

# JBER Open House

F-22s, Thunderbirds, and Golden Knights – oh my!  
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Arctic Thunder

Downrange

## Mountain Medevac

Spartan Soldiers rescued by helicopter after being wounded, Page A-4

jber.af.mil/new

# ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

July 20, 2012



Staff Sgt. Carl Eric Hammar

## Paratrooper killed in Afghanistan

U.S. Army Alaska news release

A Soldier assigned to the 4th Brigade Combat Team (Airborne), 25th Infantry Division, based at JBER, died July 14 from injuries sustained when enemy forces attacked his dismounted patrol with a rocket-propelled grenade and small arms fire.

The incident took place in the Khost Province of Afghanistan.

Army Staff Sgt. Carl Eric Hammar, 24, of Lake Havasu City, Ariz., died Saturday afternoon at Forward Operating Base Sharana where he had been medevaced for treatment.

He was assigned to 1st Battalion (Airborne), 501st Infantry Regiment, 4-25 ABCT, where he served as a squad leader.

Hammar joined the Army in December 2005 and graduated from Basic Training, Advanced Individual Training, and the Basic Airborne Course at Fort Benning, Ga. He served as an infantryman at Fort Bragg, N.C., before arriving at JBER in September. Hammar served two previous combat tours of duty in Iraq – from January 2007 to March 2008 and from August 2009 to July 2010 in support of Operation Iraqi Freedom.

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

Next of kin have been notified.

## Deceased Fort Wainwright Soldier named

U.S. Army Alaska news release

The Soldier with a severe head injury, who was rushed from his barracks room on Fort Wainwright to Fairbanks Memorial Hospital early Sunday morning, where he was pronounced deceased, has been identified as Specialist Marvin Kenneth Scott, 21, of Quincy, Fla.

Scott was assigned as an air traffic control operator with the 1st Battalion, 52nd Aviation Regiment at Fort Wainwright. He entered the Army in July 2008, and completed basic training at Fort Benning, Ga., and air traffic controller training at Fort Rucker, Ala., before arriving at Fort Wainwright in mid-2009.

The death is under investigation by the U. S. Army Criminal Investigation Detachment at Fort Wainwright.

The next of kin have been notified.



Members of the Arctic Warrior Combatives Academy demonstration team subdue a “hostile” during training in the Military Operations in Urban Terrain building, at the academy on JBER July 11. The academy features the new MOUT building and a caged fighting area just like the ones used in the Ultimate Fighting Championship. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

## Combatives facility offers serious training

By Air Force Staff Sgt. Zachary Wolf  
JBER Public Affairs

A group of four Soldiers, each geared for combat, stack up before entering a building to clear it of hostiles. The only information they have is there are hostiles in the building. The Soldier in the front taps the Soldier behind him to ensure everyone is ready to enter the building. He waits for the taps to return to signal everyone is ready.

Heart rates accelerated, they enter the building covering their area of responsibility. The first Soldier checks the corner to his left and scans towards the other corner and notices a hostile with a knife closing in fast.

His first move is to disarm the hostile, then put a knee into his chest. He then forces the hostile down and is on top of him immediately. The other three Soldiers cover their area. After making sure the area his area is secure, the third Soldier steps in and helps restrain the

grounded hostile while the first Soldier puts the target into zip-cuffs. A hostile in the other room steps through the entryway and in panic, grabs a Soldier’s weapon and tries to take it away. The Soldier hits him with a well-placed palm strike to the face.

Then he follows up with a knee strike to the chest and flips him over his hip and then pins him to the ground. After they secure the hostiles, they finish scanning the building. Mission complete, building secure.

The building secured is a new addition to the Arctic Warrior Combatives Academy called a Military Operations in Urban Terrain building, or a MOUT building.

It is designed to give close-combat opportunities that a Soldier or Airman might see in a combat zone.

“Inside the MOUT building, we don’t go into too much detail on how they are going to enter and clear the room; it’s when they enter the room and there is someone that is hostile in

the room, how they react,” said Sergeant 1st Class Jonathan Farella, United States Army Alaska Headquarters, Headquarters Division, USARAK Modern Army Combatives program director. “They go through their escalation of force and then the take-down takedown techniques, as well as maintaining security and control of the situation.”

The Soldiers playing the hostiles are the ones in the group who have gone through the level one or basic combatives course.

“From level one (training) they will put on the high impact suits and we will brief them how to be a good bad guy,” Farella said.

The MOUT building is used in the training of the two-week level-two combatives course, but Soldiers and Airmen must complete the level one course before pursuing that training.

The one-week basic combatives course develops trainers that graduate from the

See Combatives, Page A-7

## Golden Knights to star at Arctic Thunder show

JBER Public Affairs

In 1959, the Strategic Army Command Parachute Team, or STRAC, was formed by 19 Airborne Soldiers from various military units.

That year, the all-U.S. Army team began representing the United States on the international circuit as well as performing their first demonstration.

In 1961, the Department of Defense announced the STRAC team would become the U.S. Army Parachute Team.

By 1962, the team earned the nickname the “Golden Knights” on the competition field. Gold symbolized the medals the team had won, and knights, since they were champions and alluding to the fact that the team had “conquered the skies.”

The Golden Knights continue to show audiences around the world why they are the world’s

best parachute team and are one of only three DoD-sanctioned aerial demonstration teams.

The team’s mission today is to support the Army’s recruiting and public relations efforts. To accomplish this, the Golden Knights conduct parachute demonstrations, tandems and compete nationally and internationally to create a propensity to serve in the Army by helping connect America’s people and Army.

On order, the team provides support to special mission and special operations units with free-fall training.

During the last 53 years, the U.S. Army Parachute team has created hundreds of millions of impressions of the Army



by conducting more than 316,000 shows around the world, reaching an average of 60,000 people per show.

The team conducts more than 850 tandem jumps each year.

The team’s domination of national and international competitions has earned the U.S. Army an impressive 2,148 Gold, 1,117 Silver and 693 Bronze medals as well as having broken 348 world records.

To support this, the Aviation Detachment flies more than 1,870 hours and conducts more than 2,900 sorties annually.

The U.S. Army Parachute Team consists of only 89 Soldiers and civilians divided into several sections: Black And Gold Demonstration Team, Tandem Team, Competition Team (featuring 8-Way, 4-Way and Canopy Piloting); an Aviation Detachment and the Headquarters Detachment.

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### Community

Check out the Arctic Warrior community section for the latest sports, family and recreation news for JBER and the Anchorage Bowl area.



# Army looks at new PTSD treatment options

By Rob McIlvaine  
Army News Service

WASHINGTON — While there are no simple cures for post-traumatic stress disorder, a leading military researcher said progress is being made with a new treatment method and a number of recent studies.

Army Col. Carl Castro, director of the Military Operational Medicine Research Program, has been funding studies into post-traumatic stress disorder, known as PTSD, over the past five years, and he said the results are beginning to come in.

"I really think the next eight to nine months are going to be the most exciting as the data comes on line and we can start saying, okay, this is really working, we really know what we're doing here, let's do this," Castro said.

Castro's program funds studies into PTSD at the U.S. Army Medical Research and Materiel Command, Fort Detrick, Md.

"Some of the early initial data," Castro said, "looks like we can really treat Soldiers in a two-week compressed time frame. And then we're also looking to see about follow-up, modifying the treatment as we go: the grief, the anger, the second guessing."

Traditionally, he said, psychotherapy is one session per week for 10 weeks. But with the new compressed time frame, the Army will use individual and group therapy, because Castro wants to take advantage of the natural bonding and cohesion that exists within the military to facilitate recovery.

"There's no 'take this drug and you're cured.' There's no, 'come talk to me for 10 minutes and you're cured,' or 'Go to this web link and go through this 20-minute training and you're cured.' There's none of that although people will promise that. I can assure you that does not exist. If it did exist, I'd be the first one saying let's do that," Castro said.

Castro said PTSD can result from many different kinds of exposures: rape, physical assault, earthquakes, national disasters and combat.

"Our current treatments, both psycho and drug therapies, were developed to treat rape and assault victims and had never been validated for use for combat-related PTSD.

"So one of the first things we did was to fund a huge baseline of studies to confirm that the current treatments are effective for treating service members with combat-related PTSD," Castro said. "We wanted to first establish a very solid baseline. We funded these studies about four or five years ago, and they are just now winding up."

As a result it does look like the psycho therapies are effective, but they are not as effective for treating combat-related PTSD as they are for treating rape and sexual assault victims with PTSD.

"Doctor Amy B. Adler and I wrote a paper on why combat-related PTSD is very different than rape or sexual assault PTSD. If you look at the diagnostic criteria for PTSD,

it implies that there are no symptoms or reactions present prior to the traumatic event, so all of the reactions and symptoms occur after the event," he said.

In the military, many of the symptoms and reactions that are part of the diagnosis of PTSD are present before a traumatic event ever occurs, he said. For example, having sleep problems and sleep difficulties is a symptom and reaction to trauma.

"But in the military when you deploy to Iraq or Afghanistan or anywhere, your sleep is probably already disrupted. So you're probably already not sleeping well prior to ever being exposed to a traumatic event," he said.

The Diagnostic and Statistical Manual, or DSM, is the criteria by which mental health diagnoses are made.

It's done through the event and the reaction to the event, Castro said. So, the DSM says what should happen when a person is confronted with a traumatic event, they should be horrified, helpless and freeze.

"But Soldiers don't do that. When they're in combat and they see things, their training kicks in, they go on auto pilot and they function. So, even the immediate reaction is very different. And the symptoms can be very different, but if the symptoms are already present before the event, how can the trauma be the cause of those symptoms and reactions?" he asked.

There are symptoms and reactions missing from the DSM that Soldiers often talk about, like extreme anger, grief, second guessing. Castro said the nature of impairment for Soldiers is often quite different than for civilians.

The DSM says things such as work, family and life should be disrupted.

"But because of the military structure, Soldiers are still able to show up for work, perform their jobs and carry on, but still have all the symptoms: drinking problems, nightmares; so we call that suffering while functioning," he said.

Castro noted when Soldiers leave the Army, the military life goes away and then those Soldiers, now as civilians, come unraveled and they end up going to the Department of Veterans Affairs.

Soldiers are expected to be exposed to traumatic events. They train for it, prepare for it and the Army has them sign wills in case something happens.

Nobody expects to walk down the street and be sexually assaulted or attacked. If there's a dangerous area of town, people stay away.

"But in the military, by its very nature, Soldiers go to dangerous places, so they prepare and train for it," Castro said.

For people not in the military, the traumatic event is unexpected, it's unwanted, it's discrete, it's a single event. Unlike the military, where it's expected, there's multiple and varied events that occur over time, and quite honestly, Castro said, a lot of Soldiers

are looking forward to going into combat to prove their courage, and see if they've got what it takes.

"One of the things Doctor Adler and I speculate on is the role of personality. So, it's a widely held opinion and belief that your personality gets locked in, and people would argue whether it's at age 2 or age 4 or age 6, that it doesn't change."

But this is a very fundamentally flawed concept, Castro said, because he thinks significant life events can fundamentally alter personality, such as being a Holocaust survivor or going through trauma like combat. It can change a person's priorities, he indicated, or have the person come to appreciate life more.

"But these are personality changes we're talking about and that, I think, has gone largely unappreciated in the giving of the diagnosis," Castro said.

Since Castro is in charge of funding research, he has funded some studies to look at personality profiles of Soldiers prior to deploying to Afghanistan and Iraq and what they look like coming back. He's found personality profiles change as a result of combat experiences.

"There's been several replications of that now, so I think it's emerging, although I'm not going to say conclusively because it's only two or three studies.

"Clearly, though, the studies are showing that being in a combat and a highly stressful environment can alter and change one's personality," he said.

"The first incidence of this happening was at Fort Carson, Colo., where Soldiers were being dismissed with personality disorders and saying it wasn't related to PTSD, then they'd end up in a Veterans Administration medical hospital. The VA would then say 'this is absolutely post-traumatic stress disorder,'" he explained.

"This is an important distinction because if you have a personality disorder it's an administration separation from the military, but if you have PTSD, it's a medical board disability separation and that's where the money, etc., comes into play," Castro said.

## PTSD vs. Post-traumatic stress injury

"This is another old idea and not a new one. It's at least a 15-year-old idea. The Canadians, for 15 or 16 years, have called them operational stress injuries. They haven't changed the diagnosis from PTSD, they just call it an operational stress injury.

Within this, a Soldier can have PTSD, depression, alcoholism, or whatever it is that would fall under that rubric," Castro said.

He said that changing the name is not going to reduce stigma because Soldiers aren't stupid.

"You could call it apple and pineapple salad and people would say, oh, that means you have PTSD."

It's the same thing around the Army, he said. For instance, the Army has Soldier

Resilience Centers as the places to go for mental health issues.

"Soldiers know that's where mental health is. They know you go there if you have a mental health problem. You're not going there to build your resilience; they know this," he said.

It's not going to reduce stigma, he said, and it's not going to fool anybody.

Changing the "D" to an "I", isn't going to help the Soldier, at all. It doesn't make the problem go away by changing the name to injury.

"It's not just stigma. We talk about it like its stigma, but it's really more than stigma. We are looking at ways to reduce stigma without suggesting changing the name from PTSD to PTISI, or whatever you would call it," he said.

Castro said they've discovered things that have nothing to do with stigma. It has to do with the culture within America and within the Army. And what is that culture? It's one of self-reliance and self-improvement.

"Fix it yourself. Don't look for me to fix it. I mean, what is the number one genre of books? Self-help books. So a lot of Soldiers try to cure themselves. They rely on their own ability and we encourage that as a society and as a military. Take care of yourself, take care of your buddy," he said.

He said mixed signals are being sent. Culture is saying "take care of yourself," and the Army is saying, "look, you can't take care of yourself, you need to come in and get some help."

Additionally, he said, a lot of people do not believe in mental health. They don't believe psychologists and psychotherapy is beneficial or will help them.

"That has nothing to do with stigma. Those two things I just described have nothing to do with stigma, at all. It has to do with one's personal attitudes and beliefs about themselves and their own personal responsibility, and also how they believe others can help them," Castro said.

There's a large percentage of Soldiers and veterans who won't get help because of those two reasons, he said. It has nothing to do with, "I think someone will think less of me if I get help."

"That's part of it, I'm not saying that's not an important aspect, it is, but it's not the whole story. There's no simple solution," he said.

DOD is making progress in PTSD research, Castro said.

"Ten years ago, I think most people would be appalled that we hadn't already done those studies. I know I was surprised that we hadn't done them."

"I believe our service members deserve the highest quality, evidence-based care we can give them, so I don't support programs that have not been validated and fielded," he said.

"I love what I do," he said. "We're really making great progress."

## Airmen awarded Bronze Star Medals for Afghanistan actions

By Air Force Staff Sgt.  
Cynthia Spalding  
JBER Public Affairs

Air Force Col. Brian Duffy, Joint Base Elmendorf-Richardson and 673d Air Base Wing commander, presented Bronze Star Medals July 9 for meritorious service to Air Force Master Sgt. Gerald Davis and Air Force Staff Sgt. Wesley Kory, both explosive ordnance disposal specialists, for service in Afghanistan.

"On behalf of the leadership here, I want to welcome you both back," Duffy said. "I'm glad you're safe, and congratulate you both on a job well done."

During the presentation, there were three highlighted themes that described the mission these two Airmen covered during their deployments.

Securing freedom of movement in a critical part of Afghanistan, joint interaction of deployed forces working together and building the capacity to someday turn Afghanistan back over to the Afghans have long been the pillars of operations in the fight there.

"The Bronze Star Medal is not something that is thrown around," Duffy said. "They come as a result of extreme effort on behalf of each service member through difficult conditions with the ability to integrate with Army units to provide

safe routes of travel.

"This was all a big effort; not only for the maneuver units, but also so that logistic chains can get through unimpeded."

Duffy explains, when talking about a large region such as Afghanistan where the improvised explosive device threat is very high, the operating environment these Airmen were working in is uniquely challenging.

Duffy went on to explain that in Afghanistan, the majority of supplies are transported by roads because there are not a lot of strategic airlift opportunities.

The necessity of road travel means IEDs are a favorite tactic among insurgents seeking to cause injuries and damage to U.S. patrols.

The opportunity for mishap in their line of work is higher than in most areas.

"The enemy is always evolving their tactics and techniques making our EOD Airmen keep up with them as well," Duffy said.

"I didn't ever really realize that something I was doing was dangerous until I looked back on it," Davis said. "During the operation, I'm focused on what were supposed to be doing, keeping my team safe and making sure they have everything they need to complete their mission."

Davis performed command and

control for the nine EOD teams during his deployment, supporting two Army and two Marine Corps route-clearance companies.

Kory was an EOD team leader covering 2,000 miles of urban terrain and dangerous supply routes.

Kory also was a part of the team that helped train and certify the first Afghan National Army EOD team capable of independent operations in Helmand Province.

Both Davis and Kory were assigned to the 466th EOD Operating Location Delta, Afghanistan, but at different times.

"For me, it's about the guys next to us," Kory said. "The most rewarding thing I saw out there was when I drove past a school yard with hundreds of kids outside playing.

"The Marines were providing security for them to be able to go to school, and we'd say 'that's why we're here, so those kids can get a good education' and being able to see that we are making a difference."

Both Davis and Kory expressed how it was a great since of pride and honor to receive the Bronze Star Medal when so many others have given their lives to do the job they do.

They gave all the credit to their teams and everyone they have worked with which made receiving this award possible.



Air Force Master Sgt. Gerald Davis shows his son, Nehemiah Davis, a robot used by explosive ordnance disposal troops to disable improvised explosive devices just before he receives a Bronze Star Medal for his work in Afghanistan as an EOD supervisor. Air Force Staff Sgt. Wesley Kory also received a Bronze Star Medal for his work as an EOD team leader clearing 2,000 miles of urban terrain and supply routes. (U.S. Air Force photo/Staff Sgt. Cynthia Spalding)

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## ARCTIC WARRIOR

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## Spartan spouses learn some Soldier skills in all-day event

By Army Staff Sgt. Jeffrey Smith  
4-25th ABCT Public Affairs

Army spouses with the 4th Brigade Combat Team (Airborne), 25th Infantry Division, experienced a rigorous day of paratrooper training July 14 at JBER, which helped create new relationships and strengthened bonds within the unit's family readiness group.

Working together, 80 spouses finished each challenge and along the way they learned a little more about what their Soldiers go through on a daily basis.

The event, called G.I. Jane Day, started off with a crisp morning run - a 0.7 mile-cadence-called gallop around Headquarters Loop.

After a quick cool down and stretch, they were off on a two-mile road march wearing backpacks and assault packs of Army gear.

They arrived at the Airborne Sustainment Training Area and with no time to rest, loaded onto Army tactical vehicles and headed to the next stop on the day's busy training schedule, the obstacle course.

After a lunch of Meals-Ready-to-Eat in the field, the spouses moved to the firing range to try their hands at some of the brigade's weapons, shooting at 25 meter paper targets.

A range safety Soldier was assigned to each firer.

The final challenge of the day was a jump off the 34-foot tower at the Airborne Sustainment Training Area.

Qualified jumpmasters briefed the spouses, taught them how to suit up in the harness and properly and safely exit the tower.

After a safety inspection, each spouse took a leap of faith and jumped out of the tower. Some needed a little extra time at the top to collect their thoughts and tame their fears, but everybody who walked up the tower jumped out.

Some screamed and hollered, and others just enjoyed the scenery as they rode the zip-line to the bottom where paratroopers gathered them up and unhooked them.

All participants received certificates of

completion for the day's events.

"I really, really enjoyed the event," said Erin K. Shustack, whose husband is assigned to the 4-25's Headquarters and Headquarters Company. "I thought there was a lot of camaraderie among the girls. I got to meet a lot of new faces."

Shustack said the training pushed her to the limit because it wasn't something she would normally do.

"It brought out a little bit of courage in me, so I really liked that," she said.

Shustack said the day's training gave her a new appreciation for the things her husband does.

"It really should make you think about how special they are and what they do for us," she said of the Soldiers, "and what they do for our country."

Lisa A. Williams, family readiness support assistant for the 725th Brigade Support Battalion, said the event helps build strong families and morale because the spouses get to endure some of the things that their Soldiers endure.

Bonds are made when spouses get to do things together, according to Williams.

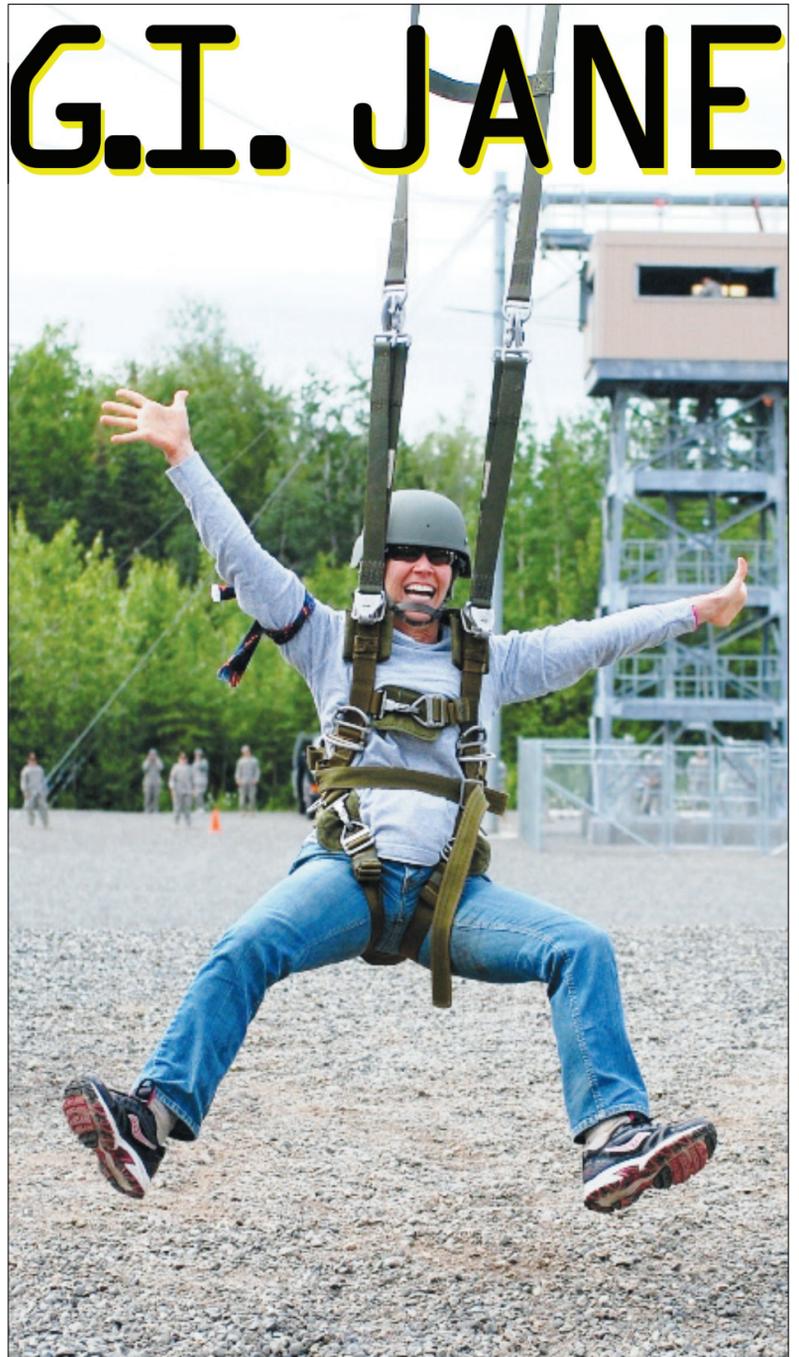
Coordination and execution of the event was a post-wide, collective effort, said the noncommissioned officer in charge of the event, Sgt. 1st Class Virgil G. Allen, the brigade's rear detachment operations sergeant major.

All of the battalions within the brigade chipped in and manned the event with more than 100 Soldiers.

"The Central Issue Facility helped by allowing us to sign out Advanced Combat Helmets needed for the training," said Allen. "The military police and security forces helped with securing the range, and the Alaska National Guard helped out with coordinating the use of the obstacle course."

The U.S. Army Alaska staff helped to secure the ammunition for the firing range and coordinated use of the jump towers, Allen said.

Christie A. Apland, family readiness support assistant for the 4-25th described the event as a success.



**ABOVE LEFT:** Dominique Ramirez negotiates an obstacle during the 4th Brigade Combat Team (Airborne), 25th Infantry Division's "G.I. Jane" day July 14.

**ABOVE:** A Spartan spouse finishes her trip down the zip line from the jump tower on JBER as part of the 4-25th ABCT's activity day for the Family Readiness Groups. **BELOW:** Spouses wait their turns to fire M-4 carbines during the event. Soldiers from the 4-25 ABCT's rear detachment helped guide the spouses through the events. (U.S. Army photos/Staff Sgt. Jeffrey Smith)



## Keep bears out of recycling bins, trash for safety

JBER Public Affairs  
Staff report

Brown and black bears live on Joint Base Elmendorf-Richardson, and improper handling of pet food, barbecue grills and grease traps, birdseed, dumpsters or any food or scent can bring them out of the woods and into the back yard.

JBER residents and facility patrons must use proper trash disposal to prevent unnecessary contact with bears and avoid a fine, according to JBER wildlife and conservation officials.

The bear issue is "95 percent a people problem," according to Jim Wendland, JBER Conservation Law Enforcement.

"Once we take care of the attractants, the bears will move on," Wendland said. "Don't leave trash in the back yard or put trash in the recycle bins, or leave the recycle bins out where the bears could easily get to them and get a free meal."

Contact between humans and bears can result in harm to people and or bears, and that's what base residents should keep in mind when it comes to cleaning up yards and cars.

"If they don't get a big reward, they won't come back," Wendland said.

Because bears will enter housing areas searching for food, it's a good idea to check the yard before going outside, according to Chuck Parsley, JBER wildlife biologist.

"Situational awareness is a resident's biggest ally," Parsley said. "When hiking or fishing, (use) anything that lets them know you're coming - a low grunt or an

air horn would be best."

The chance of a bear encounter increases this time of year because of salmon running in the creeks on base, Parsley said.

Sixmile Creek on base is a popular salmon-fishing spot for people and bears, officials said. If anglers go to Six-Mile Creek, they should be aware bears are in the area, take bear spray and make lots of noise.

Fishermen should put any left-over carcasses in dumpsters, not into base creeks or forested areas.

Parsley educates the JBER public on how to be smart when it comes to bears at newcomer briefings and through community outreach, but sometimes the information doesn't sink in.

People usually don't see a bear on base, even though the installation has populated areas next to bear habitat and wildlife corridors, Parsley said, but they are close and can easily get food at family residences who don't keep their yard free of bear attractants.

"Bears are easily attracted to what people dismiss as a small amount of food, because they have great sniffers," Parsley said. "They can sniff things at long distances away, better than a dog."

Parsley reminds people to pick up some not-so-obvious bear attractants; lunches in the car, spoiled bananas in the backseat, barbecue grills, bird seed, open garage doors, fish waste, food stuffs in the cooler.

Don't put out bird seed, except in winter, Parsley said. Put trash out on the day of pick-up, not the night before.

By keeping all potential at-



**Bears will always take a free meal - and they can easily open unsecured dumpsters and get into trash and recycling bins. Bears who become habituated to human food can become aggressive and need to be destroyed. Authorities urge all JBER personnel to secure trash and other food. (Courtesy photo)**

tractants - including trash and recycling items - locked in the garage residents can keep the yard bear-free.

"If we can keep the area clear of attractants, they will not become habituated or food-conditioned potentially, then they'll stay wild and leery of people," Parsley said.

If people don't pick up after themselves and a bear can't give up looking for food in housing areas, conservation agents sometimes have to kill the animal, Wendland said. "We don't want to see the bears get put down."

Along with cleaning up the

yard, residents can properly close dumpsters, keeping bears out of them, Wendland said.

Authorities are working to get as many new bear-proof dumpsters on base as they can - especially in housing areas - but it takes time.

Older dumpsters with sliding side doors are being fitted with locking pins, because bears have learned how to slide them open, Wendland said.

It's a good idea to not have young children take trash out to the dumpster, even during the day, because a bear might be inside if it wasn't properly secured, Wend-

land said.

There have already been a few instances of bears surprising people taking out trash this year.

"We throw a rock at a dumpster before approaching, to see if a bear's head pops up," Wendland said.

But regardless of how many bear-proof dumpsters the base has installed, residents and patrons must always clean up bear attractants and make them impossible for a bear to reach, Wendland said.

Denying bears access to trash and human food keeps people safe and bears wild.



# MOUNTAIN RESCUE



**ABOVE:** Army Staff Sgt. Patrick Rogers, of Galveston, Texas helps Pfc. Michael Halberg, of Battleground, Wash., and Army Staff Sgt. Ryan Stumpff, of Fort Bragg, N.C., hook up to extraction equipment in Khowst Province, July 4. The two 4th Brigade Combat Team (Airborne), 25th Infantry Division Soldiers were on a narrow ledge above a 50-foot drop while escaping an enemy ambush. Valkyrie medevac, a dual-state National Guard unit serving with Task Force Wolfpack, 82nd Combat Aviation Brigade, rescued the two Soldiers with a hoist their UH-60 Black Hawk. **LEFT:** Stumpff shows off his helmet after being shot in the head by an insurgent. The bullet penetrated the back of his helmet, grazed his head, and exited the front. Halberg then killed the insurgent while protecting Stumpff. The pair became stranded on a cliff while seeking cover from enemy fire July 4, but were rescued by F Company, 1-171, a composite Texas and Mississippi National Guard unit serving on Forward Operating Base Salerno. **RIGHT:** Spc. Terry Mills, of Brandon, Miss., pulls Halberg into the helicopter. (U.S. Army photos/Sgt. 1st Class Eric Pahon)



## Briefs and Announcements

### Disposition of effects

Army 2nd Lt. Zachary Schultz, 1st Battalion (Airborne), 501st Infantry Regiment, is authorized to make disposition of personal effects of Staff Sgt. Carl Hammar, 1-501st Inf., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Schultz at (321) 258-0981.

### Disposition of effects

Army 2nd Lt. Augustin Paulo, 1st Squadron (Airborne), 40th Cavalry Regiment, is authorized to make disposition of personal effects of Pfc. Vincent J. Ellis, 1-40th Cav., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Paulo at (817) 501-7791.

### Disposition of effects

Army 2nd Lt. Andrew Ramp, 1st Battalion (Airborne), 501st Infantry Regiment, is authorized to make disposition of personal effects of Pfc. Nathan T. Davis, 1-501st Inf., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Ramp at (907) 384-7668.

### Arctic Watch

The JBER Antiterrorism Office encourages all personnel to be vigilant against threats and report suspicious activities to iWatchArmy at 384-0824 or Eagle Eyes at 552-2256.

### Coaches needed

Volunteer youth soccer coaches are needed in several divisions. For more information, call 552-2266.

### Road closures

Richardson Drive and 1st Street is closed from August 5 through Sept. 8 for the installation of a new storm sewer. Access will be maintained to the gas station and credit union parking areas.

### Road closures

Otter Lake Road is closed from July 23 through the 25 to replace communication cables. The northern point of Lahunchick Road will

be closed July 25 through 27 for similar repairs.

### Road closures

Ninilchik Loop is closed near Kenai Avenue from July 9 to 15 to disconnect and underground water line. Juneau Avenue will be closed between 5th and 6th streets until March 15, 2013, to support demolition operations and construction of new homes.

### 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.

### Air Force ROTC instructors wanted

Eligible first lieutenants, captains and majors interested in teaching future Air Force officers must indicate that interest on their statement of intent, via the Airman Development Plan.

Fully-coordinated, approved application packages are due to Air Education and Training Command by Aug. 10.

Lieutenants must have at least a year in grade and three years of commissioned service. All applicants must have four years on station by June 2013, or be in a mandatory move status during summer 2013 or have a Jan.-May 2013 date eligible for return from overseas.

Applicants must also have superior performance records, and some universities require a master's degree, so applicants should note that before listing their duty preferences. Before applicants can submit their packages to AETC, they must be released from their career field.

For full application package instructions, visit <https://mymper.af.mil>.

### 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.

### 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.

### 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.

### 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 avail-

able 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.

### 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](https://www.facebook.com/JBERAK).

### Furnishings management

The Furnishings Management Office offers 90-day loaner furniture for Airmen arriving at or leaving JBER-Elmendorf.

The FMO also has appliances for Airmen residing off base, for longterm use.

Delivery and pick-up is provided for 90-day loaner furniture and appliances.

The FMO also has longterm furniture for ranks E-1 through E-5.

These items are available on a first-come, first-served basis. The service member is responsible for transport.

Airmen should take a copy of PCS orders to the Government Housing Office at 6346 Arctic Warrior Drive to schedule delivery.

Call 552-2740 for any questions regarding the FMO program. Hours of operation are Monday through Friday, 8 a.m. to 4:30 p.m.

Soldiers can call 384-0092 for the JBER-Richardson FMO.





# Soldier becomes U.S. citizen in ceremony at White House



Pvt. Aegean Obed, a mobile gun systems crew member with 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, disassembles an M4 assault rifle for cleaning in his company's arms room at Fort Wainwright. Obed became a U.S. citizen in a special July 4 naturalization ceremony at the White House. (U.S. Army photo/Sgt. Michael Blalack)

## President recognizes service of foreign-born troops

By Sgt. Michael Blalack  
1-25th SBCT Public Affairs

FORT WAINWRIGHT – In a special naturalization ceremony July 4 in the White House's East Room, Pvt. Aegean Obed of 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, became a citizen of the United States.

President Barack Obama delivered remarks and presented coins at the event, which included foreign-born troops from all branches of service.

"All of you did something profound: You chose to serve," Obama told the service members. "You put on the uniform of a country that was not yet fully your own.

"In a time of war, some of you deployed into harm's way. You displayed the values that we celebrate every Fourth of July – duty, responsibility, and patriotism."

Secretary of Homeland Security Janet Napolitano delivered the oath of allegiance to the service members.

Obed, a native of Manila, Philippines, was flown from Fairbanks to Washington, D.C. with travel provided courtesy of Alaska Airlines.

"I knew the Army would offer some great opportunities," Obed said, "but this was really special. I had a great time."

Obed immigrated to the U.S. at the age of 17 to join his mother in Delano, Calif.

He enlisted in the Army in 2011 and attended basic training at Fort Benning, Ga.

In Alaska, he serves as a mobile gun systems crew member.

Upon arriving at Fort Wainwright, Obed quickly impressed both his leaders and his peers with his positive attitude, willingness to learn and his outgoing personality.

"He's one of those guys you always see smiling, laughing and cracking jokes," said Pvt. Brandon Kovacik, who went to basic train-

ing with Obed. "He works hard and is a great basketball player."

Like many 19-year-olds, Obed enjoys playing video games and never says no to a game of basketball, according to Pfc. Maykol Lorenzo, another basic training comrade.

"He's eager to learn, and learns fast," Sgt. Alex Hermida, Obed's supervisor, said. "He shows great discipline and bearing for a young Soldier, is fast to correct any deficiencies, and stands out as exceptionally courteous to his peers as well as his leaders."

About 87,000 immigrants from the Philippines have served in the U.S. armed forces, and the Filipino-born veterans are the largest group of foreign-born veterans.

Special provisions of the Immigration and Nationality Act authorize U.S. Citizenship and Immigration Services to expedite the application and naturalization process for current members of the U.S. armed forces.

On July 3, 2002, President Bush signed an executive order authorizing all noncitizens who have served honorably in the U.S. armed forces on or after Sept. 11, 2001, to immediately file for citizenship.

## Combatives

From Page A-1

course and go back to their unit and become their unit's basic combatives trainers. They teach basic combatives to all the Soldiers in their unit, said Farella.

The techniques learned give the basic skills needed for close combat and how to stay in control and not panic.

"With technique and tactics you can actually achieve a lot more; strength is not the answer to winning the fight," said Army 2nd Lt. Manuela Chetney, a 725th Brigade Support Battalion platoon leader.

The level one course is offered to military members who want to learn how to protect themselves in case they are ever involved in a situation where hand-to-hand might be needed.

"At least level one combatives is necessary for everyone because it teaches you basic combatives skills and I think anyone in the military should know those," Chetney said.

Chetney emphasized the physical nature of the level one combatives course.

"I think they should work on their endurance, they should work on their strength and make sure they are in fairly good physical shape because a lot of the exercises here are very strenuous; they should prepare for that," Chetney said.

The two-week level two training adds the tactical side by adding ways to use your weapons as well as the techniques learned in the basic level one course. It also incorporates the use of the MOUT building to provide realistic training for the users.

They also have a vehicle they use to teach Soldiers and Airmen how to do vehicle extractions with compliant and in-compliant people.

Another new addition to the academy is a caged fighting ring just like the ones used in the Ultimate Fighting Championship.

The main fights for tournaments start with standard rules where the combatants start stand up and grapple and use submission holds.

The intermediate rules are the

same, but the semi-finals integrate kicks and strikes to the body and open hand strikes to the face.

The combatants who make it that far are the ones who enter the fighting cage for the finals.

"Finals will be held inside the cage and with an advanced set of rules with no knees, kicks to the head, elbows, head-butts or anything that could seriously injure a Soldier," Farella said.

For the last two years, the academy has hosted tournaments where

the winner's unit would receive the Staff Sgt. Jacob McMillian trophy.

Last year, the team from US-ARAK placed 12th out of 65 in the tournament at Fort Benning, Ga.

Whether it is to get in better shape or to learn how to better defend yourself downrange, Sgt. Jonathan Anderson, a 109th Transport Company transportation operator, says the program will definitely better the individual taking it.

"Come down and check it out; it's not going to make you a UFC

champion in one week, but you will learn a lot about yourself and you will increase your confidence when you go downrange," said Anderson, who is also an instructor.

The academy is currently going through renovations to expand the track and add a CrossFit area for those that also want to get in better shape.

"The Arctic Warrior Combatives Academy, is probably the best I have seen Army-wide," Anderson said.



Pfc. Cody Mabee (top), 545th Military Police Company, and Pvt. Anton Jones, 1st Squadron (Airborne), 40th Cavalry Regiment, spar in the new caged ring at the Arctic Warrior Combatives Academy on JBER July 11. The academy now features a Military Operations in Urban Terrain building and a ring like those used in the Ultimate Fighting Championship. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)

# Celebrating Life

Community remembers missing civilian, Page B-2

# From baseball to blues

Going from professional baseball to defending the nation, Page B-4



www.jber.af.mil/news

# COMMUNITY

Volume 3, No. 29

Joint Base Elmendorf-Richardson

July 20, 2012

## JBER participates in Bear Paw festival

RIGHT: The 9th Army Band's Arctic Rock Band drew crowds to Eagle River Commons July 9 during one of several performances featuring the Soldiers during the three-day Eagle River Bear Paw Festival. Themed Operation Bear Paw, the event honored service members from throughout the community. (U.S. Army photo/Mary M. Rall) BELOW: Maj. General Michael X. Garrett, USARAK Commanding General, salutes the 9th Army Band as they pass the distinguished visitor stand July 14 in Eagle River. The band marched in the annual Bear Paw Parade honoring local military associates in the communities. (U.S. Air Force photo/ Airman 1st Class Omari Bernard)



ABOVE: The honor guard from the Veterans of Foreign Wars pause during the Bear Paw Parade July 14 in Eagle River. The VFW marches in the the parade to show their support of the local community.

LEFT: Navy Junior Reserve Officer Training Core honor guard cadets bear the U.S. and Alaska state flag at the head of the Bear Paw Parade July 14 in Eagle River.

BELOW: Senior Airman Lisa Zishka, of the 673rd Air Base Wing hands out JBER goodies to spectators at the parade during the Bear Paw Festival. Zishka is marching in the parade as a representative of JBER, many people who work on JBER live in Eagle River.(U.S. Air Force Photo/ Airman 1st Class Omari Bernard)



# JBER, community and family celebrate a life

## Friends, comrades share stories, memories of JBER civilian employee

By Air Force Staff Sgt. Robert Barnett  
JBER Public Affairs

A celebration of life ceremony was held at Anchorage City Church July 13 to honor Michael LeMaitre, who went missing during the 85th Annual Mount Marathon race near Seward July 4th.

LeMaitre worked for the Military and Family Readiness Center as a community readiness consultant. The MFRC falls under the 673d Force Support Squadron on Joint Base Elmendorf-Richardson.

"The ceremony was really wonderful," said Air Force Maj. Brian Rendell, 673d Force Support Squadron commander. "There were so many people who shared stories of Mike and celebrated his impact on the world."

"The event was about celebrating Mike, who he was, and how he lived his life."

Family, friends, coworkers, and others from the community gathered together to share stories, both funny and poignant, of Mike and how he had an impact on them.

The consistent theme was how great of a guy Mike was – adventurous, courageous, fun-loving, and always smiling."

Family and volunteers, including members of the Seward Volunteer Fire Department, Alaska State Troops, Alaska Mountain Rescue Group, dog search teams and others searched the mountain for more than a week.

"The search for Mike involved various means: personnel scouring the mountain, trained dogs, and even aircraft with equipment that can detect heat patterns," Rendell said. "Unfortunately, each method has come up empty handed; it's very strange, no one is really sure what happened."

Most of all, they just want closure, he said.

"I don't want to give up on my dad. And that's why I'm in Seward, that's why I'm looking for him, out with whatever search crew is avail-



able," said MaryAnne LeMaitre at her father's ceremony. She said she wanted to bring him home, dead or alive.

The family chose to celebrate his life in order to remember his enthusiasm for it.

Many chose to speak fond memories of him, often describing him as being a pleasure to be around.

The speakers included many for whom LeMaitre found jobs and many he had shared adventures with.

"Someone mentioned that Mike has an Andre Gide quote hanging up at the cabin he built at Big Lake, it goes, 'Man cannot discover new oceans unless he has the courage to lose sight of the shore.'" Rendell said. "I can imagine Mike getting in his boat and heading off into the sunset on his final voyage for some uncharted ocean. I think that's a perfect description of Mike-ever courageous-and that's how I'll remember him."

ABOVE: Family and friends of Michael LeMaitre remember Michael during a celebration of life ceremony held at Anchorage City Church July 13. Michael went missing during the 85th Annual Mount Marathon Race.

BELOW: Co-workers attend a celebration of life ceremony July 13. Michael LeMaitre worked on JBER for many years prior to his disappearance in Seward, Alaska on July 4. (U.S. Air Force photos/Staff Sgt. Robert Barnett)



# FSS EVENTS & ACTIVITIES

## FUN FREEBIES



**FSS MEMBERSHIP DRIVE**  
JULY 14TH · 1 P.M.  
@ SKEET RANGE · BLDG. 45-100  
FREE ROUND OF SKEET FOR FSS MEMBERS  
FREE ROUND OF SKEET FOR BOSS VOLUNTEERS WITH 50+ HOURS IN 2012  
ARCTIC CHILL · 384-7619/1480



**SWEET FREEBIES!**  
COTTON CANDY  
JULY 13 · 2 - 4 P.M.  
SNOW CONES  
JULY 16 & 20 · 2 - 4 P.M.  
ARCTIC OASIS COMMUNITY CENTER  
BLDG. 9497 · 552-8529



## DISCOUNTED ACTIVITIES



**AK ZOO**  
SEASON PASSES FOR THE FAMILY \$80  
DAY PASSES: \$8 · 18 YRS. AND OLDER  
\$5 · 3 - 17 YRS.  
INFORMATION, TICKETS & TRAVEL  
BLDG. 9497 · 552-4563



**ALYESKA TRAM TICKETS**  
\$13 · 13 YRS. AND OLDER  
\$8 · 6 - 12 YRS.  
INFORMATION, TICKETS & TRAVEL  
BLDG. 9497 · 552-4563



**ANCHORAGE TO SEWARD**  
ROUND TRIP TRAIN RIDE FROM ANCHORAGE TO SEWARD  
STARTS AT \$93.75 PER ADULT  
STARTS AT \$47.25 PER CHILD  
INFORMATION, TICKETS & TRAVEL  
BLDG. 9497 · 552-4563

# Community happenings

**SATURDAY**  
**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 or testicular cancer.  
 For information call 622-9243.

**Cardboard Boat Regatta**  
 Design and build a cardboard boat with duct tape and white glue, then get in and race it at Anchorage's 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.

**Cardboard Boat Regatta**  
 Design and build a cardboard boat with duct tape and white glue, then get in and race it at Anchorage's 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.

**SUNDAY**  
**Blood Drive**  
 Save a life, donate blood. Blood Bank of Alaska hosts a blood drive at the Buckner Fitness Center on JBER-R lasting from 11 a.m. to 4 p.m.  
 For more information or to schedule an appointment call 222-5630.

**WEDNESDAY**  
**Blood Drive**  
 The Blood Bank of Alaska mobile donation facility is at the National Guard Armory from 9 a.m. until 4 p.m. For information or to set up an appointment call 552-2795.

**JULY 28**  
**Dog Jog**  
 The 18th annual Dog Jog starts at East High School. Bring your leashed and vaccinated dog to a 5k or 1-mile walk or run, also featuring games, contests, and much more.  
 Registration begins at 8:30 a.m.; the fair starts at 9 a.m. and the run/walk kicks off at 10 a.m.  
 For information call 562-7446 or visit [www.friendsofpets.org](http://www.friendsofpets.org).

**JULY 28 AND 29**  
**Arctic Thunder Open House**  
 Join JBER for this joint-base extravaganza all weekend.  
 The Air Force's Thunderbirds demonstration team, the F-22 Raptor Demo Team and the Army's Golden Knights parachute team headline, with many other air acts and static displays including Army vehicles and demonstrations.  
 This open house is a great time to explore the military's presence in Alaska, with vendors, activities and fun for all.  
 For more information, visit [www.jber.af.mil/arcticthunder/](http://www.jber.af.mil/arcticthunder/).

**AUGUST 11 AND 12**  
**Alyeska blueberry festival**  
 Celebrate the lush blueberry season with this family-oriented outdoors event.  
 With more than two dozen booths in the Hotel Alyeska Pond courtyard, live music and all the blueberry concoctions you can try, this festival is a yearly hit.  
 Find your own stash of berries to pick.  
 For information, visit [www.alyeskaresort.com](http://www.alyeskaresort.com) or call (800) 880-3880.

**AUGUST 13 THROUGH 16**  
**Oil painting class**  
 Learn to create compelling and vibrant landscape art in oil paints with this class on color-mixing to achieve depth, distance and atmosphere.  
 Hosted at the Anchorage Museum from 6:30 to 9 p.m.  
 For information, call 929-9280 or visit [www.anchoragemuseum.org](http://www.anchoragemuseum.org).

**AUGUST 17**  
**Greek Festival**  
 Celebrate the best of Greek culture in Alaska at the 18th Annual Greek Festival.  
 Traditional foods including lamb and vegan offerings and pastries meet up with Greek folk music and dance lessons.  
 Greek books, jewelry and more are available, and plenty of activities for the younger crowd are hosted by the Holy Transfiguration Greek Orthodox church on O'Malley Road.  
 For information visit [www.akgreekfestival.com](http://www.akgreekfestival.com).

**AUGUST 18**  
**Autumn Wings festival**  
 Join Bird TLC for a celebration of birds, wildlife, the outdoors and Alaska's autumn.  
 A live bird program featuring eagles, owls, falcons, hawks, corvids and songbirds, a bird calling contest, and the release of a rehabilitated eagle are just a few of the activities planned.  
 For more information, visit [birdtlc.net](http://birdtlc.net) or call 562-4852.

**AUG. 23 THROUGH SEPT. 3**  
**Alaska State Fair**  
 Visit the Palmer Fairgrounds for the 76th annual state fair.  
 As usual, agriculture, produce, food, friends and family take center stage.  
 Live music is also a hit.  
 For information visit [alaskastatefair.org](http://alaskastatefair.org).

**SEPT. 8**  
**Glenn Beck**  
 Talk radio and television star appears at the Dena'ina Civic and Convention Center with his unique brand political and historical discourse.  
 For more information call 263-2850 or visit [ticketmaster.com](http://ticketmaster.com).

**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 their site at [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.

**Experience the Aurora**  
 It's the next best thing to the Alaska winter sky—and a lot more comfortable than standing around in a parka.  
 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).

**Spenard Farmer's Market**  
 Under the windmill between 25th and 26th Avenues, you can find everything made, caught or grown in Alaska. Fresh oysters, organic bread, garden starts, flowers and reindeer sausage are just a few of the offerings on tap every Saturday from 9 a.m. to 2 p.m. through Sept. 29. For information call 563-6273 or visit [www.spenardfarmersmarket.org](http://www.spenardfarmersmarket.org).

**Anchorage Market**  
 More than 300 booths offer a host of items weekends from 10 a.m. to 6 p.m. at the 3rd Avenue and E Street parking lot. With free lively entertainment and food vendors, the Anchorage market is a family-friendly outing every weekend through the end of September.  
 For information, visit [www.anchoragemarkets.com](http://www.anchoragemarkets.com).

## Chapel services

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

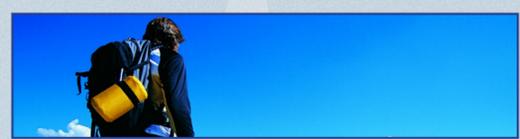
**Protestant Sunday Services**  
**Joint Liturgical Service**  
 9 a.m. – Elmendorf Chapel 2  
**Traditional Service**  
 9 a.m. – Elmendorf Chapel 1  
**Contemporary Protestant Service**  
 11 a.m. – Soldiers' Chapel  
**Gospel Service**  
 Noon – Elmendorf Chapel 1  
**Contemporary Protestant Service**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

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

**Road Warriors running**  
 Military, family members and civilians alike are welcome to train and get involved with running, biking and swimming events.  
 For events and more information, check the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

# FSS EVENTS & ACTIVITIES

**GET OUT THERE!**



**BACKPACKING 101**  
 JULY 13 · 6 - 8 P.M. · \$5  
 @ DYE SKI FACILITY  
**JBER RICHARDSON OUTDOOR RECREATION**  
 BLDG. 794 · 384-1475/1476



**STAND UP PADDLEBOARDING**  
 JULY 17 · 5 - 7 P.M. · \$25  
**JBER ELMENDORF OAP**  
 BLDG. 7301 · 552-4599



**CROW CREEK GOLD PANNING**  
 JULY 21 & 25 · 9 a.m. - 5 p.m. · \$5  
**JBER RICHARDSON OUTDOOR RECREATION**  
 BLDG. 794 · 384-1475/1476

**COMING SOON**



**FREE SALTWATER BOAT TRAINING**  
 JULY 24 & 31 · 6 P.M.  
 @ DYE SKI FACILITY  
**THIS CLASS IS REQUIRED FOR RENTAL USE**  
**JBER OUTDOOR RECREATION RICHARDSON**  
 BLDG. 794 · 384-1475/1476

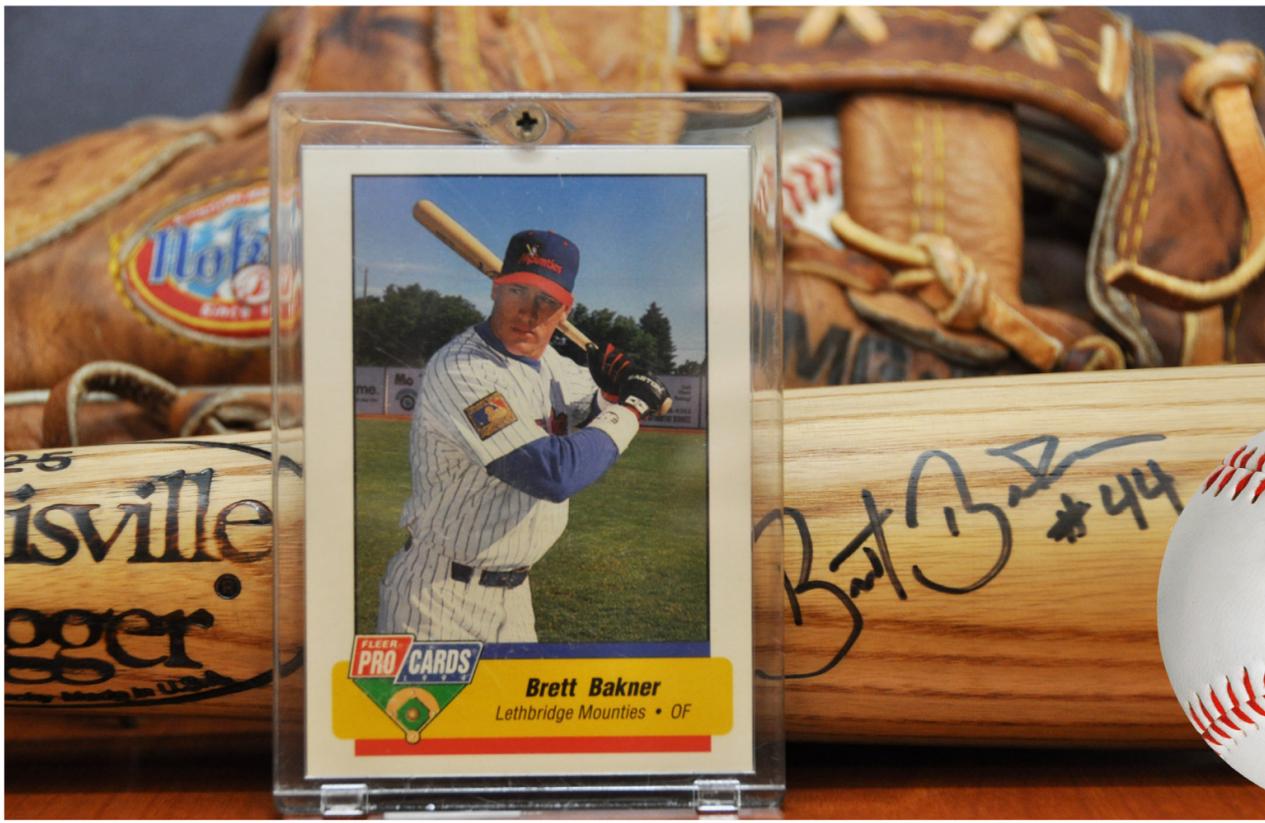


**HATCHER PASS ATV**  
 JULY 23 & 30 · 8 A.M. - 6 P.M.  
 \$150 DRIVERS · \$50 RIDERS  
**OUTDOOR RECREATION JBER ELMENDORF**  
 BLDG. 7301 · 552-2023



**HOPE PINK SALMON FISHING TRIP**  
 JULY 27 & 28 · 7 A.M. - 5 P.M. · \$99  
**JBER RICHARDSON OUTDOOR RECREATION**  
 BLDG. 794 · 384-1475/76





Capt. Brett Bakner, 477th Fighter Group executive officer, played professional baseball before joining the active duty Air Force and later the Air Force Reserve. "Sure I could have continued to play professional baseball for another three to five years but I likely would have been released after those years with little to no work experience outside of sports," said Bakner. "Joining the Air Force was not only the most mature decision I have ever made, it was the most astute!" (U.S. Air Force photo/Capt. Ashley Conner)

## From major leagues to the U.S. Air Force Reserves

### *An Airmen steps up to the plate and tells his tale*

By Air Force  
Capt. Ashley Conner  
477th Fighter Group Public Affairs

Although his life as the commanders executive officer is full of staff summary sheets and staff meeting slides there was a time when Capt. Brett Bakner fulfilled the childhood dream of many young boys and could call himself a professional baseball player.

While playing Division II football and baseball at the University of West Virginia, Bakner was convinced to give up football and focus on baseball.

He opted to leave school during his junior year of college when he was picked up to play professionally.

"My professional career was worthwhile but short-lived – I

played a few years in the Canadian Blue Jays farm system, most notably with the Lethbridge Mounties of the Pioneer League," Bakner said. "I was released during the off-season of 1994-95 due to a knee injury sustained at the end of the 1994 season."

His big break came during the baseball strike of 1994.

As a free agent in 1995 and not being affiliated with a team or system Bakner was making the rounds in Florida trying to get picked up by a team.

As a free agent and the strike still going on, Bakner crossed the picket line.

"I had an off-season workout partner who had already made it to the show as a pitcher with the Cardinals organization," Bakner said. "He secretly – behind the picket line – hooked me up with a try out."

After this tryout Bakner found himself in St. Petersburg, Fla. with the St. Louis Cardinals and played a part of the spring with the team.

"The team was roughly made up of free agents, like myself, and a rag-tag group of has-beens because

the strike of 1994 bled into the spring of 1995," he said.

Over the next few weeks, Bakner said he felt that he had performed well enough to get a minor league contract offer but the strike ended and he found himself back on the street as a free agent.

"A bit dejected, I decided to stay with my grandparents in Port Orange, Fla. until I could get my baseball life straightened out," Bakner said. "I knew I didn't want to go back to college because playing professionally I could no longer play as an amateur collegiate player."

After driving past an Air Force recruiter he made the decision to enlist.

During his delayed enlistment he had offers from a few independent leagues and one offer from the Marlins.

"I pretty much wanted to move on with my life. Looking back that was the crossroad of my life - the decision that has made all the difference," said Bakner.

"Sure I could have continued to play professional baseball for another three to five years but I likely would have been released

after those years with little to no work experience outside of sports.

"Joining the Air Force was not only the most mature decision I have ever made, it was the most astute."

After a few months in the delayed enlistment program Bakner was off to basic training at Lackland, Air Force Base, Texas.

"I remember being in the day room of our dorms and the training instructor's were going around asking everyone what they did before they joined the Air Force.

"I was pumped to tell them that I use to play professional baseball," Bakner said. "When it was my turn and I told them about my baseball career my TI said 'Well you couldn't have been that good because now you are here.' That was a pretty good wake up call."

After four years as an enlisted medic Bakner left active duty to finish his degree and get a commission at the University of North Texas.

He served as a manpower officer until he separated from active duty in 2006 and joined the 911th Airlift Wing in Pittsburg, Penn.

In 2011 Bakner left Pittsburg to join the Arctic Reservists at the 477th Fighter Group.

Throughout his Air Force career Bakner has reflected on the lessons baseball taught him to help him in his Air Force career.

"In his 18 year career Mickey Mantle stepped to the plate around 10,000 times, struck out around 1,700 times, and walked another 1,800 times, with the average major leaguer having 500 plate appearances a season, Mickey would tell folks that he played seven years without ever hitting the ball."

"It is that type of perspective that keeps you level-headed through a career and it allows you to absorb stress while gauging what needs to be done," Bakner said. "A good example of how this translates to the Air Force is not getting too spun up on the day-to-day trials. It allows you to view what you are doing on a larger scale."

You are not just turning that wrench to fix an airplane you are putting jets in the sky, or higher yet, to fly, fight and win...in air, space and cyberspace."



# JBER, Anchorage School District earn national honors

## Excellent service to military children recognized at national conference

News Release

HARKER HEIGHTS, Texas, — Anchorage School District and Joint Base Elmendorf Richardson, recieved the 2012 Outstanding Partnership Award.

The 2012 recipients of the Lt. General (Ret) H.G. "Pete" Taylor Partnership of Excellence Award™ were announced by the Military Child Education Coalition (MCEC) at its 14th National Training Seminar last week in Grapevine, Texas.

This annual award encourages and applauds the outstanding partnerships formed between military installations and school districts that serve military children.

Award winners are selected from schools and military installations around the world by MCEC, a non-profit organization dedicated to addressing the transition and educational issues affecting the highly mobile military child.

MCEC announced the following 2012 Pete Taylor Partnership of Excellence Award winners:

2012 Recognized Partnership Award: DoDEA Fort Benning Schools, Fort Benning and Fort Benning Community, Ga.

2012 Recognized Partnership Award: The Monterey School and Military Partnership in Education, Ca.

2012 Recognized Individual Program: Sigsbee Charter School Service Partnership, Fl.

The Pete Taylor Partnership of Excellence Award was created in 2004 to recognize the work of former MCEC Chairman Lieuten-



ant General Pete Taylor in assisting the highly mobile military child.

The award is designed to foster the sharing of lessons learned and to recognize Taylor's long-held belief that "goodness starts at the local level."

"MCEC proudly salutes the remarkable difference that these schools and military installations are making in the lives of military children," said Dr. Mary Keller, executive director of MCEC. "By partnering in unique and innovative ways, these military and education leaders follow the example set by Taylor and remind us once again of the impact that we as a community can have on each military child."

**ABOVE:** Airmen from Joint Base Elmendorf-Richardson teach local children from an Anchorage School District about their occupation and trade in the U.S. Air Force. (courtesy photo)  
**BELOW:** A student volunteers to try on a gas mask as an Airman show him how to use it. (courtesy photo)















