

ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

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TUBE TIME



Military members and affiliates participate in an intramural game of water polo on inner tubes at the Buckner Physical Fitness Center on Joint Base Elmendorf-Richardson April 12. The fitness center offers a total of 18 intramural sports throughout the year, open to military members, family members, Department of Defense civilians and dependents 18 years and older. (U.S. Air Force photos/Senior Airman Curt Beach)



AT BUCKNER



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Joint Base Elmendorf-Richardson/
673d Air Base Wing Vice Commander
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Joint Base Elmendorf-Richardson/
673d Air Base Wing Sergeant Major
Sgt. Maj. Jerry H. Byrd Jr.

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Feeding the Army is a neverending task

By **SENIOR AIRMAN JAVIER ALVAREZ**
JBER Public Affairs

The first Soldier arrived at 4:15 a.m. His bleach-white uniform, like a beacon in the predawn void, outshone the late-winter frost at the Gold Rush Inn parking lot at Joint Base Elmendorf-Richardson.

By 4:30 they were all in formation – 10 Soldiers, in immaculate chef’s outfits. Food safety thermometers in pen-like protectors adorned their sleeves.

Their coyote-brown combat boots, while seemingly out of place, made sense – on this day, they’re fighting hunger.

Theirs is a difficult task. In two and a half hours, the Soldiers, alongside 13 civilian counterparts, will dice, flake, fry, grate, bake, mix, mince, peel, pare, shred, steam, toss, stir and stew the most important meal of the day.

“On average we serve 350 people for in-house breakfast,” said Sgt. 1st Class Donnie Arnone, 2nd Battalion, 377th Parachute Field Artillery Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, dining facility assistant manager. “On any given day we can feed up to 1,500 people from this location.”

By 4:45, the shift duties are assigned and without hesitation the group disperses.

The kitchen is a calculated maze. Every inch is accounted for – expertly designed and utilized for speed and performance.

Success in the kitchen is in part due to the prep work done by the previous night’s crew.

The day’s recipes, crafted at the Joint Culinary Center of Excellence, at Fort Lee, Virginia, are mastered and incorporated at various Army posts nationwide.

A meal enjoyed at Fort Bragg, North Carolina, will have the same taste of home.

“During the week we go through 45 dozen whole eggs and 750 liquid eggs,” Arnone said.

By 5:30 a.m., while not quite a sauna, certain parts of the kitchen have shot up twenty degrees. Used pots, pans and trays have begun to pile high.

“There are trigger factors which can motivate or make things go wrong,” said Kevin Moore, 673d Force Support Squadron food program manager. “There’s an old saying – the three things you don’t mess with are a troop’s money, food and family.

“Providing a good meal sets the tone for the day,” he said. “Whether it’s good or bad can be determined by their breakfast. And we here try to provide the best service possible.”

By 7:15 a.m., there is a much slower tempo in the

kitchen. With most of the assigned tasks complete, some take a short break before the doors open and the early morning madness begins.

Some fill coffee cups in hopes of seizing that next bit of energy for the madness to come.

“The dining facility is the best place for breakfast,” Arnone said. “We have everything and anything anybody could want. Once the Wilderness Inn re-opens, we’ll be able to incorporate all the specialty bars we’re not able to host here.”

By 7:29, a scattered group of service members in physical training uniforms and Army Combat Uniforms wait for the Gold Rush Inn doors to open.

In a minute they’ll invade the DFAC and almost instantly the syncopated clinking of silverware on hard ceramic plates will fill the room.

For Pfc. Joshua Messerschmidt, a Soldier with

2/377th PFAR, breakfast at the DFAC makes sense.

He lives in the barracks and doesn’t have time to cook most mornings.

“Breakfast is by far my favorite meal here,” he said. “It’s consistent. You know what you’re going to get, which is reassuring.”


Messerschmidt sits in the dining area of the Gold Rush Inn.

A half-eaten order of scrambled eggs and syrup-smothered hotcakes are on his plate just waiting to be devoured.

At 7:31 the kitchen staff are hard at work, filling and refilling serving trays.

In a corner of the kitchen, a cook dices chicken breast for lunch – chicken tortilla soup is on the day’s menu.

Feeding the Army is a never-ending job.

Army cooks at JBER will continue to attack hunger where they can, three meals a day, every day. 

Airmen complete Exercise Polar Force 18-5

By **AIRMAN 1ST CLASS CRYSTAL JENKINS**
JBER Public Affairs

Personnel of 673d Air Base Wing, 3rd Wing, and 477th Fighter Group conducted Polar Force 18-5, an exercise to test Joint Base Elmendorf-Richardson's readiness, April 2 to 13.

"These exercises are used as an evaluation of the processes, policies and procedures of deploying personnel and equipment," said Brad Harris, 673d Air Base Wing inspection planner. "We are also evaluating Airmen performing their collective capabilities in an exercise environment while ... demonstrating their ability to survive and operate."

Polar Force is made up of a variety of scenarios, which test Airmen's ability to handle real-world scenarios,

and strengthens and develops skills Airmen need to face challenging situations.

"Our most important responsibility is to be ready to respond to a developing crisis whether here in the Indo-Pacific region or elsewhere in the world," said Air Force Col. Christopher Niemi, 3rd Wing commander. "In Polar Force we assess our ability to mobilize our Airmen and execute essential tasks at a moment's notice."

Typically, the first week focuses on deployment and reception; the second focuses on employment operations.

Before an exercise can reach its objectives, in-depth planning is necessary to meet the commanders' priorities.

"Our planning starts about 90 days before the exercise," Harris said. "First, members of the wing inspection team from each of the squad-




Air Force Staff Sgt. Danny Russo, a 673d Civil Engineer Squadron Fire and Emergency Service firefighter, puts out a fire during exercise Polar Force 18-5 at Joint Base Elmendorf-Richardson April 11. (U.S. Air Force photo/Airman 1st Class Crystal A. Jenkins)

rons meet with the inspector general office to develop a strategy to meet the wing commanders' objectives. Then, the group and squadron commanders meet to make sure their individual objectives are also falling in line with overall priorities.

"This exercise is also a part of the Air Force inspection system where we are required to conduct a readiness assessment once a

year. Once it is over, the WIT comes together and we put together a report identifying deficiencies, strengths and recommended areas for improvement which serves as a sort of after-action report to the wing commander."

Conducting regular Polar Force exercises allow personnel to work through obstacles, so when the time comes, JBER can respond efficiently and effectively.

"We had a challenging two weeks where we tested the limits of the Pacific's power-projection platform," said Air Force Col. George T.M. Dietrich III, JBER and 673d ABW commander. "We should all understand that we can be called at a moment's notice. An exercise like this is our opportunity to prove to ourselves that we will be ready to go when that call comes." 

Keeping the mission flying

By **DAVID BEDARD**
JBER Public Affairs

Any time Senior Airman Samantha Glenny visits an airport, she can't help but be more interested in the design of the runway tarmac than in the discount wares of the duty-free shop.

While other passengers are looking forward to wolfing down a hot cinnamon roll near Gate H7, Glenny, 3rd Operations Support Squadron Airfield Management shift lead, can't help but keep an eye out for foreign-object damage despite having no responsibility for the civilian facility.

Still, her vigilance puts her in good stead when she is making the rounds on the Joint Base Elmendorf-Richardson airfield's runways, taxiways and aprons.

"Our day-to-day operations include providing a safe, effective airfield environment for incoming and outgoing traffic," she said.

Glenny and other Airfield Management Airmen inspect cement and asphalt surfaces, runway lights, distance markers and arresting-cable systems among other parts that keep an airfield capable of 24/7 flight operations.

"People always ask me why I love this job," the Spring Hill, Florida, native said. "It's because there is always a problem to solve. There is always an issue, and you get your mind rolling on how to make it work, how to do it effectively and safely."

Challenges for airfield operations in Alaska are snow, ice, freezing rain and ice fog.

Air Force Staff Sgt. Jerred Johnson, noncommissioned officer in charge of Airfield Management operations, said his Airmen take runway conditions readings to ensure the surface provides enough friction for aircraft to safely take off and land.

Airfield Management is responsible for planning



Senior Airman Samantha Glenny, a native of Spring Hill, Fla., and an airfield management shift lead assigned to the 3rd Operations Support Squadron, Airfield Operations Flight, inspects a light on the flightline at Joint Base Elmendorf-Richardson April 11. Airfield management specialists manage airfield operations to ensure a safe, efficient and effective airfield environment. They provide aircrews with preflight briefings, inspect runways, taxiways, parking aprons, lighting and airfield clearance areas, and utilize air-to-ground and land-mobile radios to coordinate airfield operations with aircraft. (U.S. Air Force photos/Justin Connaher)

where JBER-based and transient aircraft park. Covering 3rd Wing, Red Flag-Alaska, Air Mobility Command and other Department of Defense agencies, Glenny said managing the parking plan is tantamount to completing a puzzle where the shape of the pieces and the overall picture are constantly changing.

If Airfield Management finds a tarmac deficiency,

they work closely with base civil engineers to repair the surface, Johnson said.

Because Airfield Management works with so many other units and agencies and often acts as de facto project managers, Johnson said airfield management often requires broad knowledge.

"We're not the subject matter experts, but we have to know a little about what


everyone does so we can effectively manage the airfield," he said.

Because the airfield's operational capability relies on airfield management, Glenny said a lot of stakeholders are invested in what they do.

"The most challenging part of airfield management is the number of people who are looking to us for answers," she said. "We get questions

from civil engineers, maintenance, operations and the tower."

Glenny said she is pleased to be an integral part of the airfield mission.

"We're quiet professionals like the back stage for a show," she said. "We're involved in everything. Even if we don't get all of the credit, it's nice to know we help the mission." 



Senior Airman Samantha Glenny, a native of Spring Hill, Fla., and an airfield management shift lead assigned to the 3rd Operations Support Squadron, Airfield Operations Flight, listens to Tech Sgt. Jerred Johnson, a native of Winters, Calif., and the Airfield Management noncommissioned officer in charge, talk about operations at the Airfield Management office on JBER April 11.



Friday

Luau night

Join people at the Arctic Oasis starting at 6:30 p.m. for an evening of games, food, activities, a scavenger hunt and more. For information, call 552-8529.

Ladies' night at the range

Women In The Wilderness hosts this evening at the Skeet and Trap Range. Learn the basics of safety and shotgunning from 5:30 to 7 p.m. For information, call 384-1480.

Children's fashion show

The Talkeetna Theater hosts this annual event from 6 to 7:30 p.m. as children show off their favorite fashions. For information, call 552-5091.

Saturday

Paws to Read

Children in Kindergarten through 5th grade can read aloud to a service dog at the JBER Library from 10 a.m. to noon. For information, call 384-1640.

Astronomy day

Head to the Anchorage Museum to experience the universe with hands-on experiences, films, the planetarium, and more. For information, visit anchagemuseum.org.

Sunday

Youth bowling

The Polar Bowl celebrates the Month of the Military Child from 1 to 8 p.m. with deals for kids 17 and younger. For information, call 753-7467.

Monday

School-Age Summer Camp

Sign up for the School-

Age Center's summer camp as enrollment begins at Central Registration. For information, call 384-2514.

Wednesday

Indoor rock climbing

The Outdoor Adventure Program hosts this evening of climbing from 5:30 to 7:30 p.m.; scale the wall and get a belay certificate you can use at Buckner Physical Fitness Center. For information, call 552-2023.

Kayaking safety class

Planning to hit the water this summer? Learn the basics of kayaking at the Elmendorf Fitness Center pool from 6 to 8 p.m. For information, call 552-2023.

April 26

Captain's Class

Want to rent a boat and do some fishing? The Outdoor Adventure Program hosts this free class from 5:30 to 7:30 p.m. Learn how to read charts as well as what to be aware of on the open water. For information, call 552-2023.

Intramural swim meet

Buckner Physical Fitness Center hosts the first meet starting at 5:30 p.m. Cheer for the competitors! For information, call 384-1369.

G.I. Bill benefits class

Head to the Air Force Transition Assistance Center from 8 to 10 a.m. and learn what benefits come with the bill, including local resources, schooling, and more. For information, call 552-6619.

JBER spouse orientation

New to JBER or new to the military? Learn to make

military life easier on you and your family. Learn about resources and make new friends from 9 a.m. to 3 p.m. at Building 600's Room A18. For information, call 552-4943 or 384-1517.

Ongoing

Woodshop class

Every Friday in April, head to the Arts and Crafts Center for this instructional class on building a wooden bin from 6:30 to 9:30 p.m. Safety certification is required before class; open to ages 16 and older. For information, call 384-3717.

Civil Air Patrol

Adult members of the Civil Air Patrol meet at the Aero Club Hangar the first and third Tuesdays of each month. Cadets meet every Saturday. For information, call 350-7951.

Thursday science club

Youth are invited to the

JBER Library to experiment and think about science from 6:30 to 7 p.m.

For information, call 384-1640.

Library Story Times

The JBER Library hosts Story Times Tuesdays and Thursdays from 10 to 11 a.m. and Tuesdays 6:30 to 7 p.m.; Toddler Story Time is Wednesdays from 10 to 10:30 a.m.

For information, call 384-1640.

Model railroading

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesday and 1 p.m. Saturday in the basement of Matanuska Hall.

Anyone interested in model railroading is invited.

They host an open house every third Saturday from 10 a.m. to 5 p.m.

For more information, call 552-4353, or visit trainweb.org/msmrre.

Chapel services

Catholic Mass

Sunday

8:30 a.m. – Arctic Warrior Chapel

11:30 a.m. – Midnight Sun Chapel

Monday and Wednesday

11:30 a.m. – Arctic Warrior Chapel

Tuesday

Noon – JBER hospital chapel

Friday

Noon – JBER hospital chapel

Confession

Confessions are available anytime by appointment or after any mass. Call 552-5762.

Protestant Sunday

worship services

Liturgical

9 a.m. – Heritage Chapel

Gospel

9:30 a.m. – Midnight Sun Chapel

Contemporary

11 a.m. – Arctic Warrior Chapel

Religious Education

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

JBER THROUGH YOUR EYES

**Photo by
Brandon Weikert**

Lee Weikert rides his fat tire bike at Spencer Glacier in April. This photo was taken by Brandon Weikert and submitted for the "Outdoor Sports" theme during the weekly photo submission. Each week, the JBER community can submit photos for a different theme as part of the JBER Through Your Eyes contest. For more information about the contest or to submit a photo, visit facebook.com/JBERAK.



Don't try to control the uncontrollable in life

By **ARMY CHAPLAIN (LT. COL.) GREG THOGMARTIN**
JBER Deputy Chaplain

About 25 years ago, I participated in a small group in a hospital-based program of Clinical Pastoral Education at Heartland Hospital in St. Joseph, Missouri.

There were two main learning objectives. The first was to enable us to develop knowledge and skills related to caring for patients, family members, and hospital personnel.

The second was to help us see ourselves, warts and all, with the goal being a clearer sense of self and some insight into both our strengths and weaknesses related to providing pastoral care.

In the midst of doing the group work, I was confronted by my peers with the realization that I was a perfectionist and struggling with issues of anger and control.

The process of being confronted by my peers on these issues was a bit painful, and at the same time it was liberating.

It was painful to have to admit

I didn't have it all together. It was freeing to realize I didn't necessarily have to have it all together.

Further, it was even more freeing to understand I could resign my self-assigned role as "general manager of the universe" and learn to be content with a more realistic assessment of myself and my capabilities.

The group challenged me to learn and to attempt to live by the Serenity Prayer.

The Serenity Prayer is a standard in most 12-step programs and other types of support groups.

It simply says, "God grant me the serenity (the peace) to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference."

By encouraging me to embrace the themes of this prayer, my peers challenged me to do three things.

First, to acknowledge the limits of my abilities to control circumstances and situations.

I recognized my need for wisdom and perspective to see what I could not control and to be content to let

those things go.

This freed me to use my time and energy in more fruitful pursuits.

This freed me to let go of the anger that simmered in my soul at the time.

Second, I had to accept that doing things well did not necessarily mean doing things perfectly – as Anne Lamott wrote, "Perfectionism is the voice of the oppressor."

I learned it was very freeing to come out from under the weight of the oppression that came with always trying to be perfect and to be in control of uncontrollable situations and circumstances.

I found grace to try and do my best while letting go of the sometimes paralyzing angst that goes with perfectionism.

Thirdly, I came to a new place of trust that the serenity or peace I sought was synonymous with the word "grace" – that is, something received that was not deserved or earned. Serenity or grace is a gift.

So, here I am a little more than 25 years later, as a "recovering perfectionist."

I am still tempted to try and con-

trol situations that are way beyond my control.

However, most days I can recognize and let go fairly quickly of those things which are beyond my control.

I count it a blessing that I can recognize the irritants in my life and not have to hold onto anger.


I count it a great blessing to know the grace which brings peace and wisdom to enable me to re-orient my life on those occasions.

And I count it an additional blessing to know there are things that are in my control – like my attitude or how I will approach others – and to be able to own those things and to put real energy into trying to keep the bar high in those areas.

Perhaps you can relate to my struggles and my journey.

Maybe you could use a liberal dose of this grace or wisdom or courage.

Let me encourage you try the themes and words of the Serenity Prayer on in your life.

May God's abundant grace and peace be yours. 

Disposition of effects

Air Force 1st Lt. Dane Johnson, 673d Security Forces Squadron, is authorized to make disposition of the personal effects of Master Sgt. Nathan Pollard, 673d Security Forces Squadron, as stated in AFI-34-511. Any person or persons having claims for or against the estate of the deceased should contact Johnson at 552-9522.

JBER Tax Center

The JBER Tax Center, on the third floor of Building 600, provides computer kiosks for active-duty service members and dependents to prepare their taxes through Military OneSource. A tax volunteer will be on site to assist. The center is open Monday, Tuesday, Wednesday and Friday from 12:30 p.m. to 4:30 p.m., and Thursdays from 2:30 to 4:30 p.m., closed the third Thursday of each month for training. For information, call 552-3048.

Main Pharmacy hours

The main JBER pharma-

cy, on the first floor of the JBER hospital near the Bear entrance, is open from 7:30 a.m. to 4:30 p.m. The pharmacy at the Exchange is open 9 a.m. to 6 p.m. Mondays through Fridays for civilian prescriptions and refills, and Saturdays from 9 a.m. to 1 p.m. for refills only.

Special victim counselor

The victims of sexual assault are entitled to legal assistance services. Communication is protected by attorney-client privilege. The SVC ensures the victim’s rights are protected. These 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 restitution; and receiving information about the conviction, sentencing, imprisonment and offender release. Eligible clients include active duty of all branches of

service, mobilized Reserve Component members, retirees (and dependents of these sponsors) who report sexual assault. For information, call 353-6507.

iSportsman enrollment

Anyone choosing to recreate in JBER training areas must obtain an iSportsman permit and sign in and out using the iSportsman system prior to recreating.

A pass costs \$10; \$5 for those 60 and older and disabled persons. Passholders may also need an installation access pass. For information, visit *isportsman.jber.net*, or call 552-8609 or 384-6224.

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 participating in the Reserve, which may mean a break

in service. Even if you’re unsure about transitioning to the Air Force Reserve, 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. For holes in housing areas, contact Aurora Housing at 753-1051. All other requests will be tracked by 773d CES. Note the location, including cross-streets or building numbers.

Then email *773ces.ceoh.potholerepair@us.af.mil* or call 552-2994 or 552-2995. Include your contact information in case crews need to follow up.

Priority placement

The Priority Placement Program and Executive Order 13473 provide appointment for spouses of active-duty service members, including full-time National Guard and Reservists, who are relocating to accompany

their service member. Spouses can register for Department of Defense positions and be considered for jobs offered internally.

Spouses are matched with jobs based on qualifications and preferences, are eligible for up to two years from the date of the PCS orders, and are in the program for a year. Register at either personnel office, or call 552-7588.

ASYMCA Bargain shop

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

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, Building 724 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. For information, call 384-7000.

Experience Alaska with OAP activities, trips

By **SENIOR AIRMAN JAVIER ALVAREZ**
JBER Public Affairs

The diverse Alaska landscape affords its residents a veritable cornucopia of recreating opportunities.

Mountain biking, all-terrain vehicle riding, kayaking, rafting and glacier ice climbing are just some of the activities Joint Base Elmendorf-Richardson residents will do this summer, said Karl Lavtar, JBER Outdoor Adventure Program director.

With great recreational opportunities comes a great responsibility for safety, which is why the JBER occupational safety office has provided some tips for exploring the Last Frontier.

Airmen who participate in high-risk activities are required to fill out Air Force form 4391, High-Risk Activity Worksheet, with their supervisor, said Air Force Staff Sgt. Bradley Sutter, 673d

Air Base Wing occupational safety technician.

Soldiers are encouraged to complete a risk assessment with their supervisor, and plan appropriately.

“The best thing you can do when exploring Alaska is to tell someone your adventure plan,” Sutter said. “In the event something does happen, we can have a starting point and find you.”

Just as important as telling someone your plan is exploring with an experienced outdoorsman, Sutter said. Whether it’s your wingman or battle buddy, there’s safety in numbers.

The OAP hosts various classes and trips throughout the year.

“We have a great knowledgeable staff who bring a lot of experience to the classes and trips,” Lavtar said. “Our trips are not just guided tours, they’re an introduction into the activity. If someone wanted to learn ATV riding, they



Service members from Joint Base Elmendorf-Richardson prepare to kayak in Prince William Sound near Whittier. The Outdoor Adventure Program offers many opportunities to experience Alaska safely. (U.S. Air Force photo/Steve White)

can learn the safety aspects of it and what they need to know when they’re out on the trail.”

Remember Alaska is wild, and humans share the state with bears, moose and other creatures.

“Be responsible when carrying food,” Sutter said “Seal food safely in multiple plastic bags. If a bear can smell your food, they will go


through just about anything to get to it.”

Bring bear spray as a form of deterrence when hiking, he said. Bells are also a good resource and will alert wildlife ensuring there’s no surprise encounter.

While bears and moose might look cute and cuddly, remember they are wild animals, Sutter said. It’s better to miss a photo opportunity

than risk an injury.

“One of my favorite things to do is getting the Soldiers and Airmen out on an adventure and teaching them a new life skill,” Lavtar said. “Or giving them the opportunity to experience Alaska.”

To participate in OAP activities, visit www.JBERlife.com/. Also look out for the program’s Adventure Guide coming May 1. 

Registration is open for annual Combat Fishing Tournament

By **AIRMAN 1ST CLASS CRYSTAL JENKINS**
JBER Public Affairs

The 12th Annual Armed Services YMCA of Alaska Combat Fishing Tournament is scheduled to begin May 24 in Seward, Alaska.

Registration for this deep-sea fishing event began April 6 and will continue until 5 p.m. May 4. It is open to all first-time participants of any U.S. military service in grades E1 to E5, who are considered active-duty, all National Guard and Reserve, and those permanently stationed in Alaska.

“12 years ago the tournament consisted of one charter, two boats, and approximately 60 participants,” said Lita McClain, ASYMCA of Alaska marketing director. “Because of community support and volunteerism of the more than 660 crew members and 275 professional fishing charters supplying their time and services, more than 2,400 currently serving military personnel, have been able to participate since.”

This year the ASYMCA of Alaska with the help of

additional charters is able to offer an additional 200 seats.

“What makes this an incredible experience is the overwhelming community support Seward, Alaska, shows our military during this event,” said Coast Guard Senior Chief Petty Officer Alan Fox, senior enlisted liaison and participant. “They are so appreciative of our service and are eager to show it. One does not need any fishing experience whatsoever to enjoy this event.”

It is important participants come prepared for all types of weather. It is recommended to wear layers of clothing in addition to waterproof gear. Also, if a person has never been at sea before, bringing types of motion-sickness medication would be a good fail-safe, Fox said.

“The all-day event is considered all-inclusive for our participants,” McClain said. “For transportation from Anchorage to Seward, there is an option of taking a chartered round-trip bus ride. The fishing charter itself takes care of all the equipment needed, bait, filleting and processing. Lunch is provid-



Keith Manternach, Armed Services YMCA of Alaska board president and one of the Combat Fishing Tournament founders, weighs fish on the dock during the 2017 tournament in Seward. The tournament was established in 2006. (Courtesy photo)

ed on the boats and a catered banquet, with lots of prizes, will be held at the conclusion of the tournament.”

At the time of registration, a fee of \$25 will be charged,


and a fishing license and leave verification form must also be submitted.

It is important to read eligibility requirements before registration is completed

online. To register, visit www.ASYMCA.org/alaska-cft-register.

“Because there are more than 200 participants, it’s just not possible to process all of the fish caught the same day of the tournament,” McClain said. “However, participants will be notified within a few days of the event and their fish will be available for pick up from the ASYMCA of Alaska Joint Base Elmendorf-Richardson branch. Participants from Fairbanks should plan to bring a cooler and will be able to take their fish the same day.”

“Everybody who participates walks away a winner,” Fox said. “From the shotgun start, getting to fish for halibut and salmon, all the way to the realization of the overwhelming support from the community around you. It is an unforgettable experience... if you’re stationed in Alaska you should participate in this possibly once-in-a-lifetime event.”

For more information about this event, and other services available, visit www.asymca.org/alaska. 

Czeching out the competition

By **SENIOR AIRMAN
CURT BEACH**

Breathing heavily and hands shaking, a Soldier squeezes the trigger, and fires a round from the chamber of his M2010 Enhanced Sniper Rifle. His fellow sniper tracks the round's path with a spotting scope as it pierces the brisk Alaska air and connects with a seven-by-seven-inch target dead-center, more than 700 meters away.

For specialists Arturo Dominguez and Eric Haugh, snipers assigned to the 1st Squadron, 40th Cavalry Regiment (Airborne), 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, this is just another day at the office, as they conduct stress shooting.

Haugh, a native of Graham, Washington, and Dominguez, a native of Okeechobee, Florida, are snipers gearing up for the 10th Annual Czech Republic World Sniper Competition April 23 through 27.

"They're going to put us through a lot of challenges and courses to challenge us both mentally and physically," Dominguez said. "What we're doing today is stress shooting, which incorporates physical training and gets our heart rate up, making it tougher to hold steady while shooting, simulating a stressed environment."

Haugh and Dominguez had been deployed to Forward Operating Base Gardez, Afghanistan, for nearly six months when their leadership hand-picked them to represent U.S. Army Alaska in the marksmanship competition.

"Shooting regularly is very important because it's a perishable skill," said Sgt. 1st Class Tyler Virgin, non-commissioned officer in charge of the Sharp Shooter Program, assigned to the 1-40th. "You can learn it in a week and not touch your gun for the next two months, and then have to relearn everything. So, we're trying to close that gap and allow these guys to perfect their craft."

After being selected, Dominguez and Haugh returned to JBER and began dedicated sniper training, where they've been shooting every day for six weeks.

"This is one of the most rigorous trainings we've had in a long time," Dominguez said. "It's awesome that Haugh and I get to come out here and learn from two shooters with different experiences and background.



Spc. Eric Haugh, a sniper assigned to the 1st Squadron, 40th Cavalry Regiment (Airborne), 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, aims at a target with his M2010 Enhanced Sniper Rifle on Statler Range during a stress shooting exercise at Joint Base Elmendorf-Richardson April 11. Leadership at Forward Operating Base Gardez, Afghanistan, hand-picked Haugh and Spc. Arturo Dominguez to represent the U.S. in the 10th Annual Czech Republic World Sniper Competition April 23 through 27. Stress shooting drills incorporate physical training to increase heart rate and breathing and make holding steady difficult during shooting, simulating a stressed environment. (U.S. Air Force photos/Senior Airman Curt Beach)

ON THE COVER: Spc. Arturo Dominguez, also of the 1-40th CAV, loads a magazine of ammunition into his M110 Semi-Automatic Sniper System. The two have been conducting dedicated sniper training every day for six weeks in preparation for the competition.

BELOW: Dominguez tracks Haugh's shot during the stress shooting exercise.



It's really helping us refine our skills and get ready for this competition. We found out some U.S. Soldiers stationed in Italy were going to be there too, so it's going to be awesome to compete against our fellow brothers."

The expert marksmen first met at U.S. Army Sniper Course at Fort Benning, Georgia, a seven-and-a-half-week-long course that educates snipers to be adaptive Soldiers – critical and creative thinkers armed with the technical, tactical and logistical skills necessary to serve successfully at the Sniper Team level to ensure mission accomplishment without compromise.

"Wars are won at the team and the

squad level," Virgin said. "The more capable you are on the battlefield, the more you expand a commander's capabilities. So, we replicate everything you would see in a hostile environment, refining these two guys into the best marksmen they can be and increasing their lethality on the battlefield."


Snipers operate most effectively in small teams, making them less likely to be detected. Ideally, one sniper shoots while the other spots for him. Working together as such a team is relatively new for the sharpshooters.

"We've been in the same section for almost three years, but we've been on different teams," Dominguez said. "I had my own spotter/shooter, and

he had his own spotter/shooter. We always work together when it comes to a field environment, but we've never gotten to call each other's shots or wind, until recently when we got sent back from Afghanistan.

"It's new because everybody has their own different dialogue. Eric has his way of communicating which is different than mine, so this gives us an opportunity to mesh our styles and better signal one another. We've been giving each other feedback and functioning well.

The duo will be relying heavily on each other as they work together to perform land navigation during the day and night, fire their weapons from varying positions and conditions, including from helicopters, and work to de-escalate a hostage scenario.

"It's such a blessing and an honor to be invited to this competition," Haugh said. "It's definitely a once-in-a-lifetime opportunity. In the austere conditions we operate in, sometimes you miss, and sometimes God allows your round to hit the target. We're going to go out there and do what we do, and represent USARAK and the nation as best we know how." 

Occupational Therapy gets people moving

By **AIRMAN 1ST CLASS
CAITLIN RUSSELL**
JBER Public Affairs

April is Occupational Therapy Month.

To celebrate and promote OT, Joint Base Elmendorf-Richardson 673d Medical Group OT clinic hosted an open house at the JBER Hospital April 19.

“The event included education for providers, information on OT and services the clinic offers,” said Air Force 1st Lt. KaRena Lehman, 673d Medical Operations Squadron OT element leader. “The goal for the event is to increase awareness and understanding of what OT does.”

According to the American Occupational Therapy Association, OT is a rehabilitation profession which enables individuals to participate in everyday activities or occupations.

Occupational therapists specialize in evaluating and treating physical, emotional and cognitive changes resulting from illnesses, injuries and disabilities.

Patients are referred to the clinic for various reasons, such as a fractured arm or hand, strengthening of limbs after an injury, fitting of custom splints or braces for carpal tunnel issues, range-of-motion exercises for arthritis, or recommendations for worksite modifications.

When needed, Occupational Therapy staff can provide alternative exercises to help patients in rehabilitation, Lehman said.

The clinic uses a variety of rehabilitative tools and techniques to help injured patients accomplish everyday tasks.



Air Force Staff Sgt. Devin Rudd, 673d Medical Operations Squadron physical medicine technician and occupational therapist, creates a dynamic splint at the Joint Base Elmendorf-Richardson hospital Feb. 26, 2016. (Courtesy photo)

These tools include parafin wax treatments, stretching, ice packs and heating

packs, guidance in the use of adaptive equipment (i.e. sock aids, reachers and leg lifters),

and scar management.

Occupational therapists also educate patients and family members on injury and rehabilitation, or provide training about activities for daily living, such as dressing and bathing, joint protection, energy conservation and self-care techniques.

“The purpose of OT is to help patients regain their independence and get back into everyday life,” Lehman explained.

The clinic accepts active-duty, dependents, veterans and their dependents, and TRICARE for Life users.

For patients to be seen at the OT clinic, they need a referral from their primary care manager.

For information or to reach clinic personnel directly, call 580-0297 or 580-1701. 