

ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

VPOTUS AT JBER

Vice President meets service members and veterans

Page 5

PLATOON LEVEL TRAINING

4/25 hits ground running

Page 11

Michael R. Pence

TOYS AND HOPE

Marine Corps delivers

Page 9

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TO HONOR ALL WHO SERVED



LEFT: A joint forces honor guard performs a fallen warrior ceremony on Veterans Day in honor of all who served in the U.S. and Canadian military at the Alaska National Guard Armory on Joint Base Elmendorf-Richardson, Nov. 11. (Air National Guard photos/Tech. Sgt. N. Alicia Halla) **BELOW LEFT:** A trumpet player with the Glacier Brass plays taps at an Alaska Department of Military and Veteran Affairs -hosted Veterans Day ceremony. "It's an honor to be in a room with so many other veterans," said Forrest Powell, master of ceremonies, echoing the crowd. **BELOW RIGHT:** Maj. Gen. Laurel Hummel, adjutant general of the Alaska National Guard gives a speech.



**Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander**
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**Joint Base Elmendorf-Richardson/
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ARCTIC WARRIOR

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Connecting to those who fought for us

Commentary by
SEAN KIMMONS
Army News Service

A century ago on Nov. 11, an armistice was signed to end World War I – the war to end all wars.

History has shown, though, that conflict did not stop with that agreement. Through the decades, America has fought many other times in support of its ideals.

Some of those wars are memorialized in the National Mall here. At a nearby location, a long-awaited World War I monument is expected to join those memorials in 2021.

Visiting the war memorials that dot the nation's capital, attending a humble parade in any small American town, or just shaking the hand of a veteran can help honor their sacrifice.

In the Vietnam War, one of my uncles was a Marine who patrolled through thick vegetation after it was sprayed with Agent Orange. In 2014, he died from bile duct cancer, believed to be the result of his exposure to the toxic blend of herbicides as well as liver flukes.

During World War II, my late

grandfather served as a mechanic for P-51 Mustang fighters that battled in dogfights up in the skies above Europe.

Other family members, including myself, also served honorably.

On this Veterans Day, I felt I owed it to them, and to the countless others who signed up before me, to visit a few of the memorials.

The first living link to the past I met was Ewing Miller at the National World War II Memorial.

Just a month after he turned 95, Miller braved Sunday's chilly weather to speak during a ceremony there.

During the war, Miller served as a B-24 Liberator bomber pilot assigned to the 719th Squadron, which flew missions out of Italy.

Miller, a former U.S. Army Air Force first lieutenant, conducted more than 20 combat missions until February 1945, when his plane was downed by a flak burst. He was the sole survivor.

For the rest of the war, Miller was held as a prisoner of war.

After his speech, Miller and other veterans helped lay wreaths at the memorial. With the assistance of his

four-wheeled walker, Miller then posed for photos and chatted with onlookers.

"A day doesn't go by that I don't remember those fellows," he said to me. "But time has dulled their memory and they now have become part of America that gave their lives from the time of the Revolution.

"The important thing was," he added, "that there is an ideal of America and that's what we strove for."

A short walk away at the Vietnam Veterans Memorial, I traced my fingers across a few names etched into the black granite slabs that bore all U.S. troops killed in the war.

The tactile sensation from the carved out names against my fingers seemed to draw me in closer.

I wondered about the lives behind those names. Where did they serve, how did they die, who still missed them?

I then stepped back and watched the other visitors. In front of Panel 38 West of the stone memorial, Donald Fredenburg's face reflected off the mirror-like polished granite.




(Courtesy photo)

Dressed in his cavalry hat and medals pinned onto his shirt, the former 1st Cavalry Division sergeant stood quietly and stared at the names.

Moments later, when he began to leave, I asked him why he came to the memorial for Veterans Day.

"I feel that I owe it to my friends who are on this wall over here and to give them the respect that they deserve," said Fredenburg, who lives in Atlanta.

"That's the main reason I come up here."

I then shook his hand and thanked him as he left the memorial. After all, he was one of the reasons I also came here. 

JBER Airmen put medical training into action

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

On Oct. 13, two Airmen with the 673d Medical Operations Squadron had their skills and training tested while driving along the Seward Highway.

“Around two o’clock on Sunday, Staff Sgt. Victoria Koval and I decided to head to Seward and that was when we came upon the car crash,” said U.S. Air Force Staff Sgt. Ryan Burdge, 673d MDOS medical technician. “We saw a man lying on the road, and immediately began trauma care.”

Koval and Burdge discovered six patients, including the man, were involved in the vehicle collision.

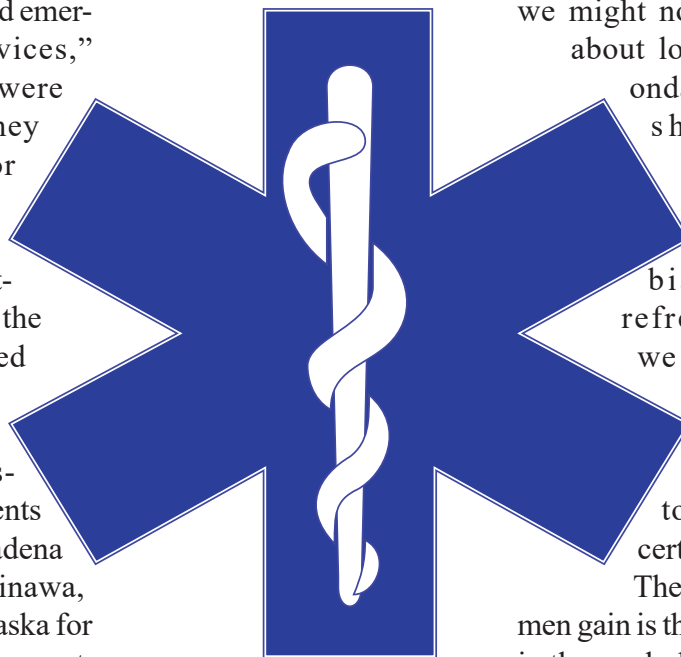
“Koval and I treated and stabilized all patients, performed physical exams and

maintained stabilization while waiting for help from the fire department and emergency medical services,” Burdge said. “We were telling people as they drove by to call for help once they got service.”

While Koval directed traffic away from the scene, Burdge stayed with the patients after they had been stabilized. They discovered the six patients were stationed at Kadena Air Force Base, Okinawa, Japan, and were in Alaska for a temporary duty assignment.

“Once EMS arrived, all life-threatening injuries had been addressed and further secondary injuries were prevented,” said Koval, 673d MDOS medical technician. “We provided a detailed report to EMS and the patients

were able to be transferred quickly and successfully.”



The week previously to the incident, Burdge had received her annual wildlife survival refresher course and attributes the training in being able to respond.

“Having the training that we do aided in our ability to

quickly react to the incident,” Burdge said. “Without it, we might not have known

about looking for secondary issues like shock, acute stress reaction or bleeding.

Besides the biannual EMT refresher course, we participate in readiness training and other courses to maintain our certifications.”

The knowledge Airmen gain is the key to success in the workplace and in incidents like this.


“You think you’ll forget the training you receive, but it’s all second nature,” Burdge said. “People at the scene were asking for a medic, and I was like, ‘That’s me. I’m a medic.’ Knowing the care

we were able to provide was a great feeling.”

Koval and Burdge said following the safe transport of the patients, they continued their trip to Seward and carried on with their day.

“We didn’t think anything of it,” Koval said. “Yes, we possibly saved their lives, but as a medic, providing trauma care can be a part of the job. We’re just thankful we were there to help.”

Air Force Master Sgt. Brit Adams, 673d MDOS family health clinic flight chief, said he was proud to hear the level of care that the Airmen were able to provide.

“It’s awesome to know that our Airmen are ready and trained for situations like this,” Adams said. “They handled the situation calmly and professionally, and definitely impacted each patient’s outcome.” 

Vice President Pence visits JBER

RIGHT: Vice President of the United States Mike Pence, visited with approximately 250 service members, veterans and their families at the Iditarod Dining Facility on Joint Base Elmendorf-Richardson, Nov. 11. The vice president is beginning a visit to Asia, and took time to visit the installation in observance of Veterans Day to meet and speak with service members and veterans of all branches. (U.S. Air Force photo/Airman 1st Class Caitlin Russell)



ABOVE RIGHT: Vice President of the United States Mike Pence shakes hands with service members and their families at the Iditarod Dining Facility. (U.S. Air Force photo/Senior Airman Curt Beach)

ABOVE LEFT: Senior Airman Aaron Dobizl, 673d Logistics Readiness Squadron, carries a fuel line while preparing to refuel Air Force Two while Vice President Mike Pence visits. (U.S. Air Force photo/Staff Sgt. Westin Warburton)

FAR LEFT: U.S. Air Force Staff Sgt. Michael Cox, 673d Logistics Readiness Squadron, loads a fuel line after refueling Air Force Two. (U.S. Air Force photo/Staff Sgt. Westin Warburton)

LEFT: Vice President Mike Pence and his wife, Karen, wave goodbye to service members at Joint Base Elmendorf-Richardson. (U.S. Air Force photo/Staff Sgt. Westin Warburton)

Friday

Teens ice skating

Start your weekend off right with 2Rivers Youth Center from 4 to 8 p.m. with a fun evening of ice skating. For more information, call 384-1508.

Saturday

Paws to Read

Children in kindergarten to fifth grade can read with a service dog at the JBER Library from 10 a.m. to 12 p.m. This program helps children develop their reading in a 15-minute session. Pre-registration is required. For more information, call 384-1640.

Turkey Shoot

Purchase a turkey target at the Skeet and Trap Range starting at 12 p.m. for a chance to win a Thanksgiving turkey or ham. Rental shotguns and ammunition are available. Participants must use rental guns for turkey targets but can use personal guns for other events. For more information, call 384-1480.

Sunday

Turkey Trot Tournament

Join the Polar Bowl starting at 4:30 p.m. for a fun evening of competitive bowling. Participants will compete to knock over nine pins on the first ball for it to be scored as a strike. Sign up starts at 4 p.m. For more information, call 753-7467.

Tuesday

Avalanche Awareness

Learn to access local avalanche bulletins and weather reports, and recognize basic signs of avalanche danger in this free class from 5:30 to 7 p.m. For more information

and to sign up, contact OAP (Bldg. 7301) at 552-2023.

Tuesday - Wednesday Entrepreneur workshop

During this two-day workshop, learn from the Small Business Association about financial resources to own or expand a business, and start developing your marketing and business plans. Class is from 8 a.m. to 4 p.m. in the Air Force TAP Office. For more information, call 552-6619 or 552-4943.

Wednesday

Thanksgiving at DFAC

Join the Wilderness Inn for an awesome Thanksgiving meal from 11 a.m. to 2 p.m. For pricing and more information, call 384-6048.

Pumpkin pudding snack

Enjoy pumpkin pudding with your child as we bring in the "fall" weather. See your child's center for times and more details. For more information please call, 384-1510, 384-0686, 552-8304, 552-5113, or 552-6403.

Thursday

BPFC locker closure

The Buckner Physical Fitness Center locker rooms will be closed through early 2019 to update steam rooms and redo the tile; please use the Polar Paradise locker rooms. For more information, call 384-1301.

Thanksgiving at DFAC

Join the Iditarod for a delicious Thanksgiving Meal from 10:30 a.m. to 1:30 p.m. Pricing varies; for more information, call 552-3114.

Ongoing

Elmendorf pool closure

The Elmendorf Fitness

Center Pool will be closed for annual maintenance throughout November. Buckner Fitness Pool and the Polar Paradise Pool will be under normal operations. For more information, call 552-5353.

Polar Nights First Friday

The Anchorage Museum's Friday After Hours program has live music, art activities, food and more on Friday nights. The museum stays open Fridays with free admission from 6 to 9 p.m. on the first Friday of the month.

For more information, visit anchoragemuseum.org.

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 Saturdays. For more information, call 350-7951.

Library story times

The JBER Library

hosts preschool story times Tuesdays and Thursdays from 10 to 11 a.m.; Toddler Tales is Wednesdays from 10 to 10:30 a.m. All-ages story time is Tuesdays from 6:30 to 7 p.m.

For more 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. They also host an open house every third Saturday; everyone is invited.

For more information, call 552-4353.

Evening Hike

These hikes hit a different route each time. Mondays are easier and are great for families; Thursdays are moderately difficult. Hikes begin at 6:35 p.m. sharp.

For location and more information, call 440-9934.

Chapel services

Catholic Mass

Sunday
9 a.m. – Arctic Warrior Chapel
Monday and Wednesday
11:40 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

Gospel
9:30 a.m. – Midnight Sun Chapel
Contemporary
11 a.m. – Arctic Warrior Chapel
Traditional
11 a.m. – Heritage Chapel

Religious Education

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

Woman of Achievement



Col. Patricia A. Csank, commander of the 673d Air Base Wing and Joint Base Elmendorf-Richardson, is recognized as a Woman of Achievement during the 29th annual YWCA Alaska/BP Women of Achievement and Youth Awards in Anchorage Nov. 7. The evening recognized business professionals, military and community leaders, advocates, athletes and moms who are influencing positive change by solving challenges and inspiring future female leaders. (U.S. Air Force photo/Airman 1st Class Crystal A. Jenkins)

Discover key ways to cultivate gratitude

By **ARMY CHAPLAIN (CAPT.) JEFF GLOVER**
59th Signal Battalion Chaplain

November is a month of gratitude. We begin to think about pumpkin pie, turkey, and all the things we are thankful for.

But for some of us, November is a difficult month. The looming darkness and the onslaught of winter only magnify feelings of hardship and discontent. Losses seem more profound and lack more severe. Thanksgiving may be a day on the calendar, but it can be far from a reality in everyday life.

The truth is, sometimes life is hard, and it can be difficult to see any good when your circumstances are less than ideal.

The good news is, gratitude can be cultivated. It is a skill that can be learned, strengthened, and utilized no matter what circumstances life might bring. Here are several ways you can.

First, you might try focusing on something bigger than yourself. The Apostle Paul, for example, once wrote he had learned the secret of

being content in every situation – and he had been beaten, shipwrecked, imprisoned, persecuted, and so much more. What was that secret? God. He trusted in a power higher than himself to faithfully strengthen him through any and every circumstance.

The truest part of your identity is that you were created by God. Despite how you may feel at any single moment, he crafted you according to his good purpose. And he is not sorry about that.

He knows your name, he knows your weakness, and he is more than able to walk through these struggles with you, guiding and directing you the entire way. He alone has the power to work your circumstances together for the good, if you will trust in him.

Second, focus on the good. The old saying, “Count your blessings,” may sound like a cliché, but it is a powerful tool for developing gratitude. When life is hard, it is tempting to focus on the bad. It is easy, and it feels satisfying in the short term, to wallow in self-pity.

But every life is beautiful, and

every day has something good to see. Often, the very pain we are experiencing stems from a blessing. For instance, having meaningful employment sometimes means struggling with coworkers, superiors, or

seemingly meaningless assignments. Having fulfilling relationships requires separations, times of loneliness, and even deep losses. The gift of children means dying to self and serving another half your size.


The point is, it is easy to focus on the hard and completely miss the gift. Make it a goal to look for the blessing in the “curse.”

Third, think outside of yourself. Most of us live very privileged lives. The difficulties we face as members of the military community are nothing in comparison to what much of the world calls hard. In fact, we don’t



(Courtesy photo)

have to look far beyond the streets of Anchorage to see a world of hurt and pain that most of us know nothing about.

Step into that pain. Find an organization or volunteer opportunity and serve those less fortunate than yourself. You will be amazed at how good your life looks after spending an afternoon pouring hot soup into a veteran’s bowl or bringing a few presents to a bunch of kids whose mom is in prison. Serving others puts your own circumstances in perspective, and often opens your eyes to just how good you have it. 

Firewood permits

There is a cost of \$35 per cord of firewood, and \$17.50 for a half-cord. To receive a permit, an iSportsman permit is required. For information, visit <https://jber.isportsman.net/Firewood.aspx>.

Law School applications

The Office of The Judge Advocate General is accepting applications for the Army's Funded Legal Education Program. The Army projects sending up to 25 active-duty officers to law school at government expense beginning the fall of 2018; officers will remain on active duty while attending.

Interested lieutenants and captains should contact the Staff Judge Advocate at 384-2434 for information.

Main Pharmacy hours

The main JBER pharmacy, 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.

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. 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 contact information in case crews need to follow up.

U-Fix-It Store

The U-Fix-It stores, open to all Aurora Military Housing tenants, issue home maintenance items. Availability is subject to change and limits; some items may have a cost.

U-Fix-It allows occupants to make minor improvements and repairs.

The JBER-E location, at 6350 Arctic Warrior Drive,

is open 8:30 a.m. to 5 p.m., Tuesday through Friday, closed from 1 to 1:30 p.m. for lunch, and Saturday, 9 a.m. to noon and 1 to 4 p.m.

The JBER-R office is at 338 Hoonah Ave., open from 8:30 a.m. to 5 p.m., Monday through Friday, and closed from 1 to 1:30 p.m. for lunch.

A blind-cleaning machine is available at the JBER-E location; priority goes to those PCSing. For information, call 375-5540.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents, including color, large-format photos, engineering drawings, sensitive materials, manuals and training materials. They design, print and distribute business cards, letterhead, invitations and programs, and provide devices to print, scan, copy and fax while providing maintenance and ink cartridges. They offer document automation and content services for building digital libraries.

To register, go to <https://www.dso.documentservices.dla.mil>. For information, visit documentservices.dla.mil or call (808) 473-1699 or (315) 473-1699.

OTC pharmacy counter

The pharmacy at the JBER hospital has over-the-counter medication for DoD beneficiaries from 7:30 to 10:30 a.m., Monday through Friday. Flyers and those on personnel reliability program status, pregnant, or under the age of 2 are not eligible.

The clinic offers pain relievers; cough, cold and allergy medications; ointments; constipation and diarrhea medications, and others. For information, visit facebook.com/JBERPharmacy.

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.

Toys for Tots aims for record participation

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

Marines assigned to Delta Company, 4th Law Enforcement Battalion, are gearing up this holiday season to deliver toys to children living in more than 70 remote villages of Alaska during the 2018 Toys for Tots campaign.

“With the help of many different private and non-profit organizations, we were able to reach more than 45 villages and deliver just over 30,000 toys last year,” said Marine Corps Sgt. Michael Pastore, Toys for Tots Alaska coordinator. “Although these numbers were good, our goal is to reach every child in need, which compels us to look for new ways to reach out and expand. This year we were able to make contact with several schools and community leaders from remote villages we hadn’t been able to reach before. Through our partnerships

with local businesses and lots of strategic planning, we are going to be able to reach more than 70 villages.”

Toys for Tots is a national community action program run by the United States Marine Corps Reserve with a goal of delivering, through a new toy at Christmas, a message of hope to less fortunate children.

Every year in October, local toy collection campaigns begin, and last until mid-December when toy distribution takes place. Once the toys are picked up they are stored in a central warehouse where they are sorted by volunteers into age and gender bundles.

“What makes Alaska’s campaign so unique is the vast amount of land area we are trying to cover and having limited ways of transporting the toys to the remote locations. One of the complications we faced this year was the servicing and repairing of some of our aging



Marine Corps Staff Sgt. Julius Howard, Toys for Tots Alaska volunteer coordinator assigned to, Delta Company, 4th Law Enforcement Battalion, talks with individuals about the Toys for Tots campaign at the Base Exchange at Joint Base Elmendorf-Richardson Nov. 9. (U.S. Air Force photo/Airman 1st Class Jonathan Valdes Montijo)

snow machines. We really need these to work flawlessly during distribution in order to accomplish our mission here.”

At Christmas, coordinators, with the assistance of local social welfare agencies, church groups, and other local community agencies, distribute the toys to the less fortunate children of the community.

“Over the years, we have established close working re-


lationships with many social welfare agencies, churches and other local community agencies who are well qualified to identify children in the community who are in need and play important roles in the distribution of the toys,” said Marine Staff Sgt. Julius Howard, Toys for Tots Alaska volunteer coordinator. “It is an amazing feeling you get when you pass the toys out and the look of excitement and appreciation the children

have, there’s just no words for it.”

Getting to go to places like Kotzebue and see firsthand the children receiving a gift is unlike anything you can imagine, Pastore said.

“The children are all so excited because toys are not typically in the budget when water costs more than \$10 a gallon,” Howard said. “Now is the time for anyone who can volunteer to get involved. We have so many ways individuals can get involved and give of themselves.”

“While the Toys for Tots Coordinators organize, direct and manage the campaign, the ultimate success depends on the support of the local community and the generosity of the people who donate,” Pastore said. “This just plainly wouldn’t happen without them.”

For more information about the program visit: Toysfortots.org or anchorage-ak.toysfortots.org. 

Uncle Sam wants you – to play video games

By **CHAD GARLAND**
Stars and Stripes

The Army is putting together a team of video gamers from within its ranks to try to reach young Americans in the digital worlds where they spend much of their time.

More than 15 years after launching “America’s Army,” a first-person shooter game aimed at enlisting real-world Soldiers, the Army is calling for active duty troops and reservists to compete in video gaming tournaments, or e-sports, in one of its latest recruiting efforts.

The move follows the Army’s failure this year, for the first time in more than a decade, to meet the fiscal year target for bringing in new Soldiers as it seeks to expand its ranks to more than 500,000 in the next four years.

The Army is also creating a “functional fitness” team to compete in CrossFit athletic events and is reportedly looking to spruce up recruiting efforts with more bonuses, more recruiters, better furniture and a new slogan to replace “Army Strong.”

The service plans to hold tryouts for a variety of electronic games, said Staff Sgt. Ryan Meaux, an Army recruiter, in a Facebook video on Wednesday.

Webpages would soon be set up with details about joining the e-sports and fitness teams, but “the content is still in the works,” said Army Recruiting Command spokeswoman Kelli Bland, in an email last week.

Members of the teams will be part of the Army’s Marketing and Engagement Team based at Fort Knox, Ky., and will operate much like the Golden Knights parachute team and Army Marksmanship Unit, traveling to various events and competing for the Army, Bland said. The Army will cover the cost of any certifications, competitions and other requirements, she said.

“They will be in a support role to help young people see Soldiers in a different light and understand the many different roles people can have in the Army (and) help the Army address the growing disconnect with society,” she said.

Soldiers want to represent the Army in competitive gaming and believe it will help connect with young people, she said, and the initiative is aimed at making soldiers more visible and relatable. E-sports team members will also beta test Army apps and training and simulation software used to demonstrate Army technology, she said.

Maj. Gen. Frank Muth, head of the

recruiting command, told The Associated Press in September about plans to send recruiters to esports contests and CrossFit competitions. At the time, Army officials said they were about 6,500 recruits short of a 76,500 target for the fiscal year that ended that month.

The Army is competing with low unemployment rates and faces a shrinking pool of 17- to 24-year-old Americans who can meet the military’s entry requirements – about two-thirds are ineligible due to things like poor physical fitness or drug use.

Prospects are also resistant to traditional recruiting techniques, such as phone calls, Muth said. They want to meet first “in some type of digital format.”

Video games could offer the perfect venue, said Travis Williams, an Army reservist who is chief executive and co-founder of the Military Gaming League, an e-sports organization exclusively for servicemembers and




Servicemembers play video games at the USO at Camp Arifjan, Kuwait, in 2017. Video gamers are the focus of new outreach by the Army. (U.S. Army photo/Charles Highland)

veterans, which launched in March and has added 100 members a month since then.

“That’s where the younger generations are,” Williams said. “It’s natural.”

The Military Gaming League has worked with the Army on its e-sports effort and helped sponsor a qualifier in a Street Fighter V video game championship, which was hosted by the Army Installation Management Command at Joint Base Lewis-McChord, Wash., earlier this year.

For now, Soldiers interested in joining the e-sports team can apply via an online form, and will be contacted with details about tryouts and tournaments via email, Meaux said on Facebook. 

4/25 PLATOON LIVE-FIRE



ABOVE: Pfc. Noah Johnson, second right, assigned to Blackfoot Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, listens to an after-action brief with fellow paratroopers after conducting infantry platoon live-fire training. **RIGHT:** Army paratroopers assigned to Blackfoot Company, provide support fire for fellow Soldiers assaulting simulated enemy positions.



TOP LEFT: Combat engineers from the 6th Brigade Engineer Battalion, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, move to breach a simulated enemy obstacle during infantry platoon live-fire training at Joint Base Elmendorf-Richardson, Nov. 7. The exercise honed the paratroopers' infantry skills, including platoon movement and communication, obstacle breaching, capturing objectives through assault and maneuver, and casualty care. (U.S. Air Force photos/Alejandro Peña)

ABOVE LEFT: Paratroopers assigned to Blackfoot Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, move to evacuate simulated battlefield casualties. Army CH-47 Chinook helicopter aviators from B Company, 1st Battalion, 52nd Aviation Regiment from Fort Wainwright, provided air support for the training exercise. **ABOVE:** Army Spc. Peyton Moore moves towards a simulated enemy position.



176th Wing aircrew can breathe easy

By **DAVID BEDARD**
176th Wing Public Affairs

When Alaska Air National Guard Staff Sgt. Connie Camama deployed to Kandahar Airfield, Afghanistan, it was the security forces Airman's job to keep aircrew and flightline Airmen safe from outside threats.

Today, as a 176th Operations Support Squadron Rescue Aircrew Flight Equipment Oxygen Section Airman, it is Camama's job to keep aircrew safe through proper maintenance of the equipment that helps them breathe in an emergency or when a 211th Rescue Squadron HC-130J Combat King II has the cargo ramp open during pararescue high-altitude parachute missions.

Tech. Sgt. Quinn Williamson, noncommissioned officer in charge of Rescue AFE O2 Section, said his element works on anything involving aircrew oxygen and night-vision goggles for 211th RQS and HH-60G Pave Hawk aircrew of the 210th Rescue Squadron.

"We maintain all of the helmets, masks, underwater egress breathing

systems and NVGs to support the 210th and 211th," he said.

Camama, a native of Kodiak, said she always wanted to work in law enforcement and joined the military in 2010 as a security forces Airman to help pay for college. She said she recently reclassified to AFE in an effort to secure a permanent position with the Alaska Air National Guard.

After 12 weeks of technical school at Sheppard Air Force Base, Texas, Camama attended survival, evasion, resistance and escape training, and water survival training to fully integrate with 176th Wing rescue units.

Camama is currently serving on full-time mission-essential skills training orders, which allow her to further hone her skills with 176th Wing's unique equipment. Williamson said the training term is important for new AFE Airmen to dig into technical orders and Air Force instructions, and come to grips with the complexity of the equipment.

One item Camama maintains is the HGU-56/P helmet. Its purpose seems simple enough: protect HH-

60 aircrew's heads. A closer look, however, reveals a somewhat complex system of systems.

Beyond closely inspecting the helmet shell for cracks and deformations that could compromise its protective capability, Camama maintains the communications headphones and microphone extension, the NVG mount, the visor and an integrated LED light. When she puts all of the pieces together, the assembly has to fit comfortably, communicate and hold up under being pelted by debris launched by Pave Hawk rotor wash.

Camama, a detail-oriented Airman, said she is happy with her decision to stay in the Guard and to pursue a career in AFE.



Alaska Air National Guard Staff Sgt. Connie Camama, 176th Operations Support Squadron Aircrew Flight Equipment Oxygen Section, inspects an aircrew helmet, Nov. 5, at Joint Base Elmendorf-Richardson. (U.S. Air Force photo/David Bedard)

"I don't see why people wouldn't want to join because the benefits are great, the money is good and the job isn't that hard," she said. "You do what you're told and you follow the instructions."

From doing what she was told while patrolling Kandahar Airfield to following instructions etched in myriad technical orders, Camama continues to serve through keeping other Airmen safe. 