

Deployment

## Post-blast analysis

Paratroopers of Blackfoot Company, 1-501st Inf. investigate IED site  
Page A-8

Community

## Arctic Warrior games

Troops show off their talents in competition during the Arctic Warrior Olympics  
Page B-4



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# ARCTIC WARRIOR

Volume 3, No. 24

Joint Base Elmendorf-Richardson

June 15, 2012

## THE WIZARDS of OZ



Royal Australian Air Force Warrant Officer Rick Smith looks through the sky bubble of a RAAF C-130H Hercules Monday. The sky bubble is used to check for aircraft in blind spots of the plane. (U.S. Air Force photos/Airman 1st Class Omari Bernard)

# Australian airmen glimpse future at Red Flag-Alaska

By Airman 1st Class Omari Bernard  
JBER Public Affairs

Men and women in flight suits of green passed through the halls in a hive of activity. The building was buzzing with the language and accents of different nationalities, all in preparation for the day's oncoming events.

As personnel filtered through the doors of the building and onto the flight line, three distinct aircraft stood out; all the marked with the Royal Australian Air Force roundel – a circle with a crimson kangaroo in the center. The Royal Australian Air Force came from Down Under to up over in participation of Exercise Red Flag Alaska 2012.

The Royal Australian Air Force's airborne early warning and control E-7A Wedgetail as well as medium transport C-130H and C-130J Hercules aircraft are participating in the advanced international air combat training exercise, Red Flag.

A glass dome atop the plane served a

See RAAF, Page A-3



Royal Australian Air Force personnel prepare a E-7A Wedgetail airborne early warning and control aircraft for a Red Flag-Alaska exercise Monday at JBER. The E-7A is the RAAF counterpart to the E-3 Sentry airborne early warning and control operated by the 962nd Airborne Air Control Squadron stationed at JBER. (U.S. Air Force photo/Airman 1st Class Omari Bernard)

# Polish Air Force participates in first Red Flag



A member of a Polish Air Force C-130 Hercules crew guides the aircraft to begin to taxi to the runway during Red Flag-Alaska on JBER Wednesday. The goal of Red Flag-Alaska is to provide each aircrew with vital first missions to increase their chances of survival in combat environments. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

By Air Force Staff Sgt. Zachary Wolf  
JBER Public Affairs

Imagine boarding a C-130 Hercules cargo aircraft and making the flight across the Atlantic Ocean to a place where they speak a language that isn't your native language. This isn't your normal U.S. Air Force deployment, but actually a Polish Air Force deployment to Alaska to participate in Red Flag-Alaska.

According to the Red Flag-Alaska fact sheet, Red Flag is a Pacific Air Forces-sponsored, Joint National Training Capability-accredited exercise. The goal of Red Flag-Alaska is to provide each aircrew with these first vital missions, increasing their chances of survival in combat environments.

This Red Flag-Alaska hosted multiple firsts for the Polish Air Force representatives. This was the first time a Polish crew on a C-130 crossed the North Atlantic to the east coast and from there to Alaska. It is also the first time they have participated in Red Flag.

See PAF, Page A-3



Pfc. Vincent J. Ellis

# Cavalry scout dies of wounds

U.S. Army Alaska news release

A cavalry scout assigned to the 4th Brigade Combat Team (Airborne), 25th Infantry Division, died June 4 at Landstuhl Regional Medical Center, Landstuhl, Germany, where he was being treated for wounds sustained when enemy forces attacked his unit with improvised explosive devices and small arms fire at Forward Operating Base Salerno in Khost Province, Afghanistan June 1.

Pfc. Vincent J. Ellis, 22, of Tokyo, Japan, was assigned to the brigade's 1st Squadron (Airborne), 40th Cavalry Regiment, where he had served as an airborne cavalry scout since arriving in Alaska in August 2011. Ellis attended Basic Combat Training, Advanced Individual Training and Basic Airborne Course at Fort Benning, Ga., in 2011 prior to his assignment to Alaska. This was his first deployment.

His 3,500-Soldier brigade deployed to Afghanistan in support of Operation Enduring Freedom in December.

The next of kin have been notified.



Pfc. Nathan T. Davis

# One Soldier killed, three wounded

U.S. Army Alaska news release

A Soldier assigned to the 4th Brigade Combat Team (Airborne), 25th Infantry Division, died June 9 from injuries sustained when enemy forces attacked his mine-resistant ambush-protected vehicle with an improvised explosive device. The incident took place in the city of Tore Obek, Afghanistan.

Three other Soldiers were wounded in the incident.

Pfc. Nathan Tyler Davis, 20, of Yucaipa, Calif., who was the driver of the vehicle, was assigned to the 1st Battalion (Airborne), 501st Infantry Regiment, where he served as an infantryman.

Davis joined the Army in September 2010 and graduated from Basic Combat Training, Advanced Individual Training, and the Basic Airborne Course at Fort Benning, Ga., before arriving in Alaska in February 2011. This was his first deployment.

His 3,500-Soldier brigade deployed to Afghanistan in support of Operation Enduring Freedom in December.

The next of kin have been notified.

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### Index

- Reservists launch Raptors.....A-2
- 'Players have to execute'.....A-2
- Briefs and announcements.....A-4
- Military appreciation picnics.....B-1
- Prevent foodborne illnesses.....B-2
- Community calendar.....B-3
- Chaplain's Corner.....B-5

### Road closures

D Street and Juneau Avenue will be closing at different times between 5th and 6th streets. For more details, check Briefs and Announcements, Page A-4





# CLEARED for TAKEOFF

ABOVE: Tech. Sgt. Bobby Breher, 477th Aircraft Maintenance Squadron, waits to chock an F-22 before conducting an end of runway inspection during the 477th Fighter Group Unit Training Assembly weekend here June 9. UTAs are an opportunity for the pilots in the 302nd Fighter Squadron to conduct Reserve flying operations. During the week the Reserve pilots and maintainers integrate with their active-duty counterparts. RIGHT: Tech. Sgt. Dana Rosso, 477th AMXS, signals to Tech. Sgt. Bobby Breher, 477th AMXS, that he has completed his checks during the end of runway inspection. BELOW: Air Force Staff Sgt. Derrick Bell marshals an F-22 on the runway before conducting an end of runway inspection. (U.S. Air Force photos/Capt. Ashley Conner)



## ‘No manager ever won no ballgames’

### ‘Players still have to execute’

Commentary by Chief Master Sgt. Richard West  
Air Force News Service

Although less than perfect grammar, the message rings true what the late, great baseball manager George “Sparky” Anderson once said.

As he was trying to avoid reporters after a game, he exclaimed, “No manager ever won no ballgames” in his raspy, gruff tone.

He wanted the attention on the players, the ones making plays, getting hits and scoring runs on the field.

Anderson won three World Series titles, two with the Cincinnati Reds in 1975 and 1976 and with the Detroit Tigers in 1984, so while he obviously knew about baseball, he also knew people.

The personnel “in the trenches” deserve the majority of the credit, while managers sometimes tend to forget what it’s like out there. I have to often remind myself of this when our unit has a mishap, setback or someone has a lapse in judgment.

Have you ever had that person in your unit whom every supervisor wants in their section and every co-worker wants on their shift? Then there are others who are less than perfect or no one has taken the time with or



Tech. Sgt. Nathan Austin gives instructions to Airman 1st Class David Clontz, both of the 732nd Air Mobility Squadron, while they prepare to load a 32-foot platform consisting of a humvee and howitzer into the back of a C-130. (U.S. Air Force photo/Senior Airman Christopher Gross)

noticed. It’s the manager’s responsibility to put everyone on the line-up card, hone their strengths and ensure the team succeeds.

Like Anderson, you may have to yank a pitcher out of the game because he just doesn’t have his best stuff that day, but he’ll be back to pitch again and hopefully have better success the next time.

When I was an Airman working in a car-

go warehouse, my co-workers and I thought of ourselves as tough. Someone may make fun of you for wearing hearing protection or gloves because that was for wimps. We all challenged each other to try and lift heavy crates onto trucks and aircraft pallets instead of asking for help.

There weren’t the Quality Assurance or safety inspectors roaming around as we have

now and warehouse tug and forklift races were a standard nightly affair.

That mindset all changed with a better hands-on, eyes-on supervisor who set us straight, but he also knew he really needed us to get the cargo moved. Later, we realized we could still be a cohesive team and get the job done safely while maintaining our toughness.

We ask a lot of our Airmen every day while deployed in harm’s way and trying to complete the nation’s objectives or while at home station keeping aircraft in the air.

In the 60th Aerial Port Squadron, most personnel are operating in a dangerous, industrial environment around the clock with one-third of the force deployed at any given time of the year.

If you’re not familiar, imagine a major airline’s passenger operation combined with a massive freight company. On any given day, you may see forklifts in the warehouse constantly moving in and out of 40-foot trailers, 18-wheeler trucks hauling loads in and out of the compound, “Tunner” loaders transporting freight to and from C-5 Galaxies, C-17 Globemaster IIIs, KC-10 Extenders and Boeing 747 cargo aircraft.

On the other side of the base, we’re servicing aircraft latrines, positioning staircase trucks to load passengers, handling baggage and driving buses between the passenger terminal and Travis Air Force Base’s vast flight line. Needing to get the job done safely and on-time requires all individuals to focus, gel with their teammates and produce results when put in the game.

I believe another take away from the Hall of Fame baseball manager’s quote is that as much as management tries to plan, formulate and set things up for success, there’s only so much managing that can be done and the players still have to execute.

Alaskan Command/  
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U.S. Army Alaska  
Commanding General  
Maj. Gen. Michael X. Garrett (USA)

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Joint Base Elmendorf-Richardson/  
673d Air Base Wing Vice Commander  
Col. Timothy R. Prior (USA)

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# RAAF

From Page A-1

critical purpose as a helmeted head appeared in it. The clouds reflected off the visor as he scanned the skies for mock fighters. The C-130H is crewed by RAAF veteran airmen who know the value and significance of the plane. A veteran aircraft in its own right, this will be the last Red Flag the C-130H attends before being retired and officially replaced by the J model, said RAAF leadership participating in the exercise.

The C-130H will be missed, lamented RAAF Group Captain Donald Sutherland, commanding officer of No. 84 Wing at RAAF Base Richmond and the Red Flag Task Group commander for the RAAF C-130s and Wedgetail. The H has been a fantastic work horse for the RAAF since 1978, he said.

“The C-130H is an aging platform that requires major fixes,” Sutherland stated. “It will be with much sadness that the RAAF retires the C-130H.”

Red Flag presents a unique opportunity to train a new generation of C-130 crews. The exercise includes a mix of missions in terms of aerial drops and combat landings.

“One thing we’re doing is using the complex ranged environment and the scenarios to transfer some of the skills that are resident in the veteran C-130H workforce across to the newer C-130J workforce,” Sutherland said. “Every time the H flies here, C-130J crew will fly with them.”

“We’re doing it as a complex mission, making time-on-targets, and working with the other nations to support our mission.”

“The C-130H and C-130J Hercules personnel must be proficient in operating their aircraft in a range of environments and scenarios, in order to support defense operations,” Sutherland said. “One of the key objectives is to practice our large package integrations with each other. The other nations we are working with now are the ones we will most likely work with in any event in the Pacific theater.”

White, slender and regal, the Wedgetail looks like a jetliner with a bar top bolted to its back. According to a RAAF fact sheet, the Wedgetail increases Australia’s surveillance and air combat capability, provides air defense support to their naval fleet and assists in civil operations such as border protection and search and rescue. The Wedgetail provides the same role as the United States Air Force’s E-3 Sentry airborne early warning and control aircraft.

This is first appearance of the Wedgetail at Red Flag, Sutherland said. The difference between traditional E-3 AWACS and the Wedgetail is the multi-role electronically scanned array radar. There is not physical movement of the array as there is in the E-3’s rotodome.

“The way we detect targets is by elec-



ABOVE: Royal Australian Air Force Group Captain Donald Sutherland surveys the JBER flight line Monday. Sutherland is the task group commander for both the RAAF C-130 Hercules and the E-7A Wedgetail at Red Flag-Alaska.



LEFT: Royal Australian Air Force Flight Lt. Brad Drew prepares a C-130 J Hercules for take off Monday. (U.S. Air Force photos/Airman 1st Class Omari Bernard)

**More photos**  
For more photos of the Royal Australian Air Force at Red Flag-Alaska, visit the JBER flickr photostream by scanning this QR code with a smartphone.

tronically scanning through the array,” said RAAF Squadron Leader Neil Whitehead. “The advantage we have over traditional (AWACS) is because we scan with a beam, we can work the beam very cleverly.”

The mission is still the same as a traditional AWACS platform.

“The radar is different, the job is the same, we just do it in a different way,” Whitehead explained.

“We can increase the update rate over any given area we decide upon and we are able to get a much clearer picture of the target or interest,” Whitehead said. “Also, because there are no moving parts, the reliability increases as to the constant rotating disc on an E-3.”

“Red Flag will provide excellent opportunities for our personnel to integrate with a joint task force to learn how other countries operate,” wrote Commanding Officer No. 2 Squadron Wing Commander Paul Carpenter in a media release concerning the Wedgetail. “This exercise will be an important one as we move towards declaring initial operational capability later this year.”

“We want to integrate with all the players so we can learn from them and in turn they can learn what our platform does,” Whitehead said. “At the same time we need to practice the high end war fighting skills that we are not able to practice back in Australia.”

“The Pacific is a huge area and involves lots of nations,” Whitehead continued.

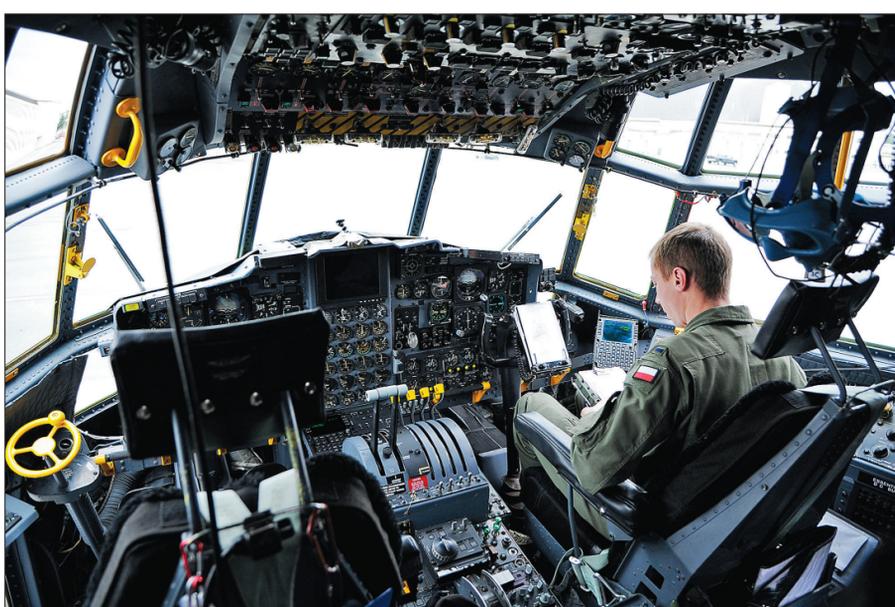
“What we’re doing here is establishing relationships.”

“It’s good to make individual contacts and understand how each other operate,” Sutherland said. “If we ever have to come together for any particular reason, whether it is humanitarian assistance right through to higher level operations, if we already know how each other operate, we can hit the ground running.”

“Red Flag-Alaska is a fantastic event to facilitate and foster that relationship between the respective Air Forces,” he said. “At the end of the day we can all go somewhere and operate independently, but that’s not what this is about. This is where Red Flag brings us together, across the tyranny of distance.”



ABOVE: Members of the Polish Air Force C-130 Hercules crew inspect the aircraft during Red Flag-Alaska on JBER Wednesday. The goal of Red Flag-Alaska is to provide each aircrew with vital first missions to increase their chances of survival in combat environments. (U.S. Air Force photo/Airman 1st Class Austin Willhoit) RIGHT: Polish Air Force 1st Lt. Tomasz Kozlowski, C-130 Hercules co-pilot, performs a preflight inspection during Red Flag-Alaska on JBER Wednesday. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)



# PAF

From Page A-1

“I expect to get training in flying in the mountainous areas ... and to make good friends with United States, Japanese, Australian and German air forces,” said Polish Air Force Maj. Jaroslaw Gozdalski, C-130 Hercules pilot and commander.

According to Polish Air Force Capt. Slawomir Lis, C-130 navigator, because of the similar terrain, with the mountains and valleys Alaska has to offer; it provides the perfect place for the C-130 crew to practice for their mission they have in Afghanistan.

“For me, it’s a completely new experience, flying in the tall mountains in Alaska,” Slawomir said.

Flying isn’t the only skill that was enhanced at Red Flag.

“We fly around the world and everything is in English, but that isn’t our first language so it is also good language training,” Gozdalski said.

Another side of the training the Airmen from Poland received was to work with equipment they normally wouldn’t get to operate.

“This was the first opportunity to check our RVR (runway visual range) system and mark system in real situations because the ranges are equipped with emitters that simulate real threats and this is the first time we can use this equipment and see how it works against the real threat,” Gozdalski said.

They were also able to practice maneuvers to try to evade simulated ground to air missiles all while sharing the air space with the U.S., German, Japanese and Australian forces.

“A lot of aircraft flying together and not crashing is a very difficult thing to do,” Gozdalski said.

The different countries participating in Red Flag gave countries an opportunity to train with a group they may never have had the chance to train with before.

“I am very happy to have the experience of flying in groups from different countries, different languages and different procedures,” Lis said.

“The best thing about Red Flag is the experience gained and the different way of looking at things,” said Polish Air Force 1st Lt. Tomasz Kozlowski, C-130 co-pilot.

For more photos of the Polish Air Force at Red Flag-Alaska, scan this QR Code

# Briefs and Announcements

## Road closures

D Street will be closed between 5th and 6th streets from 6 p.m. Wednesday until June 24 when the work is complete to accommodate routing utilities to a new barracks building.

Affected intersections will be turned to flashing red, turning them into three-way stops for the duration of the closure.

Motorists and pedestrians should avoid the area when possible to keep confusion to a minimum.

Juneau Avenue will be closed between 5th and 6th streets until March 15, 2013, to support demolition operations and construction of new homes.

## Army Birthday Ball

All ranks are welcomed to this Army ball June 22 at the Hilton starting at 6 p.m. Army Lt. Gen. Michael Ferriter will speak. For information, contact a unit representative or call 384-2067.

## Hospital closures

The 673d Medical Group will close the hospital all day Thursday for an exercise.

## School physicals

The 673d Medical Group is offering physicals by appointment only for school and sports. Physicals are valid for one year. To schedule an appointment, call 580-2778.

## Public Health closures

Public Health closes the first Thursday of the month from 1 to 4:30 p.m. and the third Thursday of the month from noon to 4:30 p.m. every month. For more information, call 580-4014.

## MiCare registration

MiCare, the online personal health record and secure messaging application, has been available to patients and medical group staff at Joint Base Elmendorf-Richardson

since December.

More than 2,400 patients have already signed up to take advantage of the ability to communicate with their primary care clinicians online. Registered patients also have access to electronic records, allowing them to view and maintain their health records.

The 673d Medical Group is the first Air Force site to test this system.

Once registered, patients have the ability to participate in the study by completing a short series of surveys during the course of the next year. This provides an opportunity for all active-duty, retired and dependent patients to have an impact on shaping the future of Air Force health services.

To register, visit the Military Treatment Facility, where enrollment specialists are available in each primary care clinic.

All beneficiaries who are enrolled in the family health, pediatrics, flight medicine and internal medicine clinics are eligible to participate. Patients need to show a military identification card and provide information, including name, social security number, birthday and email address.

The enrollment specialist will enter the information and patients will receive an email which contains a link and instructions for completing the process.

## Mortgage relief

President Barack Obama announced March 6 steps to provide significant housing relief to thousands of service members and veterans who have faced wrongful foreclosure or been denied a lower interest rate on their mortgages.

Service members and their dependents who believe that their Service Member Civil Relief Act rights have been violated should contact their servicing legal assistance office – 552-3046 at JBER-Elmendorf office, and 284-0371 for the JBER-Richardson office.

Additionally, information and referral services regarding the mortgage relief plan can be obtained at the JBER Military and Family Readiness Center, 552-4943.

## U-Fix-It Store

The U-Fix-it Store is located in Building 706 and is open to all Aurora Military Housing tenants.

Assorted items for maintaining your home may be issued from the U-Fix-It Store.

The items available are subject to change and limits and some may have a cost.

There are also American flag kits, and fire extinguishers available. U-Fix-It work includes all home maintenance activities.

Its purpose is to allow the occupant to make minor improvements and repairs to their home and cut down on the amount of service orders at maintenance.

This allows tenants to do work in their homes themselves, thus improving the appearance of the interior as well as the exterior of the home. There are two stores located on base.

The JBER-Elmendorf location is 6350 Arctic Warrior Drive and it is open 8:30 a.m. to 5:30 p.m., Monday through Friday and Saturday, 9 a.m. to noon and 1 to 4 p.m. (closed for lunch noon to 1 p.m.).

The JBER-Richardson location is Building 706 1st St., open from 8:30 a.m. to 5:30 p.m., Monday to Friday.

A window blind cleaning machine is currently located at the JBER-Elmendorf location.

A “reservation required to use” policy is in place with the priority going to military members PCS-ing. For more information, call 375-5540.

## Find housing

Visit the Automated Housing Referral Network at [www.ahrn.com](http://www.ahrn.com) to find housing before packing up.

Sponsored by the Department of Defense, the website listings include available community rentals, military housing, shared rentals, temporary lodging and military for sale by owner listings.

Listings include property descriptions, pictures, maps, links to local schools, and contact information.

Service members who would like to rent their homes, sell their homes, or are looking for another service member as a roommate in their current homes, may post an ad free of charge on the site.

For more information, call 552-4439.

## Rental Partnership

The Rental Partnership Program at Joint Base Elmendorf-Richardson is available to all eligible active-duty members and consists of two options. The first option, RPP Plus, includes utilities and sometimes cable costs providing an easier budget with a set rental payment year round.

The other option, RPP 5 Percent Below Market, saves the member five percent off the rental fee that other tenants pay however utilities are paid for by the tenant.

Both options are made available with no deposits or fees to the member with the exclusion of pet fees as it may apply.

This program is designed to provide active-duty military personnel, enlisted and officers, accompanied and unaccompanied with affordable off-base housing.

An allotment must be executed under either option of the RPP for the rental payments which is made directly to the landlord resulting in a more trouble free transactions.

JBER-Elmendorf can see RPP officials at the Capital Asset Management Office, Building 6346, Arctic Warrior Drive, or call at 552-4328 or 552-4374 for further information and assistance regarding this program.

At JBER-Richardson, visit

the Housing Management Office, Building 600, Richardson Drive, or call at 384-3088 or 384-7632.

## Motorcycle training

Riders can now start the registration process for the 2012 Contracted Motorcycle Training.

A change from previous years is training is only offered to uniformed service members and Department of Defense civilians who have motorcycle operation listed in their position descriptions.

For information on how to register, call 552-5092.

## Home buyer's seminar

The 673d Civil Engineer Squadron Capital Asset Management Office offers a first-time home buyer's seminar two times each month through the Volunteer Realtor Program.

The seminar covers home loan prequalification, negotiations, offer acceptance, inspection, title search, available types of loans, and the closure process as well as many other aspects of interest to a prospective home owner.

If interested in becoming a home owner and wish to attend, please call 552-4439 to be included on the sign-up sheet.

## Giant Voice testing

Giant Voice mass notification system testing occurs every Wednesday at noon. If the announcement is difficult to hear or understand, please call 552-3000.

If the announcement is difficult to hear or understand in any base housing area, please contact JBER at [Facebook.com/JBERAK](http://Facebook.com/JBERAK).

## Dining facility survey

ARAMARK is conducting a survey to evaluate how the contractor can better offer dining service to Joint Base Elmendorf-Richardson.

The 17-question survey can be accessed at <http://tinyurl.com/bm5koz6>.







# BLACKFOOT PARATROOPERS

## support post-blast analysis



**ABOVE:** Pfc. Michael McCroskey, a native of Liberal, Kan., and M249 gunner assigned to Blackfoot Company, 1st Battalion (Airborne), 501st Infantry Regiment, scans his sector while providing security in Terezayi district June 1 to support a post-blast analysis hours after an improvised explosive device exploded. (U.S. Army photos/Staff Sgt. Jason Epperson)  
**LEFT:** Army Staff Sgt. Chad Bordelon, a native of Lafayette, La., and squad leader assigned to B/1-501st Inf., tactically relocates his position as a storm moves in.  
**RIGHT:** Cpl. Brian Lewis, a native of Duluth, Minn., and team leader assigned to B/1-501st Inf., conducts a security patrol in Terezayi district June 1.  
**BELOW:** Bordelon watches as a UH-60 flies over Combat Outpost Chergataw June 1.









**Picnic safety**

Don't let foodborne illness spoil your summer supper  
Page B-4

**Arctic Warrior Olympics**

Army, Air Force troops square off in multiple events from volleyball to poker, Page B-4



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**COMMUNITY**

Volume 3, No. 24

Joint Base Elmendorf-Richardson

June 15, 2012

**Military appreciation picnics**

**Twin JBER festivities offer activities for all ages**

PAO staff report

Service members from all branches as well as family members and civilian employees were fêted at the annual Military Appreciation Picnics on JBER June 8.

Sponsored by the Anchorage Chamber of Commerce, the picnics featured food and bounce houses, horseshoes and tug-o-war.

The picnics, already a summer staple, provide an on-base venue for families to get out and enjoy the Alaska summer and mingle with other JBER personnel.

To see more photos of the picnics and the Arctic Warrior Olympics, scan the code with a smartphone or other device.



Victor Perez Jr. flies through the air before bodyslamming his mom, Ivette Perez, in a padded Sumo wrestling outfit during the Military Appreciation Day at JBER June 8. The duo are dependents of Sgt. 1st Class Victor Perez of the 6th Engineer Battalion (Combat) (Airborne). (U.S. Air Force photos/Justin Connaehr)



ABOVE: Former Anchorage School Superintendent Carol Comeau serves lunch to military families at Buckner Physical Fitness Center June 8 as part of the Anchorage Chamber of Commerce's annual Military Appreciation Picnic. (U.S. Air Force photo/John Pennell)



ABOVE: Army Staff Sgt. Erwin Durano, left, and Sgt. Edward Pico, both of the Alaska Army National Guard 207th Combat Support Company, from Anchorage, play horseshoes during the Military Appreciation Day at JBER's Buckner Physical Fitness Center June 8. (U.S. Air Force/Justin Connaehr)



ABOVE: A volunteer flips hamburgers at Buckner Physical Fitness Center June 8 as part of the Anchorage Chamber of Commerce's annual Military Appreciation Picnic. All JBER personnel were welcome to attend the picnics and enjoy the festivities.

LEFT: Children play on the inflatable slide at Buckner Physical Fitness Center June 8 as part of the Anchorage Chamber of Commerce's annual Military Appreciation Picnic. Concurrent picnics and other activities were hosted on the joint base with plenty for all ages to do, from a petting zoo and pony rides to inflatable sumo-wrestling suits and a number of sporting events that formed the Arctic Warrior Olympics, pitting unit teams against one another. (U.S. Air Force photos/John Pennell) For photos of the Arctic Warrior Olympics, see Page B-4.

# Don't let foodborne illness spoil your summer fun

## Attention to detail can keep your family healthy

By Kay Blakley  
DeCA home economist

Knowing how to prepare, handle and store food properly is important all year long, but higher summer temperatures should kick actions to prevent spoilage into high gear.

Under normal circumstances, the rule of thumb for safely allowing foods to remain at room temperature while the meal is being served and consumed is two hours.

At temperatures above 90 degrees, it's only one hour.

That's why it's so important to know the summer food safety rules and apply them properly.

### Keep it clean

Wash hands with soap and water often while handling food, and do the same for any surfaces the food comes in contact with.

On a picnic, take along paper towels and hand sanitizer or a spray bottle filled with soapy water to accomplish the task.

Don't forget to give fresh fruits and vegetables a bath too.

Do so just before they're ready to be used, and don't use soap.

Just rinse them well under cold running water, scrubbing briskly with your hands or a soft brush, then dry well with paper towels.

Even items like cantaloupe and watermelon – with a rind you don't intend to eat – need this same washing routine to prevent any harmful organisms from contaminating the fruit's flesh when sliced open with a knife.

### Separate so you don't contaminate.

This caution starts in the cart at the commissary and carries through to refrigerator storage, to packing a cooler and to cooking and serving.

Always keep raw meat, poultry and seafood and any of their leaking juices away from already cooked, ready-to-eat foods and fresh produce.

Use soap and water to wash hands, utensils and cutting boards that have come into contact with raw meat, poultry and seafood



Keep your family and friends safe from foodborne illnesses by avoiding common mistakes in food-handling. Prompt refrigeration and cooking to high enough temperatures will keep the nasty bugs away from your food and keep you enjoying summer. (Courtesy photo)

before handling other foods.

Never put these foods back on the same plate they were stored in when raw after they have been cooked.

Always use a clean plate.

If raw meats, poultry or seafood must share space in the same cooler as other foods, carefully pack each of them in sealed, leak-proof containers.

Chill perishable foods promptly and thaw foods properly.

Nothing will give you a faster start toward growing some nasty, illness-causing germs than thawing foods on the kitchen counter at room temperature.

Don't do it.

Thaw foods in the refrigerator, allowing 24 hours for each five pounds of frozen food to be thawed.

For quick thawing, submerge foods wrapped in airtight packaging in cold water, changing the water every 30 minutes.

Thaw foods in the microwave only if you'll be cooking them immediately afterward.

Refrigerate perishable foods without delay upon returning home from the store

Be sure to place raw meat, poultry and seafood on the bottom shelf to eliminate the possibility of accidental drips contaminating other foods.

### Cook it safe – test the temperature.

For a chart of safe temperatures, visit [www.foodsafety.gov](http://www.foodsafety.gov).

Finfish, like salmon, need to be cooked until the flesh is opaque and flakes easily.

If you're not in the habit of using a meat thermometer to verify everyday items like hamburgers, pork chops, meat loaf or chicken breasts have reached a safe internal temperature, do yourself and your family a favor by changing that bad habit.

Even though the accepted advice used to be "cook ground beef patties until the center is no longer pink," judging when the food is done based on color alone has proven to be unreliable.

As a matter of fact, a United States Department of Agriculture study found one out of every four hamburgers turns brown in the center before it reaches a safe internal temperature.

So, break out that meat thermometer, and make temperature-taking a regular habit.

To learn more, visit [www.commissaries.com](http://www.commissaries.com), click on "Food Safety Information," then follow the links to "Four Easy Lessons in Safe Food Handling."

Apply all you've learned next time you're in the mood to grill some rib eye steaks, and use the recipe below to put any leftovers to good use.

### Pepper Steak Salad

(Serves four to six)

½ (6 oz.) can pitted ripe olives, thinly sliced

1 each small green, yellow, orange, and red bell peppers, julienned

1 (6 oz.) can pitted ripe olives, drained

1/3 cup Italian salad dressing

Mixed salad greens

Combine the steak, pepper strips and olives in a large bowl. Add the Italian dressing and toss to coat evenly.

Portion the salad greens onto individual serving plates, top it with the steak mixture and serve it immediately.

# FSS EVENTS & ACTIVITIES

## FAMILY FUN



**POLAR BOWL**  
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BRING DAD TO BOWL ON FATHER'S DAY AND  
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SEASON PASS \$75  
INFORMATION, TICKETS & TRAVEL  
BLDG. 9497 · 753-2378



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18 & OVER · \$8, 3 - 17 YRS · \$5  
INFORMATION, TICKETS & TRAVEL  
BLDG. 9497 · 753-2378

## RECREATION



**GEOCACHING CLASS**  
JUNE 24 · 12 P.M. · \$10  
OUTDOOR RECREATION JBER ELMENDORF  
BLDG 7301 · 552-2023



**ANCHORAGE TRAILS BIKE RIDE**  
MEDIUM PACED BIKE RIDE.  
18 - 30 MILES ON PAVED TRAILS.  
JUNE 23 · 11 A.M. · FREE  
RENTAL BIKES \$5  
OUTDOOR RECREATION JBER ELMENDORF  
BLDG 7301 · 552-2023



**HATCHER PASS ATV**  
JUNE 16, 23 & 30 · 8 A.M. - 6 P.M.  
\$150 DRIVERS · \$50 RIDERS  
OUTDOOR RECREATION JBER ELMENDORF  
BLDG. 794 · 384-1475



**CROW CREEK GOLD PANNING**  
JUNE 20 & 23 · 9 A.M. - 5 P.M.  
ADULTS \$54 · 12 - 15 YRS. \$25  
OUTDOOR RECREATION JBER RICHARDSON  
BLDG. 794 · 384-1475



**EAGLE RIVER**  
WHITewater RAFTING  
TUE - THUR · 5 - 8 P.M. · \$49  
ELEMENDORF OAP  
BLDG. 7301 · 552-4599

# Community happenings

**THROUGH MONDAY**  
**Slam'n Salm'n Derby**  
 Ship Creek is just feet away from downtown hotels, but the fish can top 40 pounds.  
 There are many classes and prizes in this annual derby, so you don't need to land the biggest fish to reel in great prizes.  
 For information, visit [www.shipcreeksalmonderby.com](http://www.shipcreeksalmonderby.com).

**FRIDAY**  
**Juneteenth celebraton**  
 This family-oriented multicultural event offers the opportunity to learn more about historical African-Americans.  
 Live entertainment, free food for children, games and more aim to make this a weekend of unity and celebration.  
 For more information visit [juneteenth.alaska.com](http://juneteenth.alaska.com).

**SATURDAY**  
**Weed Smackdown**  
 Help smack down the invasive European Bird Cherry at the 2nd Annual Weed Smackdown at the Valley of the Moon Park.  
 This family-friendly event features prizes and free lunch for all participants and helps eradicate a noxious weed.  
 Register at [www.weedwar.org](http://www.weedwar.org) or email [weedwar.org@gmail.com](mailto:weedwar.org@gmail.com).

**SUNDAY**  
**De Ronde van Anchorage**  
 All levels of cyclists are welcome to experience this 62-mile loop around Anchorage.  
 Put adventure back into your rides by discovering new areas all around the Anchorage area.  
 Ride starts at the Peanut Farm with registration from 7 to 7:45 a.m.; the ride starts at 8 a.m.  
 For information visit [alaskarandonneurs.org](http://alaskarandonneurs.org) or call 276-6299.

**THURSDAY**  
**18th Annual Cemetery tour**  
 History buffs can delve into Anchorage's past with with annual tour hosted by the Cook Inlet Historical Society at 7 p.m.  
 Meet at the cemetery entrance at Cordova Street and 7th Ave.

**JUNE 22**  
**Army Birthday Ball**  
 All ranks are welcomed to this Army ball at the Hilton starting at 6 p.m. Lt. Gen. Michael Ferriter

will speak. For information, contact a unit representative or call 384-2067.

**JUNE 23**  
**Summer Solstice Festival**  
 Alaskans celebrate the longest day of the year in downtown Anchorage with tons of events in one sweet celebration.  
 Hero Games pit police, firefighters, military members and state troopers against each other. Live music, vendors and more are on the docket.  
 For information, visit [www.anchoragedowntown.org](http://www.anchoragedowntown.org) or call 279-5650.

**Mayor's Marathon**  
 Join runners and walkers from around the world for the annual half marathon or full marathon, a 5K, and a Youth Cup.  
 The longest day of summer kicks off at 8 a.m. from Bartlett High School to West High School.  
 For information, call 786-1325 or visit [mayorsmarathon.com](http://mayorsmarathon.com).

**JUNE 27**  
**Golf tournament**  
 JBER first sergeants host this golf tournament at the Eagle Glen Golf Course with a shotgun start at 7 a.m.  
 For information, call 552-1892.

**JUNE 30**  
**Scottish Highland Games**  
 Break out your kilt and caber for the annual Highland Games in Eagle River's Lions Park.  
 Piping and drumming, dancing and dining and a Kilted Mile run are on the schedule along with much more.  
 For information, visit [www.alaskascottish.org](http://www.alaskascottish.org).

**JULY 3 AND 4**  
**July 4th celebration**  
 The communities of Eagle River and Chugiak host a celebration for locals to enjoy entertainment, skydivers, games and concessions.  
 Midnight means the first July 4th fireworks display, and the

4th is time for the Chugiak Community Parade, which starts at the Latimer Fire Station on the Old Glenn Highway.  
 For information, visit [www.cer.org](http://www.cer.org).

**JULY 4**  
**July 4th Celebration**  
 The citywide celebration of Independence Day features a parade at the Park Strip, a pancake breakfast and tons of activities for the whole family.  
 For information visit [www.anchoragejuly4thcelebration.com](http://www.anchoragejuly4thcelebration.com).

**JULY 6 THROUGH 8**  
**Girdwood Forest Fair**  
 The fair features Alaska artists, hand-crafted items, exotic foods and entertainment from all over the state.  
 The event kicks off with a parade Saturday at 10 a.m. with parking at the Alyeska Resort daylodge.  
 July 6 and 7 from 11 a.m. to 8 p.m. and July 8 from 11 a.m. to 6 p.m. For information, visit [www.girdwoodforestfair.com](http://www.girdwoodforestfair.com).

**JULY 11 THROUGH 15**  
**Bear Paw Festival**  
 Join the Eagle River and Chugiak communities for this annual festival of fun.  
 Barbecues, a carnival, military and civilian bands, and performing arts and exhibits are just the tip of the iceberg with this family hit.  
 For information visit [www.bearpawfestival.org](http://www.bearpawfestival.org) or call 694-4702.

**JULY 21**  
**Alaska Men's Run**  
 Join this 5-mile run or 2-mile walk with registration from 8:30 to 9:30 a.m. at the Anchorage football stadium.  
 The run starts at 10 a.m. and benefits those with prostate and testicular cancer.  
 For information call 622-9243.

**Cardboard Boat Regatta**  
 Design and build a cardboard

boat with duct tape and white glue, then race it at Goose Lake Park.  
 This family-friendly, team-building activity is an Alaska tradition.  
 For information, visit [www.muni.org/parks](http://www.muni.org/parks) or call 343-4130.

**ONGOING**  
**Sing-along at the zoo**  
 Pre-school aged children can explore the world of animals through music with musician Annie Reeves.  
 Children can sing along with the guitar, or play with the musical instruments for kids.  
 Sing-alongs are at 10:30 a.m. Mondays at the coffee shop greenhouse.  
 For information email [klarson@alaskazoo.org](mailto:klarson@alaskazoo.org).

**Wired Cafe for Airmen**  
 The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories.  
 The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms.  
 There are free homestyle meals Fridays at 6 p.m. at the cafe.  
 For information, call 552-4422.

**Model railroading**  
 The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.  
 Anyone interested in model railroading is invited.  
 For information about meetings, work days, and shows, call 552-5234, visit [www.trainweb.org/msmre](http://www.trainweb.org/msmre) or email [bjorgan@alaska.net](mailto:bjorgan@alaska.net).

**Motorcycle training**  
 The Basic Rider Course, Basic Rider Course 2 and Military Sport-bike Rider Course are now accepting applications.  
 All military personnel and those civilians who use motorcycles as a duty requirement need to be certified.  
 To register, visit [www.militarysafepmv.com](http://www.militarysafepmv.com) and select Elmendorf-Richardson, or contact the safety office at 552-5092 or 552-6850.

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## Chapel services

**Catholic Mass**  
**Sunday**  
 9 a.m. – Soldiers' Chapel  
 10:30 a.m. – Elmendorf Chapel  
 Chapel 1

**Monday through Friday**  
 11:40 a.m. – Soldiers' Chapel  
**Monday, Tuesday, Wednesday and Friday**  
 11:30 a.m. – Elmendorf Chapel Center  
**Thursday**  
 11:30 a.m. – Hospital Chapel

**Confession**  
**Saturday**  
 6 p.m. – Soldiers' Chapel  
**Monday through Friday**  
 Before/after 11:40 Mass – Soldiers' Chapel

**Protestant Sunday Services**  
**Joint Liturgical Service**  
 9 a.m. – Elmendorf Chapel 2  
**Traditional Service**  
 9 a.m. – Elmendorf Chapel 1  
**Contemporary Protestant Service**  
 11 a.m. – Soldiers' Chapel  
**Gospel Service**  
 Noon – Elmendorf Chapel 1  
**Contemporary Protestant Service**  
 5 p.m. – Elmendorf Chapel 1

**Buddhist**  
**Soka Gakkai Goshu**  
 7 p.m., first Friday of the month – Chapel Center (10427 Kuter Ave.)

Alaska winter sky – and a lot more comfortable.  
 The Anchorage Museum's planetarium provides an immersive show that explains the science behind the Aurora Borealis or Northern Lights.  
 The show projects time-lapse footage of the lights in the Arctic Circle.  
 For more information, call 929-9200 or visit [anchoragemuseum.org](http://anchoragemuseum.org).

FSS EVENTS & ACTIVITIES

**DON'T MISS THIS EVENT!**

**Red Flag**  
**June 3 – 27**

The Iditarod Dining Facility will have restricted use limited to Commanders, enlisted members, Essential Mess/Special-In-Kind (ESM/SIK) customers, and personnel on official TDY orders. All other JBER members (civilians, dependents, contractors, etc.) will not be allowed to utilize the Iditarod Dining Facility during this time period. However, please remind your personnel that they are still allowed to utilize the Wilderness Inn DFAC, the POD, Fairways, or the Paradise Café. If you have any questions or concerns please feel free to contact  
 Captain Korte.  
 907-552-0379

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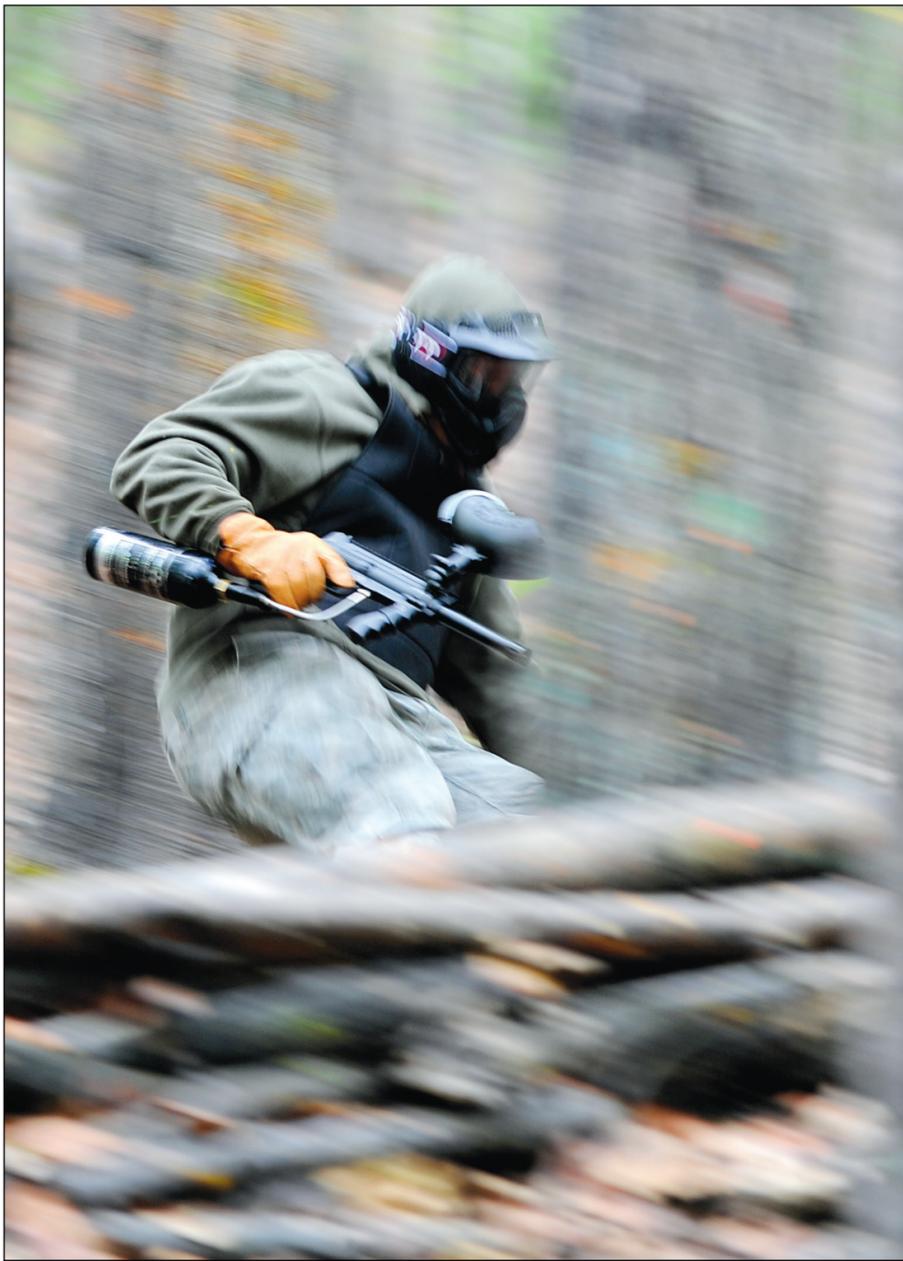
**Date: JUNE 22** **Time: 6 PM** **Place: BLDG 655 PARKING LOT**

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Andrew Romano of the 381st Intelligence Squadron dives for cover during a paintball tournament on Joint Base Elmendorf-Richardson June 8. The tournament was part of the Arctic Warrior Olympics hosted on JBER as part of Military Appreciation Day. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)



The Arctic Warrior Olympics featured a 3-on-3 basketball tournament at Buckner Physical Fitness Center, which the 95th Chemical Company won. (U.S. Air Force photos/John Pennell)



# ARCTIC WARRIOR OLYMPICS



Players for the 703d Aircraft Maintenance Squadron duke it out against the 673d Medical Group during the 3-on-3 volleyball tournament during the annual Military Appreciation Day and Arctic Warrior Olympics on JBER June 8. (U.S. Air Force photo/Steven White)



Matthew Rogero of the 381st Intelligence Squadron lines up a shot in a round of archery during the Arctic Warrior Olympics June 8. (U.S. Air Force photo/Staff Sgt. Cynthia Spalding)



Paul Kodiak of the 673d Communications Squadron and a native of Philadelphia, Penn., loses his poker face while playing in the Texas Hold 'em Tourney at the Arctic Chill June 8. (U.S. Air Force photo/Justin Connaehr)



ABOVE: Ernst Bennett of C Company, 307th Expeditionary Signal Battalion, swings hard at the home-run derby at Little League field 3. (U.S. Air Force photo/Airman 1st Class Ty-Rico Lea)  
 RIGHT: Players from the 176th Civil Engineer Squadron and the 673d Civil Engineer Squadron during a 3-on-3 volleyball game, part of JBER's Arctic Warrior Olympics June 8. (U.S. Air Force photo/Steven White)



# Scriptures and examples of ‘standing firm’ in both war and peace

Commentary by Air Force Chaplain (Maj.) Dwight Croy 673dABW

One of the passages of Scripture that is enjoyable for military men and women to read is the passages that describe King David’s “mighty men” (II Samuel 23).

There were thirty in all and a top three.

Some warriors are described that did not make the top three and what they did was amazing also.

There is a repeated theme of taking your stand in this passage. Scripture is consistent with this theme from this Old Testament passage to the famous Ephesians 6, armor of God passage.

It seems to be a common practice for all the mighty men. In this observation we have a personal lesson that we can take from these men of old. The order given to us is to “stand firm.”

“Standing firm” does not happen overnight; it takes discipline and multiple daily small choices that bend in the direction of strength.

In our fast-paced and “get-it-now” society, delayed gratification is not a value.

Immediate gratification shows in our relationships, the way we save money, our eating, and the way we pursue physical exercise.

The words from a person can show publicly the discipline or lack of it in the use of the tongue.

We often blindly believe the talented, rich, strong, and dynamic all were born that way and automatically got to a place where they wanted to go.

On occasion we see one of these seeming role models fall into despair and self-destruction because in the moments of personal crises, they lost their way and forgot the basic disciplines that got them to success.

Sometimes, a single or a series of multiple successes help one to self-deception and “wrong way” thinking.

Furthermore, one may not seriously consider the guidance of the phrase, “not think more highly of oneself than one ought; but think so as to have sound judgment”

(Romans 12:3).

So how does one stand firm? We can glean the following from the mighty men.

A person who “stands firm” makes multiple correct choices.

By themselves, they may seem small and trivial, but over time they accomplish a greater goal.

A physical training test is not thought about, executed and passed with 100-percent results on the same day.

A retirement savings is not thought about on the day you retire.

An educational degree is not handed to you on the day of graduation without hours of academic measurement.

A person who “stands firm” is committed to the task.

Eleazar stood alone on the battlefield and the warriors to his left and right fell back only to return to help strip the dead.

Eleazar’s hand was frozen to his sword (II Samuel 23:9-10). He was committed to the fight.

A committed person is not swayed by a few setbacks.

A person who “stands firm”

does not stand alone.

He or she often has an inner circle and a history of significant people who poured the best of themselves into their life.

Examples are David’s mighty men, Jesus and his disciples with the inner circle of Peter, James, and John.

There are the inner circles of military accountability and there are the inner circles of unconditional love among family and brothers and sisters in the profession of arms.

These trusted relationships bring strength and long term success. They are wells of water that bring refreshment before or after life’s challenges.

A person who “stands firm” surrounds themselves with the strength they desire to have.

If you want a strong marriage, surround yourself with marriages that reflect the high values of exclusiveness.

If you want to control your tongue, surround yourself with those who control their tongue.

If you are weak in mathemat-

ics, surround yourself with those who are strong in mathematics.

“Iron sharpens iron, so one man sharpens another” (Proverbs 27:17).

A person who “stands firm” gives credit to others and to God. This is a person who can see objectively.

Those who think they have done their accomplishments without anybody are not seeing life correctly.

Self-delusion will soon follow. Above all things, there is a God who sees absolutely everything (Hebrews 4:13).

All victories are to be attributed to God almighty.

Stand firm, Soldiers and Airmen!

“Stand firm,” is the call to those who live in faith before God. This is our spiritual fighting stance.

“Faith does not operate in the realm of the possible,” said George Müller, a Christian apologist. “There is no glory for God in that which is humanly possible.

“Faith begins where man’s power ends.”

## MIA bracelet, service, memories connect Air Force pilots through decades

By 2nd Lt. Sara Harper  
Air Force News Service

Twenty-two years ago, Air Force Academy cadet Amy Santmyer, now Lt. Col. Amy Young, decided she would wear an MIA bracelet honoring Air Force Lt. Col. Charles Walling, an F-4C Phantom pilot who was shot down Aug. 8, 1966, during a close air support mission in the Dong Nai province northeast of Saigon, Vietnam.

“MIA bracelets were developed in the 1960s as a way to ensure that fallen service members who are still missing were not forgotten,” Young said. “I thought it was a very fitting tribute for any particular individual that no matter what else goes on, by wearing an MIA bracelet you ensure that at least one person will remember that individual who’s missing, and keep the faith and not give up hope that they’re going to come home.”

Young has been one of those people for Walling, who left behind a pregnant wife and a 2-year-old son after volunteering as a replacement pilot with hopes of returning home in time for the birth of his second son. His body was not found, which left unanswered questions and a lifetime without proper closure for his loved ones.

But in a remarkable turn of events, Young – now with the 80th Operations Group at Sheppard Air Force Base – led a four-ship Missing Man flyover today honoring the fellow Airman whose name she has worn and remembered for more than two decades.

As the chief of the scheduling division and a T-6 instructor pilot, Young oversees the 80th Flying Training Wing’s flight orientation program, coordinating support and approval for aerial events and flyovers.

Young said periodically the Air Force watch cell at the Pentagon sends out requests for volunteers to support upcoming funerals and memorial services.

“On the day this particular request came in, I just happened to be at my computer and the one to open the email,” she said. “As I was scrolling through the attachment, I immediately recognized the name: Lt. Col. Charles Walling.

“I was absolutely shocked to see his name,” Young said. “As soon as I processed that he had been recovered, I immediately started making phone calls to confirm that they had actually found him and brought him home.”

She immediately initiated the approval process for the flyover, routing it through

her chain of command. Within 24 hours the flyover was approved. The 80th Flying Training Wing’s leadership’s decision was quick and easy: “Absolutely. Let’s put him to rest properly.”

It was a surreal moment for Young. She had always intended to return the bracelet to the family, but not in her wildest dreams did she think she would have the opportunity to help lay him to rest.

“Never would I have imagined to have been fortunate enough to be in a position to be able to do something like this for the family, to help lay him to rest the right way and in an honorable way and to show some tangible thanks from a grateful nation,” Young said.

She also wanted to offer the family her bracelet to rest with him if they wanted to. So, she contacted the family.

The Walling family was thrilled to hear from Young, for they share a special bond. Now Young will be traveling not only for the flyover, but will attend the visitation and the wake with his family as well.

As a combat pilot herself, Young has always found great comfort in the fact that even if something unspeakable were to happen, without a doubt she knew that her country would come looking for her.

“One of the greatest commitments our country has made that people may not be aware of is that we will not leave a fallen Soldier, Sailor, Airman or Marine behind, and this story is a testament to that fact,” Young said. “That after 46 years we finally brought this particular Airman home, to his family. And the entire time that the family was waiting, they were not waiting alone.”

The Joint POW/MIA Accounting Command’s entire mission is to search for, recover, and identify missing service members so that their families can lay them to rest.

“I can’t imagine sitting in that awful reality for 46 years of knowing that your loved one is gone but you can’t put them to rest, so you don’t have any closure,” Young said. “But we are finally able to give this family some closure because of the efforts of JPAC.”

Walling’s finally being brought home and the opportunity to participate in his homecoming pleased Young.

“I’m absolutely thrilled for the family. To be able to give them closure is tremendous and I feel honored to be a part of that,” Young said. “We can honor his service and sacrifice but also the service and the sacrifice that his family has made for the past 46 years.”









