SPIN, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Friday – 26th
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 p.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336

JIGSAW (R), 6 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 27th
LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

CONE DE FORCE, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.

OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

TANGLED (G), 3:30 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

BLADE RUNNER 2049 (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 28th
LAP SWIM, 10 a.m. to noon, pool inside Baker Field House, Eielson AFB, Call 377-1925.

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, Eielson AFB, Call 377-2642.

OPEN SWIM, 1 to 7 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

ANTZ (PG), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Alaska District employee remains dedicated to hurricane recovery in Puerto Rico

Codi Kozacek
Army News

Over the past four months, Jim DeGraff spent just two weeks at home in Alaska. The rest of the time, he was in disaster areas, working with the U.S. Army Corps of Engineers (USACE) to help the U.S. Virgin Islands and Puerto Rico recover from hurricanes Irma and Maria.

Jim DeGraff, from the U.S. Army Corps of Engineers Alaska District, works as a Quality Assurance specialist for the USACE Critical Public Facilities team in support of the Federal Emergency Management Agency's response to Hurricane Maria. Before being assigned to Puerto Rico, DeGraff served for 43 days with the USACE hurricane recovery mission in the U.S. Virgin Islands. (Photo by Codi Kozacek)

The storms damaged thousands of homes and public facilities and left many of the islands' communities without power or water service. USACE mobilized teams from across the country to support response and recovery efforts in conjunction with the Federal Emergency Management Agency (FEMA). DeGraff, who works on Fort Wainwright as part of the USACE Alaska District, volunteered to be assigned to the hurricane relief missions.

"Any chance I get an opportunity to help somebody, I'm going to try my best to do that," he said.

In response to hurricanes Irma and Maria, he traveled to St. Croix, where he was assigned to the USACE Infrastructure Assessment team out of the USACE Recovery Field Office U.S. Virgin Islands to ensure critical public facilities like schools and police stations were safe to resume operation.

"Literally people's faces would light up when they saw you," he said, remembering the response when residents found out he worked for USACE. "They were so grateful and so happy to see you. Many hugs and many smiles."

DeGraff spent 43 days in the U.S. Virgin Islands, returned home to Alaska for two weeks, then got a call asking if he would consider volunteering in Puerto Rico. He agreed, and has been working with the Critical Public Facilities team out of the USACE Recovery Field Office Puerto Rico in San Juan for more than 60 days. He remains dedicated to the mission here, and recently extended for an additional 30-day assignment.

Seeing how much the communities in Puerto Rico still need, and having the ability to help, keeps DeGraff motivated month after month, working 12-hour days, seven days a week, he said.

"Every place you go, they're looking for help, they need help, so that gives you a reason to keep going and try to do the best you can," he said.

One of the most memorable and rewarding moments for DeGraff came when his team helped young students return to school on St. Thomas, in the U.S. Virgin Islands.

"They were hugging their teachers and just happy to be back, playing with the other kids," he said. "It's a nice thing to see that you've helped them get back to their education, and that will help them further down the road in life hopefully."

DeGraff's work in the U.S. Virgin Islands and Puerto Rico is the latest in a long history of service. He spent eight years in the U.S. Army, and, after running his own construction business for more than 20 years, returned to public service as a civilian working first for the U.S. Department of Veterans Affairs and then the Army.

IN BRIEF

FINANCE TIP
Did you know that if you take leave during a TDY you need to have your leave authorized in LeaveWeb?

NUTRITIONAL TIP
Use a smaller plate, bowl and glass. When eating out, choose a smaller size option or share a dish.

CABIN FEVER CHECKLIST CHALLENGE
Until March 1, 2018, read your way through the winter using the Eielson Library's checklist as your guide. Ages 5 to 18 can sign up at the front desk. Each entry will be entered into a prize drawing. One entry per person. Call 377-3174 for more information.

HALF-OFF ICE FISHING EQUIPMENT RENTALS
Contact Outdoor Recreation Jan. 12 to 14 to get half-off you ice fishing equipment rentals! They are open from 10 a.m. to 6 p.m. Call 377-1232 for more information.

MARTIN LUTHER KING Jr. Meal
The Two Season Dining Facility will have a full meal to celebrate Martin Luther King Jr. Day Jan. 15, from 11 a.m. to 1 p.m. Active Duty members, DoD civilians, and retirees (immediate family members) are invited to share a meal. Call 377-2563 for more information and pricing.

PIANO LESSONS
Piano lessons are available at the Eielson City Center. If you or your child have ever wanted to learn to play piano, now's your chance. Call 377-2642 for more information and to sign up for lessons.

STORYTIME AT THE LIBRARY
The Eielson Library holds story time every Thursday from 10 to 11 a.m. for children 5 years old and younger. Come out and enjoy listening to themed story's read by the library staff or volunteers. Call 377-3174 for more information.

MEDICAL GROUP OFFERS SLEEP ENHANCEMENT CLASS
The 354th Medical Group provides sleep enhancement education classes on Tuesdays from noon to 1 p.m. The class is four weeks long and begins the first Tuesday of every month. For any questions or to register for the class, please call 377-6354.

EIELSON CHAPEL SERVICES
The Eielson Air Force Base Chapel team offers a variety of services. Your Chaplain Corps offers Catholic and Protestant worship services each week, and our multi-faith worship center can support the needs of other faith groups. For more information, call us at 377-2130.

Catholic Community:
Religious Formation, 9 a.m., Sundays
Catholic Mass, 10:30 a.m., Sundays
Sacrament of Reconciliation by appointment

Protestant Community:
Contemporary Service, 9 a.m., Sundays
Kids Church, 9 a.m., Sundays
AWANA, 4 to 6 p.m., Sundays
Jr./Sr. High Youth Service, 6 p.m., Wednesdays

SADD
SOLDIERS AGAINST DRUNK DRIVING
353-4145
For a free ride home.

Executive team development series engages Alaska Army leadership

Brady Gross
Fort Wainwright Public Affairs

The 2018-19 Executive Team Development Series is in full swing. Now in its third reiteration, the series has taken place every two years after each new garrison commander has taken command and settled in. Garrison commander, Col. Sean Fisher, with development assistance from Fort Wainwright staff, is leading this series and provides lead guidance overall. The executive team attending the series includes both military and civilian leaders from Fort Wainwright and Fort Greely, meeting bimonthly.

Series coordinators, Christine Donovan, a workforce development program specialist, and Carrie McEnteer, a strategic planning specialist, perform a pre-assessment that gathers any particular questions, focuses and needs the garrison commander should be aware of and address before the series begins. Donovan and McEnteer also perform a post-assessment that includes direct feedback after each bimonthly session and survey participation that helps feed a command climate survey published later in the year.

These assessments have helped gather some lessons learned from past years. "Improving the organization as a whole through a cascading action plan," says McEnteer, "is really the overarching insight gained from year to year. Another observation is "… asking them to learn together as a team while also developing personal mastery," says Donovan.

"My view on the training is that any time we can get away from the chaos surrounding daily operations, interact with our peers and think strategically (as we do in these sessions), we become better at what we do. So much of our work is centered on relationships with both our fellow staff officers and the command group – the executive team series helps foster and sustain personal and working connections between all of us. Last year's series helped me personally get to know the staff and how they operate. Outputs are invaluable, to include the ability for me to professionally disagree with my colleagues and still being able to maintain friendships with those I disagree with," says Robert Wallace, Ph.D., Chief, Plans, Analysis and Integration Office and series participant.

Each meeting is a half-day endeavor that meets, both on and off the installation, and includes time to get social with coworkers, team collaboration sessions and customized break-out periods as well. The meetings are facilitated by executive team members who choose which topics interest them throughout the series.

The series framework and curriculum is aligned with the book "The Fifth Discipline: The Art and Practice of the Learning Organization" by Peter Senge. The series also utilizes a variety of materials, including a list of other leadership-development recommended reading curated by the executive staff participants, coordinators Donovan and McEnteer, and the garrison commander.

The Fort Wainwright library has even set up a special section to spotlight the books during the duration of the leadership series. Along with recommended reading, Fisher recommended visual job aids, tools and engagement packets to aid in developing critical thinking competence. Materials such as the Thomas-Kilmann Conflict Mode Instrument and the Myers-Briggs Type Indicator test are also utilized to gain further understanding and self-awareness of each of the participant's personalities and working strategies with one another.

"The Executive Team Development Series supports what all of us already know; individuals and teams must continually improve to ensure continued excellence. For the garrison team, this is absolutely critical; we must provide the best we can to our Soldiers and their families - anything else is unacceptable. The garrison team knows the garrison mission and Soldier readiness are inseparable – the Executive Team Development Series ensures our Soldiers receive the best support possible," says Charlie Carr, director of Human Resources at Fort Wainwright and series participant.

Overall, the series is based on the six leadership principles of mission command and helps build cohesive teams through trust, create shared understanding and provide a clear commander's intent. Army leader development strategy from 2013 references, "Leader development is the deliberate, continuous, and progressive process – founded in Army values – that grows Soldiers and Army Civilians into competent, committed professional leaders of character."

These principles confirm the series goals of improving organizational performance and enhancing team cohesion and help find common ground in interpersonal engagement and development overall.

For more information on resources utilized in the series, contact Christine Donovan at *christine.e.donovan5.civ@mail.mil* or Carrie McEnteer at *carrie.l.mcenteer.civ@mail.mil.*

Alaska USDA Wildlife Services employment notice 2018

Listed below is an employment opportunity with Wildlife Services in Alaska for 2018. We will continue to accept applications until positions are filled. If you are interested in the following position, please provide us with contact information, availability, and a resume'. We will e-mail applications to those respondents who are interested and available.

Eielson Air Force Base, located approximately 20 miles southeast of Fairbanks, is the main base supporting the State's Red Flag operations. Red Flag is a series of war game exercises conducted at Eielson AFB for a variety of military aircraft from various states and countries. Wildlife Services provides a Wildlife Hazard Management Program designed to reduce wildlife hazards to aircraft. Eielson AFB offers a unique experience in managing a variety of wildlife species hazardous to aircraft. Wildlife species may consist of moose, lynx, fox, woodchucks, ravens, waterfowl, gulls, and raptors. A team of four Specialists and one Biologist operate independently on twelve and eight hour shifts. Specialists are required to patrol the property, record data, operate around aircraft, utilize a variety of wildlife control methods, and communicate with the Control Tower via radio. Specialists are responsible for securing their own housing and transportation to and from the project.

More information can be provided at the following address and contacts:

USDA, APHIS, WS
9001 E Frontage Rd
Palmer, AK 99645
907-745-0871
907-746-0873 Fax

District Supervisor: Marc Pratt
Marc.W.Pratt@aphis.usda.gov
Assistant District Supervisor: Spencer Atkinson
Spencer.W.Atkinson@aphis.usda.gov

Job identificaiton: Airport Direct Control Wildlife Hazard Management
Location: Eielson AFB, AK
Work environment: Urban
Timeframe: Late March through September
Appointment: Full time seasonal
Grade: GS-404-4/1, plus 5.57 percent
Hours expected: 80 hours per pay period, plus necessary comp time.
Benefits: Federal Employee Health Benefit, Sick and Annual Leave
Positions: 4

GS Locality Pay Tables for Alaska:
https://www.opm.gov/policy-data-oversight/pay-leave/salaries-wages/salary-tables/pdf/2017/AK.pdf
Federal employees at Eielson receive an additional Cost of Living Allowance benefit of 5.57 percent.

LOX and load: Fuels Airmen breathe life into aviation

Senior Airman Curtis Beach
Joint Base Elmendorf-Richardson Public Affairs

As a C-17 Globemaster III gains altitude, air pressure decreases, reducing the amount of oxygen in a pilot's blood. If unprepared, permanent damage to vital organs can happen within minutes. To prevent this, aircrew rely upon liquid oxygen.

U.S. Air Force Airman 1st Class Jerry Timmons, 673d Logistics Readiness Squadron fuels facilities technician, prepares to fill a 50-gallon liquid oxygen cart at Joint Base Elmendorf-Richardson, Alaska, Dec. 4, 2017. Oxygen is pressurized and cooled into a liquid state in order to transport it more efficiently from cryogenic tanks to JBER's aircraft to provide fresh air to pilots in flight. (Photo by Senior Airman Curt Beach, Joint Base Elmendorf-Richardson Public Affairs)

Airmen from the 673d Logistics Readiness Squadron fuels facilities section maintain this and other vital resources for Joint Base Elmendorf-Richardson (JBER).

The fuels facilities section consists of seven Airmen and four civilians who execute and document the receipt, storage and transfer of 14 million gallons of jet fuel, ground fuel, liquid oxygen and de-icing fluid each year.

"This section is critical to the JBER mission as they provide the energy that moves all of our assets," said U.S. Air Force Master Sgt. Joshua Hightower, 673d LRS Fuels Operations section chief. "Their scope of responsibility is vast as they control all aviator breathing oxygen, vehicle and equipment fuel, aviation fuel and de-icer products. Without the proper management of these products, the JBER mission ceases."

The team coordinates daily operator maintenance on assets valued at $302 million, consisting of 10 fuel facilities and 109 fuel pits and outlets that encompass five miles of pipeline throughout the base.

They schedule and coordinate daily fuel deliveries across JBER for Air Mobility Command, Air National Guard, the Army, Transient Alert and 3rd Wing, as well as tenant components.

"You could say we fuel the mission," said U.S. Air Force Tech. Sgt. Eric Fortenberry, 673d LRS fuels facilities section noncommissioned officer in charge. "We handle any kind of fuel request such as jet fuel – that's our main job."

Along with providing essential products, fuel facilities Airmen are focused on protecting another important asset—people. When they work in cryogenics, the team must adhere to safety guidelines to prevent injury or loss of life.

Handling the liquid oxygen isn't devoid of its fair share of risk. The team creates liquid oxygen by placing air under high pressure. As the pressure increases, the temperature of the air also increases, eventually converting the gas to a liquid that boils off, leaving a pure gas as a result.

"The personal protective equipment we wear is absolutely indispensable and keeps us protected," said U.S. Air Force Senior Airman Brandon Willen-Nelson, 673d LRS facilities technician. "We're handling a substance that can reach dangerously low temperatures around minus 297 Fahrenheit. If anything spills, we're prepared."

Their protective equipment ensures no part of their skin is exposed to the extremely low temperature. Operating in teams of two is an additional safety measure, ensuring each Airmen has a wingman in the event of emergency.

Although serving as a member of the fuels facilities section runs some risk of physical harm, Willen-Nelson said it's all in a day's work and executing his part of the JBER mission is rewarding.

The extensive preparation and discipline of the team keep JBER's vehicles moving and pilots breathing and fulfilling the mission.

Thanks to the 673d Logistics Readiness Squadron fuels facilities team, pilots and aircrew can breathe easier as they provide global expeditionary combat support.

U.S. Air Force Airmen assigned to the 673d Logistics Readiness Squadron fuels facilities section prepare to fill 50-gallon liquid oxygen carts at Joint Base Elmendorf-Richardson, Alaska, Dec. 4, 2017. Oxygen is pressurized and cooled into a liquid state in order to transport it more efficiently from cryogenic tanks to JBER's aircraft to provide fresh air to pilots in flight. (Photo by Senior Airman Curt Beach, Joint Base Elmendorf-Richardson Public Affairs)