

# ARCTIC WARRIOR

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# Airfield Management fields new system

By AIRMAN 1ST CLASS  
CAITLIN RUSSELL  
JBER Public Affairs

The Airfield Management office successfully installed a new system – the RT3 continuous friction measuring equipment, which tests the friction of the runway.

After and during inclement winter weather, Airfield Management is responsible for testing the friction of the runways, taxiways and aprons. Cleared aircraft movement is based on their results.

“The installation process for the new equipment began in August, and it is fully operational now,” said Air Force Staff Sgt. Andrei Albiar, 3rd Operations Support Squadron noncommissioned officer in charge of airfield management operations. “Already we’ve seen improvements in having the new equipment and have had other bases wanting to learn more about how it works.”

The system previously used was a hand-held device the airfield management personnel would place inside their vehicle while the RT3 was mounted on the back of the vehicle.

On areas such as the runway, the driver would have to brake every 1,000 feet at a speed of 60 mph, copy down the device’s reading, and apply it to an equation.

Now with the RT3, drivers program the equipment, drive the length of the area that needs to be tested, hit “complete run,” and the data is updated into the system.

“The RT3 provides us with a more accurate reading in a shorter time span,” said Albiar. “It has improved our mission capabilities and helped eliminate possible human error.”

With the old equipment, it used to take two hours or more to test the entire airfield, but with the RT3, it takes between 45 to 60 minutes – a dramatic time savings.

Along with the new equipment,



Airman 1st Class Devon Duncan, 3rd Operations Support Squadron airfield management shift lead, operates the new RT3 continuous friction measuring equipment on the flightline at Joint Base Elmendorf-Richardson Dec. 20. The equipment streamlines mission operations and provides personnel with a more accurate friction reading in a shorter time span, during inclement weather conditions. (U.S. Air Force photos/Airman 1st Class Caitlin Russell)  
LEFT: Duncan operates the RT3 system, which saves hours in preparing to launch aircraft.

Airfield Management also established a system that updates the friction readings in real time.

This allows all aircrew and flight line operators the ability to track readings as they come in.

“When the RT3 equipment was in

its beginning stages, I had questions for the RT3 company about streamlining the readings to a webpage which everyone could have access to,” said Kevin Cramer, 3rd OSS airfield manager. “I wanted it to be a site where users could go to find

accurate and updated readings, while also lowering the number of calls that our dispatchers handle. We’re still updating the webpage with some minor tweaks and modifications, but already the site is something we can be proud of.”

Joint Base Elmendorf-Richardson/  
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Joint Base Elmendorf-Richardson/  
673d Air Base Wing Vice Commander  
Col. Adam W. Lange (USA)

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## ARCTIC WARRIOR

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# UCMJ sees biggest updates in decades

**NEWS RELEASE**

SECAF Public Affairs

WASHINGTON — Effective Jan. 1, the Military Justice Act of 2016 instated the most reform to the Uniform Code of Military Justice and Manual for Courts-Martial in decades, modernizing dated aspects of the military justice system while also providing transparency.

“The Military Justice Act represents the most significant change to the military justice system since the Military Justice Act of 1983. Over the past year, the Air Force JAG Corps has engaged in a robust training effort to educate every total force judge advocate and paralegal on the changes contained in the act,” said Lt. Gen. Jeff Rockwell, Air Force Judge Advocate General. “In addition to training our Corps, our military justice experts are building tools and updating publications. Installation commanders, convening authorities, chief master sergeants and first sergeants will continue to receive military justice training in formal courses and from their local installation legal offices. Our focus is to

ensure a smooth and seamless transition for all Airmen.”

The act is the result of Army Gen. Martin Dempsey, former 18th Chairman of the Joint Chiefs of Staff, who proposed a systemic review of the UCMJ and MCM to the Secretary of Defense in 2013, advocating that changes need to be implemented to ensure military laws and regulations reflect today’s environment.

Among its major reforms, the act establishes fixed numbers of members for courts-martial, expands judge-alone sentencing, expands the opportunity for convicted service members to appeal convictions, and requires most court-martial documents be made publicly accessible

under a system similar to those used in civilian criminal justice systems.

The act adds new offenses such as retaliation against a person for reporting or planning to report a crime, fraudulent use of credit and debit cards, and sexual activity between military members in a position of trust and specially protected junior service members.

While these offenses were prohibited in the past, they are now enumerated crimes under the UCMJ.

The UCMJ is Chapter 47, Title 10, United States Code and can only be changed by legislation, while the MCM is issued by the president as an Executive Order. The act was enacted by Congress and signed by former President Obama in 2016. 

**UCMJ CHANGES**  
Effective Jan. 1, 2019

The Military Justice Act of 2016 was enacted by Congress and signed by former President Barack Obama on Dec. 23, 2016, enabling the most significant changes to the military justice system since the Military Justice Act of 1983.

- A convening authority may refer charges to a special court-martial consisting of a military judge alone if the accused does not object.
- Retaliation against a person for reporting or planning to report a crime is a crime.
- There is automatic review by the Service Court of Criminal Appeals of all courts-martial including a sentence of death, punitive discharge, or confinement of two years or more.
- Several punitive articles in the UCMJ have been renumbered to group related offenses together.
- A military judge has pre-referral authority to issue a pre-referral investigative subpoena, issue a pre-referral warrant or order for electronic communications, enforce certain victim's rights, or conduct a hearing as directed by a Service Court of Criminal Appeals.
- A fixed size panel of eight members for a non-capital general court-martial and four members for a special court-martial was established and conviction requires a 3/4 vote in all non-capital cases.
- The government may ask The Judge Advocate General to approve appeal of an illegal or plainly unreasonable sentence.
- The trial proceeding now generally ends with entry of judgment by the military judge. Previously, the approval of the sentence by the convening authority generally ended the trial proceeding.
- Fraudulent use of credit cards, debit cards, and other access devices is prohibited.
- The accused may file an appeal for Service Court of Criminal Appeals review in a court-martial result that includes a sentence of confinement of more than six months and is not subject to automatic review.
- If the accused is convicted by a panel, the accused may elect to be sentenced by either the same panel or elect to be sentenced by a military judge alone.
- Sexual activity between a person in a position of trust (officer, non-commissioned officer, recruiter or instructor) and a specially protected junior member (recruit or trainee) is a crime.

**The Uniform Code of Military Justice and Manual for Courts-Martial has been reformed the most it has been in decades. Changes took effect Jan. 1 after a systemic review starting in 2013. Some of the major changes are shown above. (U.S. Air Force graphic)**

# SMART resolutions for a healthy new year

By **LAURA BOTTOMS**  
Ireland Army Health Clinic

Each new year brings resolutions, but I encourage you to avoid jumping on the diet band wagon. Dieting often promotes restriction, labels foods good or bad, and often results in limited success.

The problem most people struggle with is they decide to hitch themselves to a particular diet wagon and struggle to stay on board. They fall off, regaining weight lost and end up in worse shape.

I propose that you forget the wagon all together; shift your mindset. People can't just get off the couch and run a marathon, they need to prepare physically and mentally. Making dietary changes a permanent part of your life is the same.

When setting goals be S.M.A.R.T.; make them spe-

cific, measurable, attainable, realistic and timely.

Decide what actions you need to take, how to do it, and resources you need, and set a timeframe. When examining your goals, ask yourself on a scale from 1-10, how confident you are you can achieve it. If you can't honestly answer 8+, readjust your goal.

Let's examine a few common goals and how we can improve them.

Unrealistic goal: I'll plan all my meals for the month.

Instead: I will plan ahead by at least one meal.

At dinner time, consider what you are going to eat for breakfast, then at breakfast, plan for lunch, and at lunch, dinner. If we think ahead even just one meal, there is time to gather items you need, which reduces feelings of insecurity. Once you master planning one meal, move

to two, then three.

Don't attempt to plan the whole week or month right off the bat; you don't know what life will throw at you each week.

Unrealistic goal: I will not eat any sweets.

Instead: "I resolve to make peace with food."

Give yourself unconditional permission to eat food you find enjoyable. We often think it necessary to deny our body something it desires because we think it should be undesirable. When we tell ourselves we "can't or shouldn't" eat something, we try to fill the desire with something else we deem OK.

But it doesn't satisfy the craving, so we keep eating, never feeling satisfied. Restriction leads to feelings of deprivation, and these feelings build until we can't take it anymore and binge.

Set yourself up for success by keeping food like fruits, vegetables, nuts and whole grains for when you need to honor your hunger. But when you have a craving for something specific, honor that too – truly savor each bite and enjoy.

Unrealistic goal: I will cook clean meals every night.

Instead: "I resolve to try a new recipe."

Try that recipe you saw on Instagram. Trying new foods may open opportunities supportive of your goals.

Introducing new foods to the family may take time. It can take kids (and spouses) 10 to 15 exposures to a new food before they accept it. Cooking every night may be unrealistic for your schedule, but if you double or triple a recipe you can have extra for lunches or another dinner.

Unrealistic goal: I will run

and lift weights every day.

Instead: "I resolve to partake in activities that support me and make me feel good."

Excessive exercise can wear down the body and increase risk of injury. If you are so sore that you can't even bend over to tie your shoe, you are less likely to find the motivation to get back to the gym. From another perspective, if we don't see the results we are expecting instantly we become demotivated as well.

Exercise that gives you energy and leaves you feeling better than when you started is motivation in itself to continue. If you find satisfaction in what you do on a daily basis, it makes it easier to get out of bed and head in to work.

This year, resolve to take care of yourself and try something new. 

# Team evaluates airfield pavement

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

Following the Nov. 30 earthquake which rocked the Anchorage area – and the many aftershocks which have followed – Joint Base Elmendorf-Richardson personnel immediately leapt into action evaluating, cleaning up and repairing the damages sustained.

Despite the upheaval of earth and damages a natural disaster causes, the installation has continually maintained its focus on executing agile combat support to the U.S. Air Forces Pacific region.

One example is the Air Force Civil Engineer Center's Airfield Pavement Evaluation Team, who were called upon to evaluate and verify potential non-visible pavement damage at all of JBER's airfields.

"Our team is one of a kind in the Air Force community," said Air Force Capt. Benjamin Johnson, AFCEC APE team branch chief. "We are continually on the road providing support to the operational and engineering communities, despite whatever circumstances they face."

The AFCEC APE team is based at Tyndall Air Force Base, Florida, but travels the world to support Air Force pavement evaluation.

"Our number one priority at JBER is doing non-destructive testing to determine possible subsurface damage. This process helps to verify that the airfields are safe for continued combat support operations following the recent earthquakes."

During this process, Johnson and Air Force Master Sgt. Jill Reed, APE team superintendent, brought with them a special heavy falling weight deflectometer, made by Dynatest, to simulate 55,000 pounds of weight hitting the pavement.

"The heavy amount of weight is similar to our large aircraft," Reed said. "My job is to make sure the equipment is working accurately throughout the evaluation. The data the equipment provides us gives us a way to analyze and measure deflections in the pavement, allowing us to estimate the structural capacity of an area."

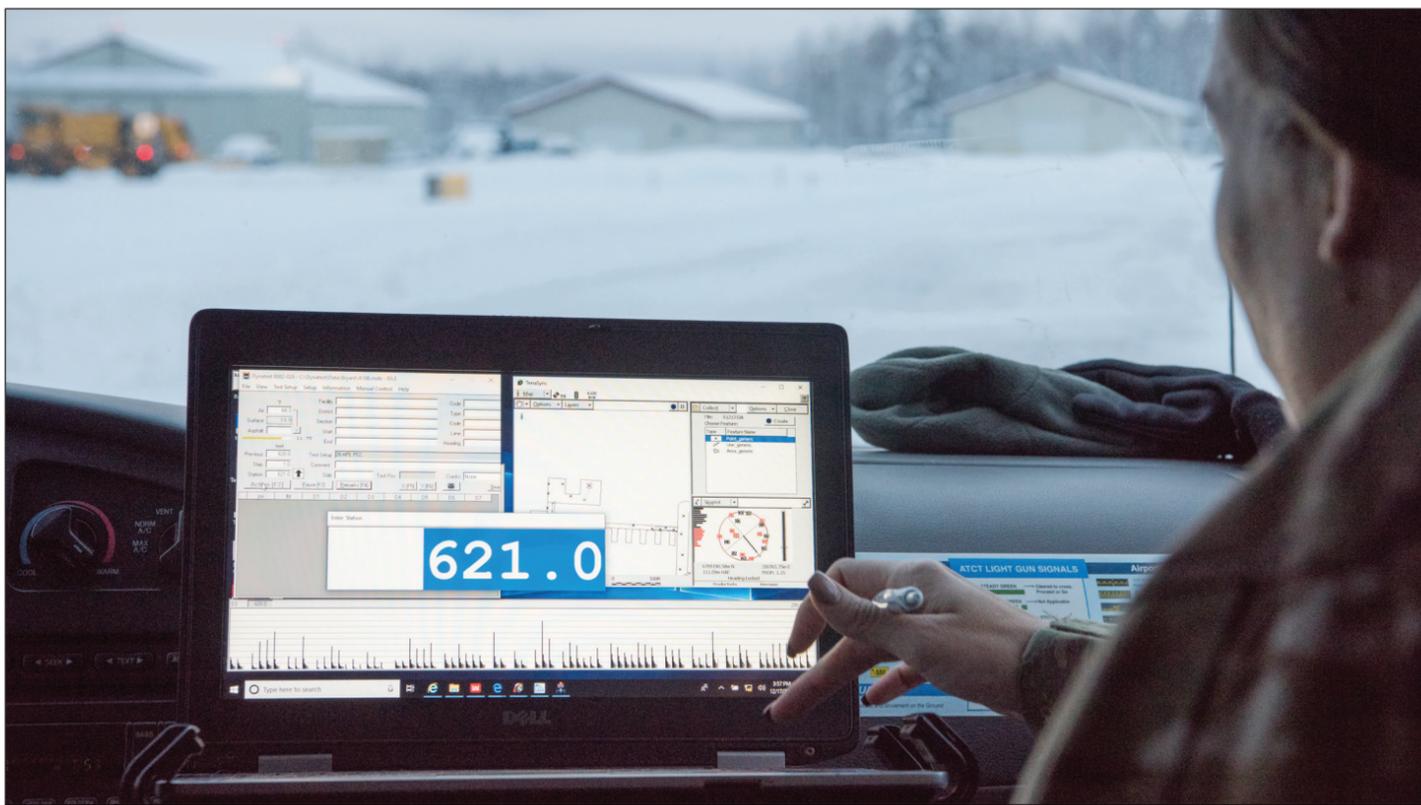
Deflection sensors mounted in the center of the load plate measure the deformation of the pavement in response to the load.

A program then calculates geographical information surveying



Air Force Master Sgt. Jill Reed, Air Force Civil Engineer Center's Airfield Pavement Evaluation Team superintendent, checks a special heavy falling weight Dynatest deflectometer, during an evaluation of Bryant Army Airfield at Joint Base Elmendorf-Richardson Dec. 17. A two-person team used non-destructive testing to assess potential non-visible pavement damage at all of JBER's airfields following the Nov. 30 earthquake. The deflectometer simulates 55,000 pounds of weight hitting the pavement at once. (U.S. Air Force photos/Airman 1st Class Crystal Jenkins)

**BELOW:** Reed uses surveying software to test the structural capacity of Bryant Army Airfield on JBER.



(GIS) results and provides models to determine, or estimate, location and structural capacity.

Seismic activity is known to cause lateral movement in subsurface areas, so it is normal for underground utility pipes to shift or crack, causing erosion which can go undetected for some time.

"We know soil erosion can cause voids, or empty space, underneath sections of pavement such as a flightline," Johnson said. "So we use our mobile Dynatest Control

Center we bring with us to make sure these flightlines are as structurally capable as they were before the earthquakes."

Once a compilation of evaluations is complete, a report is made available to leadership with recommendations. Local teams from the 673d and 773d civil engineer squadrons can then be dispatched to make flightline repairs, if necessary.

"Typically we have five-person teams that operate several different pieces of equipment when we do full

evaluations," Reed said. "If we are called to do non-destructive testing, such as this type of evaluation, two people are all that's needed."

The AFCEC APE team is a primary subordinate unit of Air Force Installation and Mission Support Center, and although the team is small in number, they are responsible for tracking the status and assessing the lifecycle repair times for 2.2 billion square feet of pavement valued at more than \$20 billion across the Air Force. 

**Friday**

**ASL Class**

Visit the JBER Library from 2 to 3 p.m. as elementary school-aged kids learn the basics of sign language. It's a great opportunity for home-schoolers.

For information, call 384-1640.

**Free movie night**

The Frontier Theater hosts this free showing of *Venom*. Doors open at 5:30 p.m.; film starts at 6. Concessions are cash only. For information, call 552-8529.

**Push-pull signup deadline**

Show off your skills at Buckner Physical Fitness Center's free lifting competition; weigh-in is from 3 to 6 p.m., when signups close. For information or to register, call 384-1369.

**Saturday**

**Push-pull competition**

Demonstrate your skills or just come to watch this competition open to all Department of Defense ID card holders. Lifters' meeting is at 9 a.m. and the competition starts at 10. For information, call 384-1369.

**Fitness Expo**

Start your New Years' resolutions off right with this event at the Elmendorf Fitness Center starting at 10 a.m. Check out all the health and wellness services offered, or try a group class.

For more information, call 552-5353.

**Pool tournament**

The Warrior Zone hosts this tournament starting at 2 p.m., with prizes for the top three players. For information, call 384-9006.

**Tuesday**

**Intro to lead climbing**

Take your climbing to the next level with this RecOn class covering clipping quick draws, belaying a leader, managing rope and building anchors. Class is at the Outdoor Adventure Program from 5:30 to 7:30 p.m. For information or to register, call 552-2023.

**Wednesday**

**Ladies night at the range**

Women of all skill levels can learn the basics of safety, shooting, and handling shotguns at the Skeet and Trap Range from 5:30 to 7 p.m. For information, call 552-2023.

**Indoor rock climbing**

Scale the climbing wall at the Outdoor Adventure Program from 5:30 to 7:30 p.m. and get a belay certificate to use at Buckner Physical Fitness Center. For information, call 552-2023.

**Cross-country ski class**

Visit Eagle Glen Fitness Park and learn to cross-country ski for free from 10 to 11:30 a.m. This event is open to ages 3 and older, and includes equipment issue if needed. For information, call 552-2023.

**Thursday**

**10 Steps to a Federal Job**

Learn about the federal job hiring process, researching job announcements, navigating USAJobs.gov, and formatting a resume for federal employment with this class from 8 a.m. to noon at Building 7153.

For information, call the Military and Family Readiness Centers at 552-4943 or 384-1517.

**Women's ski/snowboard**

Women in the Wilderness hosts this evening of skiing and snowboarding at Hillberg Ski Area from 6 to 7:30 p.m. with lessons included. Sign up at the Hillberg lesson center.

For information, call 552-2023.

**Ongoing**

**Fit to Fight skiing**

Cross-country skiing at Eagle Glen Fitness Park is now open seven days a week (excluding federal holidays). Bring your own gear or check out free equipment from 10 a.m. to 2 p.m.

For information, call 552-2023.

**Elmendorf pool closure**

The Elmendorf Fitness Center Pool is closed for post-earthquake repairs. Buckner Fitness Pool and the Polar Paradise Pool will be under normal operations. For more information, call

552-5353.

**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 or to join CAP, call 350-7951.

**Thursday science club**

Youth are invited to the JBER Library to conduct experiment and think about science from 6:30 to 7 p.m.

For more information, call 384-1640.

**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.

**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.

**Moose on the loose**



A moose stands in the woods near Clunie Lake on Joint Base Elmendorf-Richardson Jan. 4. At one degree Fahrenheit, JBER has officially reached the coldest temperatures yet of 2019. (U.S. Air Force photo/Airman 1st Class Caitlin Russell)

# Resolve to be kind to yourself, others this year

By **ARMY CHAPLAIN (CAPT.)  
ROBERT W. CARUSO**  
*3-509th PIR Chaplain*

I was reminded this week that life is precious and fragile.

We get so caught up in the daily humdrum routines of work, schedules, and lists that we take for granted those people, friends and family, who are closest to us and who mean the most.

That is, we trick ourselves into thinking life in this world is permanent, and friends and family are enduring.

Unfortunately, many of us are only reminded about life's impermanence when something tragic happens – like a death of a loved one, or a catastrophic event like the recent earthquake.

The good news is we don't have to wait for a tragic event to occur to take inventory about who and what matter most in our lives.

As we begin this new year, I invite you to think about who matters most in your life.

I encourage you to tell those clos-

est to you how much you love and cherish them.

Moreover, in as much as you show kindness to others, remember to be kind to yourself.

It is easy for many of us to ignore our wants and needs while taking care of others.

Remember, you are only as good to others as you are to yourself – so be kind and be compassionate to yourself and others.

I pray you have a blessed new year, and I pray you take time to cherish those who are closest to you in this world.

All we have is the eternal now, so take advantage of today and communicate your love, care, and concern to your loved ones as well as to yourself.

I leave you with this New Year's reflection poem by author Joanna Fuchs for you to ponder. Peace.

"Looking back on the months gone by/As a new year starts and an old one ends,

We contemplate what brought us joy,/And we think of our loved ones and our friends.



**Spc. Magan Lindsey Girr (left) of Camden, S.C., 1-178th Field Artillery Battalion, South Carolina Army National Guard, hands a stuffed bear to a young Afghan girl during a humanitarian assistance mission, July 15, 2010, in a remote village of Kabul province. Simple acts of kindness, especially to those we cherish, are important – life is impermanent, and too often it takes a tragedy to remind us of what is most important. (U.S. Army photo/Capt. Christopher Neeley)**

Recalling all the happy times,  
Remembering how they enriched  
our lives,

We reflect upon who really

counts,/As the fresh and bright new  
year arrives.

And when we ponder those who  
do,/We immediately think of you." 

**Disposition of effects**

Chief Warrant Officer 3 Irving Miranda, 98th Maintenance Company, is authorized to make disposition of personal effects of Pfc. Joshua Collins McKaskle, 95th Chemical Company, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Miranda at (337) 348-9891.

**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>.

**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](https://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 are tracked by 773d CES. Note the location, including cross-streets or building numbers. Then email [773ces.ceoh.potholerepair@us.af.mil](mailto:773ces.ceoh.potholerepair@us.af.mil) or call 552-2994 or 552-2995. Include 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](https://www.dso.documentservices.dla.mil). For information, visit [documentservices.dla.mil](https://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](https://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.

# Changes to preferred base program

By **KAT BAILEY**  
AFPC Public Affairs

JOINT BASE SAN ANTONIO-RANDOLPH, Texas — The enhanced assignment initiative, which began Jan. 9, provides enlisted Airmen who have 48 months' time on station as of May 2019 the opportunity to apply for available permanent change-of-station assignments in CONUS through an immediate, straightforward and transparent process.

The is the latest evolution of the longtime Base of Preference program run by the Air Force's Personnel Center. It now includes eligible career Airmen in all Air Force Specialty Codes assigned to the 48 contiguous states and the District of Columbia, otherwise known as Continental United States, or CONUS, locations.

"This final step in the initiative normalizes the process we began in April, simplifying the BOP application so Airmen and commanders can make professional development and career decisions by aligning assignment preferences with available requirements," said Ron Gallucci,

AFPC Assignments Programs and Procedures program manager.

In April, AFPC launched an initiative designed to improve how it delivers BOP program information to Airmen, increasing the visibility of available locations. The initial phase included logistics plans, materiel management, RF transmission systems, administration, health services management, contracting and financial management and comptroller Air Force specialty codes.

In July, AFPC added pharmacy, personnel and Tactical Air Control Party.

"Starting in January 2019, AFPC will post the available CONUS locations where Air Force requirements exist – by AFSC and skill level – on the Assignment Management System, similar to the Overseas and Overseas Returnee/CONUS Mandatory Mover assignment cycles," Gallucci said. He advises Airmen with pending BOP applications to update their assignment preferences based on the posted available requirements. If an AFSC is not listed, Gallucci said no available requirement in that AFSC exists that quarter.



**Enlisted Airmen with 48 months' time on station can apply for available CONUS assignments with a new, straightforward program. The longtime Base of Preference program has been updated and includes all eligible career Airmen assigned to the Lower 48. Eligible Airmen will receive targeted messages which include cutoff dates and links to submit applications. (U.S. Air Force photo/Airman 1st Class Gul Crockett)**

AFPC will send targeted messages directly to eligible Airmen assigned to CONUS locations, which will include cutoff dates and links to submit their applications.

"This important change provides transparency to commanders and Airmen alike," Gallucci said. "It's important that AFPC remains agile, innovative, and responsive to Airmen's needs and Air Force requirements."

These programmatic changes do

not include nor affect in-place or retraining BOP applications, nor will they impact battlefield Airmen, enlisted aircrew or the Security Forces Breadth of Experience Initiative.

Visit [www.afpc.af.mil/Assignment/Base-of-Preference-Program/](http://www.afpc.af.mil/Assignment/Base-of-Preference-Program/) for detailed info on the BOP program or, on the Assignments page on myPers, select "Any" from the dropdown menu and search "Base of Preference." 

# Army fitness test enters testing phase

By **GAIL PARSONS**  
Fort Riley Public Affairs

FORT RILEY, Kan. — The implementation of the Army Combat Fitness Test – a way to better connect fitness with combat readiness for all Soldiers – is now in the field test stage. Master Fitness Trainers are learning what the new test entails and how to grade it.

A mobile training team from Fort Jackson, South Carolina, visited Fort Riley Dec. 10 through 13 to teach Soldiers how to conduct the ACFT at their units.

“They’re training certain noncommissioned officers who can then go and train further people so we can continue to conduct this as people move on,” said Army 1st Lt. Jason Beauregard, task force engineer and head of the Soldier Readiness Test and Training Program at the 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd Armored Brigade Combat Team, 1st Infantry Division.

Beauregard said while there were Soldiers from all units on Fort Riley at the training, most of them were from the 1st Combined Arms Battalion, 18th Infantry Regiment, 2nd ABCT, 1st Infantry Division, and the 97th Military Police Battalion.

They are two of the 62 battalions across the Army chosen to participate in the testing.

Army Capt. R.J. Carbone, ACFT Team Five leader from Fort Jackson, said on the first full day of training, his team trained the level-three trainers.

“For the most part they are the Master Fitness Trainers, so they’ve been to the Master Fitness Course,” Carbone said. “We train them on how to administer the ACFT. They receive in-depth knowledge of the ACFT – how to set up the lanes, how to properly grade and also how to train the level twos.”

On the second day of training, the level-three trainers graded the level-two trainers while ACFT Team Five observed to make sure they were grading properly.

Level-threes also gave a block of instruction to the level-twos – again under the watchful eye of the Team Five members.

On the third day the level-one trainers came in; level-two trainers graded them as they took the ACFT while the level-threes ran through the test.

Beauregard said the training Team Five gave was “extremely important.

“It teaches the proper form as well as standardizes the grading criteria,”

he said.

“Originally, when they were putting everything out, it was small amounts of information. But now they have the actual complete manual. Now, it’s cut and dried.”

The training also allowed the Soldiers to do the ACFT, some for the first time, and gauge their individual ability.

Beauregard said overall they had “relative success.”

“I think it’s one of those things that you have to take it several times to really, fully understand what the best methods and practices are for it,” he said.

Access to the equipment needed for the test will present a challenge for individuals and units.

The old Army Physical Fitness Test doesn’t require additional equipment, but the ACFT requires items like 10-pound balls, weighted sleds, and deadlift bars.

“This new PT program comes with weights and medicine balls and all that kind of stuff,” Beauregard said. “That adds a whole new requirement and criteria, financial burden, as well as the supporting personnel that’s going to be provided along with it.”

In addition to training Soldiers on the test, as Team Five and other train-

ing teams visit the 62 test battalions, they are also gathering data.

“Some of the data – MOS, age, gender, ... what unit they came from, where they took the test, whether it was on grass or turf – all that will be compiled and reviewed,” Carbone said.

As it stands now, a passing score on any of the events in the ACFT is dependent on the Soldier’s military occupation specialty. However, Carbone said even that is subject to change.

“It’s still in the testing phase and that’s why we’re out here conducting all this,” he said.

“All this data that we’re collecting is getting sent up to [Center for Initial Military Training] and they’re the people that decipher all the information.”

Despite the work going into changing from the Army Physical Fitness Test to the ACFT, Carbone said it will benefit the Soldiers and the Army.

“The ACFT has the ability to predict 80 percent of the Soldier’s warrior tasks and battle drill performance, whereas the current APFT only has the ability to predict 30 percent,” he said. “That’s the reason why the Army is changing their tests of record.” 

# Air Force implements new CBRN program

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

Effective Jan. 8, the 773d Civil Engineer Squadron implemented a newly-revised chemical, biological, radiological and nuclear defense training course at Joint Base Elmendorf-Richardson.

After JBER's successful involvement in last year's Air Force test trial, multiple adjustments have been made to the program. One of the key changes is the reintegration of hands-on, in-person instruction, allowing Airmen to receive a more tailored learning experience.

"The newly revised training [being taught Air Force-wide] has a comparable style to courses in the past," said Tech. Sgt. Robbie Southards, 773d CES noncommissioned officer in charge of emergency management training. "There are quite a few valid changes, making it more relevant to the individual Airman."

"In addition to eliminating the computer-based training, another change is the strategic type of information being provided, as well as the application of what is learned during the slide presentation," he said. "Throughout this portion, participants will have the opportunity to actively demonstrate the knowledge they've gained during performance evaluations, applying directly what is learned immediately."

The new course will also discuss traditional contamination control areas, which can require more than 10 people to man various stations, in addition to a new method of Mission Oriented Protective Posture exchange processing.

This technique requires two individuals to process themselves and is now being adopted Air Force-wide.

"Based upon world-wide threats, we are adopting this MOPP exchange processing as an additional way of removing individual protective equipment faster," Southards



**ABOVE:** Airmen place M-8 paper on a simulated piece of equipment during a newly implemented chemical, biological, radiological and nuclear defense training course exercise at Joint Base Elmendorf-Richardson Jan. 8. One of the key changes made embraces the reintegration of hands-on, in-person instruction, and reduces computer based training, allowing Airmen to receive a more tailored learning experience. (U.S. Air Force photos/Airman 1st Class Crystal Jenkins)



**ABOVE LEFT:** Two Airmen practice a new method of mission-oriented protective posture exchange processing during the new CBRN defense training course exercise at Joint Base Elmendorf-Richardson Jan. 8.

**LEFT:** Senior Airman Richard Blackburn, 773d CES Emergency Management chemical, biological, radiological and nuclear (CBRN) instructor shows Tech. Sgt. Kasama Slaton, 673d Medical Operations Squadron, to identify exposure risks to Senior Airman Richard Kolbe Kleinschnitz of the 3rd Maintenance Squadron.

said. "What used to take six to eight hours can now be accomplished safely and effectively in under two."

Renewal requirements for CBRN training have changed significantly throughout the years.

The current time period for renewal is 18 months or less depending on the individual need.

Although most service members will be required to attend the new course, computer-based training will still be offered to certain career fields.

"People will probably feel like this three to four hour class is longer than what they did before," said Senior Airman Richard Blackburn,

773d CES Emergency Management journeyman and CBRN instructor. "Although it may seem challenging to take in all the information at once, it adds in an array of realism the other training lacked. The way we are able to teach the decontamination and exchange processing allows Airmen the ability to see what it is actually like to go through the procedures."

Like most things learned and not used frequently, being able to use M-8 chemical detection paper to determine what liquid is presented can be a perishable skill. Instead of simply learning data, participants can now learn what to do with the knowledge they gain.

"As an alternative to providing scientific statistics of chemical agents, we have simplified the information in a way people can now understand how to use in a practical way," Blackburn said. "Some of these practical changes allow us to go into greater depth making the information more relevant to the general population."

An example of applicable information would be highlighting actual delivery methods used by our enemies. Additionally, understanding how chemical agents react to the human body, how to identify symptoms and initiate proper response procedures are also valuable material, Southards said.

Training will include the reintroduction of a key element to CBRN defense – the nerve agent antidote kit. This is meant to help individuals know how to apply proper procedures to delay the effects of certain agents if contaminated.

"Lastly, participants can expect to have more involvement with the emergency operations center, we want this to paint the bigger picture for our young service members making them a more lethal force," Southards said. "Overall, this course demonstrates our CBRN capabilities and allows us to provide a continually improved training to our arctic warriors and Air Force community." 

**Dec. 1**

A son, Hunter Stanley Dieken, was born 21.5 inches long and weighing 8 pounds, 4 ounces at 7:56 a.m. to Tech. Sgt. Jennifer J. Dieken of the 168th Air Refueling Wing and Klinton C. Dieken.

A daughter, Marisel Amelia Medina, was born 20 inches long and weighing 5 pounds, 14 ounces at 11:19 p.m. to Yanelis L. Medina and Army Staff Sgt. Juan M. Medina of the 208th Construction Management Team.

**Dec. 4**

A son, Landon Jinlong Doyle, was born 20.5 inches long and weighing 7 pounds, 12 ounces at 2:59 p.m. to Lanhua Doyle and Coast Guard Petty Officer 1st Class David Joseph Doyle of Sector Anchorage.

**Dec. 7**

A son, Barrett Alexander Goss, was born 20 inches long and weighing 7 pounds at 9:12 a.m. to Nicole Chris-

tine Goss and Tech. Sgt. Adam Jacob Goss of the 673d Air Base Wing.

**Dec. 10**

A son, Saj Alieu Jalloh, was born 20 inches long and weighing 5 pounds, 9 ounces at 4:33 p.m. to Fatmata Jalloh and Air Force 1st Lt. Alhaji M. Jalloh of the 673d Medical Operations Squadron.

**Dec. 14**

A baby girl Sunderland was born 21.5 inches long and weighing 8 pounds, 10 ounces at 8:05 a.m. to Air Force Lt. Col. Kim Sunderland of the 673d Medical Operations Squadron and Alaska Air National Guard Master Sgt. Gary R. Sunderland of the 176th Logistics Readiness Squadron.

**Dec. 15**

A son, D u s t i n

Levi Jensen, was born 19.5 inches long and weighing 6 pounds, 13 ounces at 11:48 a.m. to Jennifer L. Jensen and Air Force Capt. Jacob B. Jensen of the 517th Airlift Squadron.

**Dec. 17**

A son, Holden Paul Lichtenberg, was born 19.75 inches and weighing 7 pounds, 5 ounces at 3:17 a.m. to Rachel Samantha Lichtenberg and Sgt. Harley Matthew Lichtenberg of the 6th Brigade Engineer Battalion (Airborne).

**Dec. 20**

A daughter, E l l a Grace Kozora, was born 20.5 inches long and weighing 7



pounds, 14 ounces at 8:03 p.m. to Mary Kathryn Kozora and Air Force 1st Lt. Daniel Stephen Kozora of the 673d Medical Group.

A son, Rowen Everett Fabricante Phillips, was born 21.5 inches long and weighing 7 pounds, 8 ounces at 12:14 p.m. to Erika Fabricante Phillips and Sgt. Ryne Chandler Phillips of the 3rd Battalion, 509th Parachute Infantry Regiment.

**Dec. 21**

A son, Cooper Lee Carlson, was born 20 inches long and weighing 7 pounds, 3 ounces at 8:58 p.m. to Sydney Nicole Carlson and Air Force Staff Sgt. Timothy Manuel Carlson of the 3rd

Munitions Squadron.

**Dec. 24**

A son, Matthew William Marquard II, was born 21 inches long and weighing 8 pounds, 5 ounces at 12:30 p.m. to Rachel Amanda Marquard and Air Force 2nd Lt. Matthew William Marquard of the 3rd Maintenance Squadron.

**Dec. 26**

A daughter, Lyric Reign Mims, was born 19 inches long and weighing 5 pounds, 12 ounces at 3:01 a.m. to Sgt. Tankita Tanyetta Mims of Headquarters and Headquarters Detachment, U.S. Army Alaska and Jovan Di-ontea Mims.

**Dec. 27**

A son, Jamison Robert Tysick, was born 21 inches long and weighing 8 pounds, 5 ounces at 4:05 p.m. to Ashlee Brooke Tysick and Senior Airman Todd Robert Tysick of the 381st Intelligence Squadron.

