

Enhanced 911

New system integrates calls from government, commercial, housing and cellular phones
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Airmen back home

Following a six-month deployment to Afghanistan, Airmen of 176th Wing return,
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ARCTIC WARRIOR

Volume 3, No. 43

Joint Base Elmendorf-Richardson

October 26, 2012

3 JBER AIRMEN RECOGNIZED FOR VALOR



ABOVE: Air Force Maj. Jesse Peterson and Tech. Sgt. Shane Hargis, 83rd Expeditionary Rescue Squadron, practice a hoist mission, April 22, 2011, the day before they were called upon to recover pilots of a downed helicopter. (U.S. Air Force photo/Staff Sgt. Bill Cenna)

PARARESCUEMEN DISTINGUISHED FOR HEROISM

By Air Force Staff Sgt. N. Alicia Goldberger
Alaska National Guard Public Affairs

Three Alaska Air National Guardsmen with the 176th Wing's 212th Rescue Squadron were awarded Bronze Star Medals at an Oct. 13 ceremony at JBER.

Surrounded by friends and family, the

See BSM, Page A-3

Commanding general talks Army troop rotations in Asia-Pacific

By Donna Miles
American Forces Press Service

WASHINGTON — As operations draw down in Afghanistan, the senior Army commander in the Asia-Pacific said he looks forward to opportunities to begin 30- to 45-day rotational deployments that will enable soldiers to train with their counterparts throughout the region.

In another development, Army Lt. Gen. Francis Wiercinski announced yesterday that for the first time in U.S. Army Pacific's history, an allied-army general will assume one of its highest positions. Australian Maj. Gen. Rick Burns will join the staff Nov. 4 as deputy commanding general for operations.

Speaking during a "DoD Live" bloggers roundtable yesterday, Wiercinski underscored the importance of expanded Army engagement as the United States implements new strategic guidance focused on the Asia-Pacific region. But acknowledging that neither the United States nor its allies and partners in the region have an interest in establishing new U.S. bases there, he said he favors troop rotations to support more exercises and other military-to-military engagements.

The Marine Corps already is pulling six-month rotational deployments in Darwin, Australia, and the first Navy littoral ship will begin a rotation in Singapore beginning this spring.

Similar arrangements for the Army will

See USARPAC, Page A-3

Coast Guard crews' training, professionalism saves their lives

By Petty Officer 3rd Class
Jonathan Klingenberg
17th Coast Guard District
Public Affairs

The crew of a Coast Guard Air Station Kodiak Jayhawk helicopter, tail number 6005, geared up and set out on a mission on the evening of Oct. 11, in search of a crewman who was reported overboard from the fishing vessel Flying Ocean southwest of Kodiak Island near Shelikof Strait.

While the helicopter crew was conducting a search pattern in an attempt to locate the missing man, a caution light drew their attention to a tail gearbox high oil temperature indication.

"We had the potential of a very real catastrophic failure of the tail rotor drive system," said Lt. Scott Wilkerson, one of two pilots on the mission. "That's a helicopter pilot's worst nightmare. You lose the tail rotor and the aircraft is going to want to spin, which was a very real possibility, but we were all prepared. We executed emergency procedures to try and stack the odds in our favor, but we knew it was only a matter of time before it failed on us."

The Jayhawk crew called in a mayday and quickly executed an emergency landing to the beach at Low Cape at the south end of Kodiak Island, more than 85 miles southwest of the air station.

"It's something that we train for," Wilkerson said. Along with many other types of equipment failures and emergency situation training, Wilkerson explained that, as helicopter pilots, they are required to go through simulated tail rotor failure training annually.

After safely touching down and upon further inspection of the tail rotor, the crew found that all the oil had drained out of the gear box and it would require being changed



Air Station Kodiak crewmembers work to complete repairs of an MH-60 Jayhawk helicopter's tail gear box in the remote location of Low Cape at the south end of Kodiak Island Oct. In the field, such a repair can take more than six days to complete. The same repair would take two days at the air station's maintenance shop. (Photo courtesy of Air Station Kodiak)

out on location before they could move the helicopter again. This was only one of their problems however; darkness was setting in and a Kodiak brown bear was spotted not far from the landing zone. All four helicopter crewmembers and one Al Roker Entertainment cameraman had to retreat to the helicopter and wait until the bear moved on.

The Coast Guard Cutter Hickory crew and a Kodiak-based HC-130 Hercules airplane crew were both operating nearby and responded to the helicopter crew's mayday. The Hickory's crew quickly made plans to extract

the crew and cameraman from the beach. They launched their small boat crew and headed to the stranded helicopter crew.

According to Wilkerson, it felt like a surf rescue. The following seas and darkness made the small boat landing extremely challenging but he added the Hickory coxswain made the best of a very difficult situation and deftly maneuvered the small boat to and from the beach recovering all the crewmembers safely and returning to the cutter.

With the crew safe aboard the Hickory, the command at Air Station Kodiak focused on developing a salvage plan to recover

the helicopter.

"The Hickory played a vital role in ensuring the safe recovery of our folks," said Cmdr. Mark Vislay, operations officer, Coast Guard Air Station Kodiak. "In Alaska we are called on to cover vast distances and operate with very little infrastructure. The ability to self rescue our crews is critical whether that takes the form of launching another aircrew to get them or in this case relying on the support of the cutter."

The stranded helicopter is one of five MH-60 Jayhawk helicopters stationed in Kodiak. At the time of the emergency, one helicopter was

in Barrow, one was in Cold Bay and the remaining two were down for maintenance.

Until a Jayhawk was available, Air Station Kodiak was able to use their MH-65 Dolphin helicopters, a smaller and shorter ranged helicopter, to ferry parts and personnel to the scene of the stranded Jayhawk. More than four trips were made alternating between delivering crew, tools and parts necessary for the repairs. The maintenance crew, working to change out the tail gear box, where often dropped at the scene not long after sunrise and worked until sunset. In one instance the maintenance crew stayed overnight, periodically firing up the engines of the helicopter to stay warm.

According to Cmdr. John Hollingsworth, the Air Station Kodiak engineering officer, the time it would take to switch out a part like the tail gear box would be close to two days with optimal conditions, in house. In the field however, especially in a remote location like Low Cape, repairs took six days due in part to weather.

The tail gear box was successfully repaired on Tuesday, but due to weather, the crew of the grounded Jayhawk, was not able to perform trial flights until the following day. With the success of the trial flight the helicopter crew returned safely to Kodiak.

Hollingsworth explained that a field level repair is one of the most challenging tasks to accomplish, especially in Alaska, and with bears in the area.

"To say this is a professional group of people who went down there to do the job would be an understatement," said Hollingsworth. "We hand-picked these guys, we knew that their talents and abilities were far beyond anyone else on the hangar deck, and their level of professionalism is boundless."

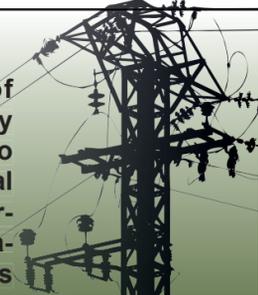
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Energy Watch

JBER and the Municipality of Anchorage will test the "Energy Watch" system Tuesday from 6 to 8 p.m. to gauge how much natural gas can be saved through conservation efforts. For more information, visit JBER Energy Watch's Facebook page.



Command Emphasis

The importance of maintenance discipline

By Army Maj. Gen. Michael Garrett
U.S. Army Alaska commanding general

There are many great opportunities I enjoy as your commander, but among my favorites is getting out to see troops and training. We have within our organization an amazing diversity of people, equipment, skill sets and abilities.

From what I've seen, it is obvious our team can accomplish any required mission. Our junior leaders have combat experience rivalling any generation in American history.

However, we do occasionally need to take a step back to reassess our Soldiers and the methods we use to accomplish our assigned missions, both in garrison and in combat.

Over the past decade, the Army has focused on deploying, resetting at home and then deploying again. Before the high operational tempo of the wars in Iraq and Afghanistan, a unit's readiness was measured in whether they could deploy on short notice with their organic equipment. It is my intent that we meet this standard again.

Senior Army leaders are engaging commanders at all levels in an effort to focus on fundamentals. This means going back to the way the Army did business before Sept. 11, 2001. We will focus on fundamental skills such as Soldier discipline, training management and maintenance.

We will no longer expect to have mission-critical equipment provided to us when we deploy. The years of contractors maintaining our gear with nearly unlimited funds are over.

We as an organization must shift our thinking and realize what we have in gar-



A 6th Engineer Battalion Soldier checks the head space and timing on an M2 .50-caliber machine gun prior to qualifications Aug. 14. (U.S. Air Force photo/Percy G. Jones)

ison will be what we have in combat. We must keep our weapons, equipment and Soldiers at the highest state of readiness. What we have at home may be all we have when it comes time to close with, engage and destroy the enemy.

Command maintenance programs are essential to achieving the high level of readiness I expect from our organization. Many of our leaders and Soldiers have never had the training necessary to carry on a truly exceptional maintenance program. We must assess our current programs, develop short and long-term improvement goals and make adjustments to the way we plan and execute

command maintenance. We must all instill pride in ourselves for the ownership of our unit's equipment.

A quality command maintenance program requires planning, preparation, training and aggressive execution. As leaders become trained and certified, they will be a valuable resource for training Soldiers and enforcing standards. This builds confidence, competence and readiness within our units.

A disciplined command maintenance day must include an operations order or a written standard that lays out our priorities, responsibilities and tasks that will be accomplished. Remember to include weapons,

communications and nuclear, biological and chemical equipment and low-density equipment in your plan.

Leaders must be trained and certified beforehand, so there is an understood common standard for that day's focus. Soldiers will use technical manuals every time they conduct maintenance on equipment. If they are not on hand, then they can be downloaded for free. Your supply sergeant can help you find them.

It is critical leaders are on-site during command maintenance and are involved in managing the process, so they know firsthand the status of their equipment. I expect an after action review to be conducted after every training event, including maintenance training. This will go a long way to continually improving programs and will provide insight into your progress.

Leaders with a successful command maintenance program will know if their Soldiers are properly licensed on their equipment and whether they know how to conduct proper maintenance. Every Soldier responsible for equipment must know the status of their gear and whether it is mission capable or not. First-line leaders must know how to manage the maintenance process for any piece of equipment to get from non- to fully-mission capable.

We must continue to emphasize the importance of mastering our fundamental skills, including a good command maintenance program. I know how hard you work, and I appreciate your contributions to the success of our team. Together, we will continue to make U.S. Army Alaska the best command in the U.S. Army.

Arctic Warriors! Arctic Tough!



ABOVE: An F-22 assigned to the 3rd Wing receives fuel from a KC-135 Stratotanker assigned to the 185th Air Refueling Wing, Iowa Air National Guard. In-flight refueling enables Raptors to fly longer sorties and longer distances. (U.S. Air Force photo/Capt. Ashley Conner) RIGHT: Samantha Laidlaw blows a kiss to her husband, Air Force Lt. Col. Brian Laidlaw, 3rd Operations Support Squadron commander, after in-flight refueling of his F-22. Air Force Staff Sgt. Matthew Prosser, a boom operator assigned to 185th ARW, spent a week in Alaska refueling active-duty and Reserve F-22 pilots assigned to the 3rd Wing and 477th Fighter Group. (U.S. Air Force photo/Capt. Ashley Conner) BELOW: Tail fins of 185th ARW KC-135s loom above an Alaskan corn field as harvest time draws near. (US Air Force Photo/Tech. Sgt. Brian Cox)



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11th Air Force
Commanding General**
Lt. Gen. Stephen Hoog (USAF)

**U.S. Army Alaska
Commanding General**
Maj. Gen. Michael X. Garrett (USA)

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Commander**
Col. Brian P. Duffy (USAF)

**Joint Base Elmendorf-Richardson/
673d Air Base Wing Vice Commander**
Col. William P. Huber (USA)

ARCTIC WARRIOR

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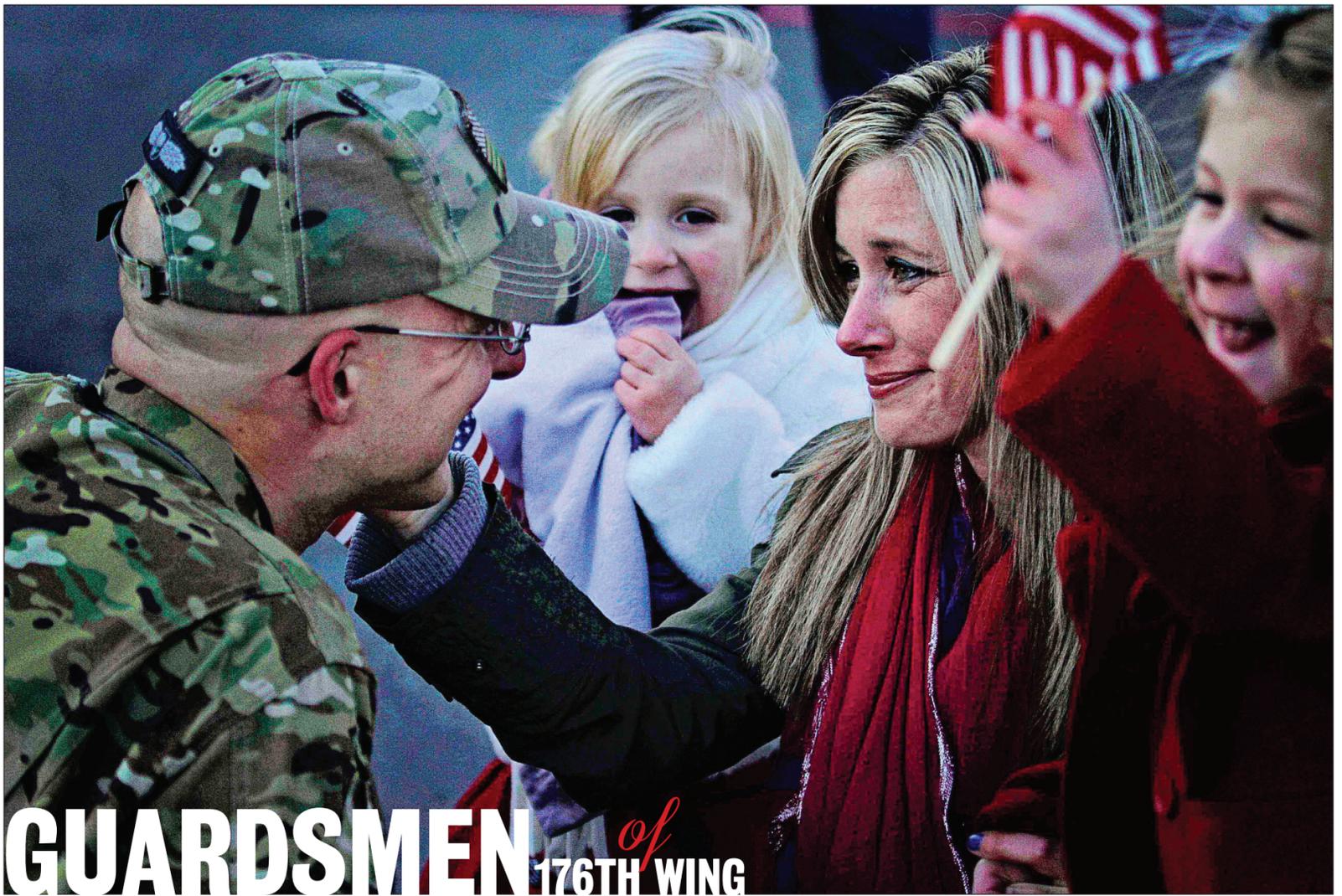
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GUARDSMEN ^{of} 176TH WING WELCOMED HOME

Alaska Air National Guardsman Capt. Hans Jagow smiles as his wife, Tamera, touches his face for the first time after his return from Afghanistan Oct. 17. All together more than 140 176th Wing Guardsmen are returning to Alaska after deploying in support of Operation Enduring Freedom. (Alaska National Guard photos/Air Force Maj. Guy Hayes)



ABOVE: Madelynn Griffith smiles as she is held by her dad, Air Force Capt. Duane Griffith, following his return from Afghanistan. Thirty citizen-Airmen of the Alaska Air National Guard's 176th Wing arrived in Alaska Oct. 17 after deploying in May to support of combat search and rescue.

LEFT: Six Alaska Air National Guardsmen are elated as they walk down the flight line on JBER to their waiting families Oct. 17.



Tech. Sgt. Shane J. Hargis, Air Force Staff Sgt. Theodore M. Sierocinski and Capt. Koaalii C. Bailey stand during a Oct. 13 ceremony after they received the Bronze Star Medal with Valor device. (Alaska National Guard photo/Air Force Maj. Guy Hayes)

BSM

From Page A-1

Airmen received their medals for an act of heroism or meritorious achievement in a combat zone during 2010 or 2011 deployments.

A Bronze Star Medal is the fourth-highest combat award presented in the United States since the start of World War II. They are only awarded to those who perform acts of valor within areas of hazardous duty, as laid out in U.S. law.

Air Force Capt. Koaalii "Koa" C. Bailey, Tech. Sgt. Shane J. Hargis and Air Force Staff Sgt. Theodore "Ted" M. Sierocinski had

their stories of valor read aloud to the crowd and in turn, were pinned with the medal.

"When you hear the citations read today for these warriors, there are many details between the lines that these gentlemen conducted in the face of extreme adversity," said Air Force Maj. Joseph Conroy, commander of the 212th RQS, during the ceremony.

He said the Airmen illustrated the bravery the people of their squadron and the Alaska Air National Guard stand for every day.

"I'm amazed on a day-to-day basis of what my personnel accomplish whether it's during deployments or here in Alaska conducting rescue missions," Conroy said.

USARPAC

From Page A-1

help regional armies get to "know each other and ... know each other's techniques, tactics, procedures and doctrine," Wiercinski said.

"Relationships matter," he told the bloggers, making it easier for militaries to operate together.

To reduce the time and cost of supporting troop rotations, Wiercinski hopes to pre-position equipment and supplies at key locations for the rotational forces to fall in on when they arrive in the theater. Equipment previously used in Iraq, or slated to be returned from Afghanistan as forces draw down there, could be pre-positioned in the Asia-Pacific region rather than mothballed in the United States, he said.

Pre-positioned equipment and a system of trained rotational forces provides more capability in the region and ensures better preparedness for contingencies that may arise, he said.

Asked about tensions on the Korean peninsula, Wiercinski said the United States' goal is to use the diplomatic process to prevent conflict from occurring.

"It will not serve anyone's na-



Paratroopers of 1st Battalion (Airborne) 501st Infantry Regiment and Australian Defence Force 3rd Battalion Royal Australian Regiment parachute training instructors execute a tactical parachute insertion as part Talisman Sabre 2011. (U.S. Army photo/Staff Sgt. Matthew Winstead)

tional interest if we have to go to conflict across the [Demilitarized Zone]," he said. "And everyone knows that no one would want that."

Noting that nobody has a crys-

tall ball that can predict what will happen or what capabilities will be needed, Wiercinski identified one exception.

"I can absolutely tell you that there will be a natural disaster

in the Asia-Pacific rim soon," he said, whether it's an earthquake, tsunami, typhoon or other disaster.

As a result of that likelihood, most of the exercises U.S. Army Pacific participates in include

a humanitarian-assistance and disaster-response element.

"I think all of the nations that we have in the region are focused on this area, because we know that is the enemy that is constantly with us and will attack at some point of time in the near future," Wiercinski said.

Asked if the U.S. "rebalance" to the Asia-Pacific marginalizes the role of the Army, Wiercinski offered an emphatic "no."

Twenty-seven of the 28 militaries in the region are army-dominant, he noted, and 21 regional chiefs of defense are army generals.

"We live in the human domain - the land domain. It is where ... the human state is affected by anything from humanitarian assistance [and] disaster relief to armed conflict," he said. "It involves human beings on the ground, and that takes an army to sustain that."

Recognizing that every military service has a role to play in national responses, Wiercinski said the Army is uniquely organized and equipped to provide the sustainment the entire military needs to operate.

"We are the service that is in there for the long haul," he said. "When something occurs on the ground, it is the Army that has the staying power that is there to assist."

Briefs and Announcements

Disposition of effects

Army 2nd Lt. Remington Myhre, 1st Squadron (Airborne), 40th Cavalry Regiment, is authorized to make disposition of personal effects of Sgt. Brent S. Barnett-Lamothe, 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 Myhre at 907-384-1862.

Brain injury classes

Beginning Tuesday, the JBER Hospital Traumatic Brain Injury Clinic will host education and peer-coping strategies class for spouses and partners of service members affected by TBI.

The class is Tuesdays from 5:15 to 6:15 p.m.

For more information, call 580-0014.

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).

Volunteer opportunity

The 2012 Special Olympics Bowling Tournament, scheduled for Nov. 16 to 18, requires volunteers for all positions.

For more information, call 552-1156.

Volunteer opportunity

The U.S. Army Alaska commanding general invites Soldiers to participate in a new partnership between the Alaska Military Youth Academy and U.S. Army Alaska.

This partnership involves voluntary mentorship of AMYA cadets, and is intended to support and enhance AMYA's mission to intervene in and reclaim the lives of Alaska's at-risk youth.

USARAK and AMYA seek to fill 25 to 30 mentor slots with capable and caring Soldiers by Oct. 1.

For more information, call 384-6120 or email Deborah.morton@alaska.gov.

Federal Impact Aid

When parents return the pink Federal Impact Aid card, they can do their part to garner millions of dollars in federal school dollars for local schools.

Federal Impact Aid is available to help school districts handle the cost of educating children from military families.

The cards will be given to parents Wednesday – the first day of parent/teacher conferences.

For parents not attending the conferences, they will receive the survey cards along with an explanation letter Oct. 29. Parents should ensure the cards are signed and returned to the front office of the student's school.

At this time, the Matanuska-Susitna Valley School District is not surveying for Federal Impact Aid.

Do not trespass

Trespassing on JBER-Elmendorf combat-arms firing ranges is both dangerous and illegal.

Units fire on ranges at random times in accordance with their training schedules.

The outdoor range is located approximately one mile north of Sixmile Lake and the indoor range is at Building 4309 Kenney Ave.

For more information or to inquire about access to these areas, call Combat Arms at 552-1846.

Lunch with a Lawyer

Judge Advocate General lawyers will meet with troops every Tuesday from 11 a.m. to 1 p.m. at the Iditarod Dining Facility to answer general legal questions.

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.

Koats for Kids

Army Community Service and the Military Family Support Center is hosting Koats for Kids, a program asking units, families and individuals to bring in gently used winter clothing such as coats, snow pants, snowsuits, boots, hats, gloves and mittens to help military

families during a busy PCS season before the winter.

For more information on where to turn in equipment or how to set up a unit program, call 384-1517 or 552-4943.

Voting assistance

To request a ballot, and vote absentee, visit www.fvap.gov to complete the Federal Post Card Application. The process requires less than 10 minutes to complete using the online registration and absentee ballot assistant.

Road closures

Gulkana Avenue is closed west of Sixth Street for housing construction, opening again time to be determined.

Dyea Avenue is closed from Fifth to Sixth streets until December for housing construction.

Juneau Avenue is closed near Fifth Street until March 15, 2013, for housing construction.

Alpine Avenue and Birch Hill Drive near Alpine Avenue will be closed until February for housing construction.

Seventh Avenue is closed between Beluga and Dyea avenues until April 15, 2013.

Troops to Teachers

Troops to Teachers is a Department of Defense program, which helps eligible military personnel begin a new career as teachers in public schools where their skills, knowledge and experience are needed.

An information briefing will be hosted at the JBER Richardson Education Center Oct. 16 at 11:30 p.m.

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.

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.

Please contact the JBER-Elmendorf office at 552-4439 or the JBER-Richardson office at 384-3088 for specific times to be included in the sign-up roster.

Spartan history book

The 4th Brigade Combat Team (Airborne), 25th Infantry Division Brigade History Book, chronicling the Spartans' 2011 to 2012 deployment to Afghanistan, is available.

For more information, email charles.spears@afghan.swa.army.mil.

Mortgage relief

Policies are in effect 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 384-0371 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.

Find housing

Visit the Automated Housing Referral Network at www.ahrn.com or www.ahrn.org/mobile if using a mobile device 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 the 673d Civil Engineer Squadron Capital Asset Management Office at either 552-4439 for JBER-Elmendorf or 384-3088 for JBER-Richardson.

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>.

Quartermaster Laundry

The Quartermaster Laundry, located at 726 Quartermaster Road, cleans TA-50 gear for free and is open Monday to Friday 7:30 a.m. to 4:30 p.m.

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.



Army Ten-Miler

USARAK Soldiers from JBER, Fort Wainwright represent Alaska, Page B-4

Know your people

Your attention can save a life, Page B-2

www.jber.af.mil/news

COMMUNITY

Volume 3, No. 43

Joint Base Elmendorf-Richardson

Oct. 26, 2012



JBER firefighter Airman 1st Class Andrew Morris removes his respirator after battling a fire Sept. 28, 2011. (U.S. Air Force photo/Maj. Joseph Coslett)

New 911

By Chris McCann
JBER Public Affairs

JBER recently upgraded its emergency dispatch system to the Enhanced 911 response system. The 673d Communications Squadron and 673d Civil Engineer Squadron worked together to install and test the system, a Cassidian Vesta.

Previously, calls from commercial numbers and housing went to one switchboard, and calls from government buildings to another.

"It made response disparate," said Blaine Bish, communications project manager with the 673d CS. "The new system integrates them into one console and gives a specific location where the call is originating."

The E911 system uses GPS to locate the cell phone the call is from, Bish said.

The system came online Oct. 17. The next morning, someone called 911 to report an unconscious person, said Air Force Master Sgt. Joseph Debets, 673d CES Fire and Alarm Communication Center NCOIC.

Within 30 seconds, Air Force Staff Sgt. Matthew Pugh had responders on the way. Security Forces and fire department personnel determined

the person was not breathing, and started performing CPR. The individual was taken to the hospital, and listed in stable condition.

The GPS location sped up response time, Debets said.

"Sometimes you really have to interrogate the caller about where they are," he said. "The person who called was unsure, but we pulled up the location on the map and asked 'are you at this intersection?' and she said 'yes.'"

The center has one minute to dispatch personnel to a call, Debets said.

"With the old system, we were pushing that minute almost every time. Now we're generally doing 25 or 30 seconds. And every second counts in emergencies."

Last year the JBER fire department had about 1,800 calls, he said, and around 65 percent of those come in on the 911 system.

The project took two years, Bish said. Funded by Pacific Air Forces in 2010, the development, engineering, installation and testing to bring it to fruition took some time.

Responses used to take seven to eight minutes, Bish said. Now responders are often on-scene in three or four.

JBER, Eklutna people create historical food cache display

By Curt Biberdorf
Public Affairs Office

For centuries, the land today known as Joint Base Elmendorf-Richardson was inhabited by Dena'ina, one of the Athabaskan-language speaking nations spanning from western Alaska to Canada.

Part of the cultural history of this people is now honored with the new Dena'ina cache and signage display located on a field near the intersection of Post Road and Arctic Warrior Drive.

The cache display, which replaced two deteriorated totem poles, represents a structure once commonly used by Alaska Natives to store dried fish and meat, was dedicated Oct. 5 during an event including local tribe leaders and family members.

"My hope is that our celebration today is not really a destination but the beginning of a journey that will bring a greater sense of awareness to the people who live and work on the installation of the wonderful accomplishments and proud heritage of the native people in this region," said Col. Brian Duffy, 673rd Air Base Wing and JBER commander.

Among their achievements are being integral in establishing military bases across the state by providing land, and bringing military intelligence as spotters and scouts in a cooperative relationship that was critical during the Cold War, he said.

After retiring the totem poles, the base still wanted to recognize the importance of Alaska Natives and their culture in Alaska's military history but with an object more representative of their local heritage, Duffy said.

First envisioned in 2007, the project was created and constructed by members of the Native Village of Eklutna – the closest federally-recognized tribe to JBER – with funding from the Air Force and contracting provided by the U.S. Army Corps of Engineers-Alaska District.

"The Alaska District was more than happy to be involved in this project," said Army Col. Christopher Lestochi, Alaska District commander.

The district respects tribal interests in natural and cultural resources and is committed to the relationship between the Corps and federally-recognized tribes. "I believe a project like this highlights that relationship and perhaps more importantly gave us the opportunity to play a small part in the creation of this interpretive display," he said.

Eklutna tribal members participated

in every step of construction from cutting down trees on JBER property to make the structures to moving the finished products into the display field.

For the finishing touch, the Air Force paved roadside space for three vehicles and a path between the sign and cache for improved visitor access.

The area covering JBER was a central location used by many native people as a launching place to harvest game, fowl, fish, berries and roots. It was a place to meet other tribes.

Although the site is a great loss, the Knik Tribal Council is proud the Eklutna people were recognized as the original residents, said Michael Tucker, Native Village of Eklutna vice president.

"With the military, we are always treated respectfully," said Maria Coleman, Native Village of Eklutna vice president and cultural manager. "It's an important milestone to have our story written by us."

"I'm so proud of how (the project) turned out," Coleman said. "I'm so thankful for everyone sharing because this is so important to our children and grandchildren. This is a wonderful fulfillment of sharing our history, culture and intimate ties to the land."

A cache is a storage house built on stilts usually five to nine feet tall. It is constructed using smooth poles tied with spruce roots or notched to wedge the poles together.

Mud, clay and moss were often used to fill in the spaces. Overhanging floors and poles – sometimes coated with bear or beaver fat – deterred animals.

Large families moved into camps all along Knik Arm and Cook Inlet to fish using spears and traps, taking as many as they needed to last the whole winter, said Alberta Stephan, Native Village of Eklutna elder.

"The natives all had caches like you see here," Stephan said. "It was built up high to keep rodents and squirrels away."

People reached the house by using a ladder made from a log with closely spaced limbs broken off forming steps. However, because of safety concerns from JBER, a ladder is not a part of the display.

Over time, native people lost access to land due to colonization, epidemics, expansion of U.S. government facilities, and changes in policies and regulations.

After remarks at the Arctic Warrior Events Center, the group moved to the display, where Stephan dedicated the cache with a blessing.

JBER marks Hispanic heritage month with festivities, food

By Army Staff Sgt. Matthew E. Winstead
U.S. Army Alaska Public Affairs

Soldiers and Airmen gathered together inside Hangar 1 on Joint Base Elmendorf-Richardson Oct. 12 to recognize the contributions made by the Hispanic community in the course of American history.

The event is an annual coordinated effort between the Army and Air Force equal opportunity offices on JBER as a capstone event to National Hispanic Heritage Month.

The national observance is part of an official proclamation approved by Congress and signed into law by the president officially assigning Sept. 15 to Oct. 15 as the period of Hispanic heritage awareness.

The Movers and Shakers children's dance team from the Kennecott Youth/Teen Center performed a choreographed dance number and dazzled the crowd with their hip-hop style dance moves.

They were followed by Pro Bono Coordinator for Alaska Legal Services Eric Cordero Giorgana, who was born in Mexico and became an American citizen, and served as the guest speaker for the event.

"I didn't realize just how diverse America was until I got here," Giorgana said. "This nation derives its strength from its diversity and you represent the finest of that blending," he said, addressing the service members in the audience.

Giorgana highlighted numerous contributions of the Hispanic community over the years that have bettered the American people, such as courageous service to the U.S. military and helping to shape the American workforce and contributing to industry that has helped to strengthen the fabric of our nation.



Air Force Staff Sergeant Yanet Hernandez serves Hispanic style food to guests and their children following the official portion of the 2012 National Hispanic Heritage Month Oct. 12 on Joint Base Elmendorf-Richardson. (U.S. Army photo/Staff Sgt. Matthew E. Winstead)

"I was actually speechless when I got the invitation to be the guest speaker for today's event. It is a tremendous honor," Giorgana said. "And, if there's one other thing that the Hispanic community is well known for, it would be great food."

Following Giorgana's remarks, the guests in attendance were treated to a bounty of Hispanic foods to include chicken and

beef flautas, spicy cheese queso and nacho chips, Spanish-style rice and handmade guacamole, all served by Soldiers and Airmen.

One of the volunteer servers, Air Force Staff Sgt. Yanet Hernandez, a diet technician with the 673d Medical Support Squadron, handed out food to the guests as they came by the serving line and expressed her joy in being able to assist with such an event.

"I'm very happy to be a part of something like this," she said. "I'm Hispanic myself and I really hope that everyone, especially the kids are able to take something away from today. I mean, what's better than a culture with great food?"

For more on upcoming observances on the installation, contact your unit Equal Opportunity representative.

Airman saves his friend's life just by paying attention

By Airman 1st Class Jake Eckhardt
Air Force News Service

An Airman at Scott Air Force Base, Ill., who noticed the suicidal signs of a friend helped save his life.

Airman 1st Class Albert Chang, 375th Comptroller Squadron, served as a wingman to actively be involved with his friend's life when he started noticing his friend's unusual behavior.

"We first met in the courtyard back in the dorms," Chang said. "We became good friends within the first year of knowing one another."

When they met, that Airman was always known to be the comedian of the group.

"He was always making the most absurd, obnoxious jokes," Chang said. "It always caught you off-guard, and always made you laugh."

In May 2012, the Airman was notified he would face an administrative discharge because of the Date of Service rollback.

"When he first broke the news to me, he was pretty nonchalant about it," Chang said. "He seemed

as though he was all right with it. He was talking about how he had jobs back home and how everything would be fine, but he had a lot on his plate."

Chang helped him prepare for his move out of the Air Force as much as possible, as well as being there for him as a friend.

"One night I was helping him clean, it was just the two of us, and he just broke down and started crying," Chang said. "I'd never seen him like that."

"He was always smiling and making jokes. I didn't know what else to do, I just hugged him," he said. "That calmed him down a little bit."

Showing the distraught Airman someone cared enabled him to open up and allowed Chang to see what was really on his mind.

"He told me that his parents actually kicked him out of their house; he joined the Air Force because of it," he said. "He kept reiterating how disappointed his parents were going to be. That's when I first noticed that this was actually a big deal to him."

After seeing what his friend was going through, Chang decided

to dedicate more time to him.

"The more time I spent with him, the more I noticed," he said. "He would crack a joke every once in a while, but I definitely noticed a change in his demeanor. He became quieter, and when he did talk it was very under-spoken."

"A couple of days had passed; we were hanging out in a friend's room," Chang continued. "I'm not sure if anyone else heard it, but he said 'God, I just want it to end. I just want it all to end.'"

"I'd never encountered anything like this before, so realistically I didn't know the signs," he said.

Feeling his friend's condition was getting worse, Chang took his efforts even further.

"During his last week, he didn't have to go into work, so when I went on my break I would take him out to lunch and just talk with him. As small as that seems, I feel that it helped," he said. "The more time I spent with him, the more I tried to prepare myself, but I didn't know what to do. I could just talk to him, but I felt that that was inappropriate with his separation right around the corner."

The closer the separation date came, the more and more signs followed. Chang realized he couldn't just stand by much longer.

Two days before his friend was supposed to leave, Chang went to the Airman's dorm and found all of his things outside his room. Throughout the day, the unstable Airman had been giving things away.

"At this point it had become blatantly obvious that I had to do something," he said. "I have been through suicide awareness training and these were the signs that we needed to look out for. It was just crazy that it was happening in real life."

"He said he just didn't care anymore," Chang continued. "The trigger for me was when he said he couldn't sleep anymore, because he stayed up thinking about how he just wanted everything to end. We went out to the courtyard with two other friends; I asked them to keep an eye on him for a second."

Chang then left to call his first sergeant after he overcame the fear of what his actions could do.

"I was a bit worried to be honest, because of the negative stigma

of calling the authorities on a friend," he said. "I'm sure that's a big barrier in a lot of people have, so I was a bit hesitant at first."

Approximately five minutes after the call, the Airman's first sergeant and security forces arrived to take care of him.

"That was the last I saw of him for two days," he said. "I don't know why, but I felt bad. I felt guilty that he had to be watched because of me."

"I was walking out of the shoppette when I saw him walk in with his supervisor," he added. "The very second I saw his face, I thought he was going to be mad, but when he saw me he got this big smile on his face. Then he came up to me and gave me a really tight hug. I'll never forget what he said to me. He said, 'Thank you. I was in a really dark place in my life.' I didn't know what to say to that."

Chang and his friend still keep in contact even though he is no longer in the military.

"I don't feel like I did anything special," he said. "I feel like if I was the guy exhibiting suicidal tendencies, someone would help me. I was just helping a friend."

Make readiness a personal experience – at home and at work

Commentary by Air Force Maj. Tiffany Feet
Air Force News Service

Recently the world watched in shock as U.S. embassies in multiple countries came under attack and we suffered the first death of a U.S. ambassador in office, in more than 20 years.

These events serve as a reminder to Airmen everywhere on how quickly and unexpectedly the call for help can come and how often there is little time to prepare.

Airmen are no stranger to the term readiness, but how many of us have taken the time to understand what readiness requires from each of us individually?

When you search for readiness on the Internet, it comes up with these definitions: "The state of being fully prepared for something" or "A willingness to do something." Both of these are good definitions, but alone, they are too broad for personal application.

Understanding readiness is not difficult. Air Force readiness is simply the sum of each member's individual readiness and the availability of its equipment.

The key to achieving readiness at the Air Force level is for each member to understand and monitor their individual requirements.

So how do we take this broad term called "readiness" and break it down into something that is personally applicable and actionable?

Most Airmen can divide their individual readiness in to three categories: personal, professional and organizational. Imagine you receive a phone call early one morning. You are being recalled.

Upon reporting you find out you are required to deploy and you will be leaving the following morning.

Keeping this scenario in mind, consider the following questions.

Personal Readiness:

Will you be scrambling to find someone to feed and care for your pets? Will you be frantically trying to set up automatic payments for your bills?

Will you be standing at the legal table on the processing line updating the power of attorney you let lapse or the will you never updated after your marriage or the birth of a child?

Professional Readiness:

Will you be pulled from your primary duties to sit at a computer and complete an

overdue training module?

Are you rushing to immunizations to get that flu shot you have been receiving emails about for the last three weeks or to get that physical health assessment you are overdue for?

As you prepare to leave your additional duties behind, are you quickly trying to bring your alternate up to speed to ensure nothing falls through the cracks during your absence?

If you are the alternate and your primary is being deployed, are you digging through the regulations to learn everything that needs to be done?

Organizational Readiness:

Is the unit scrambling to get waivers or replacements because members tasked in those packages have deployment availability codes against them?

Is your section working around the clock to repair equipment so you can deploy the correct amount and still maintain home station operations?

Is your flight sending out runners to look for personnel because member's information was incorrect on the recall roster?

Did you answer yes to any of the questions above?

If so, then you are not ready.

If you did not answer yes to any of the questions, I would challenge you to come back in a month to ask them again.

A lot can happen in one month; people take leave and get injured, recurring training and medical requirements come due, and additional duties can change ... in short, life happens.

Chances are, not all of the answers will be the same because readiness is not a box that can be checked and set aside. It is something that takes constant attention and updating.

These questions are not all encompassing and may not be applicable to all career fields.

They are just a few examples from my personal and professional experience, but any Airmen can easily sit down and develop a list of questions that apply to their field or personal situation.

Readiness is not an option, it is essential to the mission.

It is the linchpin that enables rapid, global mobility and ensures we can respond at a moment's notice when the call for help comes.

When that call does come, the question is simple. Are you ready?

FSS EVENTS

Looking For a Great Gift Idea? The FSS Gift Card is for you!

Use in NAF MWR activities including Aero Clubs, Arts & Crafts, Auto Hobby, Club, Fitness and Bowling Centers, Golf, Outdoor Recreation, and more!



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Ski and Snowboard Equipment Rentals



Closed Nov. 22 & 23



Bldg. 6104
552-2266

Kennecott Youth Center
We're hosting a Coat, Hat, and Gloves drive and a Canned Food drive.

Bring your goodies to the
Kennecott Youth Center
by November 16



& ACTIVITIES

Community happenings

FRIDAY

Trick or treat

The JBER Hospital opens its doors to all children 12 and younger and their parents to trick-or-treat. From 1:30 to 3 p.m., come through the Bear or Moose entrances and bring a bag for the goodies.

For information, email makealegacy@gmail.com.

FRIDAY AND SATURDAY

Veterans' Stand Down

The North Terminal at Ted Stevens International Airport hosts this program for veterans in need.

Legal, education and housing assistance, medical screenings, and much more will be available from 8:30 a.m. to 4:30 p.m.

Shuttle service will be provided for those with VA Identification cards.

For information, call 273-4050 or 257-5490.

Trick or Treat Town

The Alaska Communications garage hosts this indoor trick-or-treating venue for the 21st year.

There will be candy, refreshments and entertainment.

For information, visit trickortreattown.org.

FRIDAY THROUGH SUNDAY

Food and Gift Festival

Get a jump on your holiday gift needs at the Dena'ina Center with a wide variety of gifts, handmade crafts, clothing, jewelry, food and more.

From 10 a.m. to 6 p.m. Oct. 26 and 27; 11 a.m. to 5 p.m. Oct. 28. Visit www.anchoragemarkets.com for information.

Alyeska Mystery Train

Take the train along the scenic Turnagain Arm to the haunted Hotel Alyeska in Girdwoodvonia. Guests are encouraged to come in costume. Train departs at 4:30 p.m. from Anchorage.

For information, visit www.alaskarailroad.com.

SATURDAY

Haunted Halloween Fun

The students of UAA host this indoor trick-or-treating event with a carnival and a haunted house. This warm, safe venue is at the Student Union building from 1 to 7 p.m. For information <http://www.uaa.alaska.edu/clubs/>.

TUESDAY

TBI coping classes

Does your spouse or partner suffer from a traumatic brain injury? Meet with others and learn peer coping strategies Tuesdays from 5:15 to 6:15 p.m. in the JBER Hospital dining hall's conference room.

For information, call 580-4081.

Alaska Virtual Academy

A representative from the Alaska Virtual Academy will visit the JBER Starbucks at 3 p.m. to speak with parents about this K-12 program that offers a unique home-schooling curriculum.

For information, call 384-2369.

WEDNESDAY

Trick-or-treating

Trick-or-treat on JBER from 6 to 8 p.m. This is the only time trick-or-treating is allowed.

The Air Mobility Squadron passenger terminal will offer candy screening; bring your loot to the agents to have it X-rayed. For more information on trick-or-treating hours, call 552-3105. For screening information, call 552-0503.

Nov. 1

Health Benefits Fair

The Civilian Personnel Office hosts this benefits fair in Room 222 of the People Center from 8 to 10 a.m. Representatives from various insurance providers and health and wellness screenings.

For information call 552-9585.

Nov. 2 AND 3

Holiday Greetings

JBER Public Affairs is filming holiday greetings to air on hometown TV stations from 10 a.m. to 3 p.m. at the Joint Military Mall. Service members must be in uniform.

For information call 552-8151.

Nov. 2 THROUGH 4

Make It Alaskan festival

The Sullivan Arena hosts this annual extravaganza with Alaskan-made arts and crafts, gifts, food and more. Food vendors offer tasty treats and live music is planned.

For information, visit makeitalaskanfestival.com.

Nov. 3

Country Fair

The Richardson Spouses Club

hosts this annual craft fair at Buckner Physical Fitness Center starting at 10 a.m. Gifts, crafts, food and much more make this a popular event. For information, visit frsc.shutterfly.com.

Break of Reality

This concert fuses heavy metal, classical, and indie rock – classically trained musicians bring together fans of Yo-Yo Ma, Led Zeppelin and Radiohead.

The event is at the Alaska Center for the Performing Arts starting at 7:30 p.m. For information, visit www.anchorageconcerts.org.

Nov. 7

Retiree Health Screening

The 673d Medical Group hosts this preventive health screening day at the JBER hospital from 7 a.m. to 4 p.m.

Retirees are encouraged to visit for a general checkup on preventive health issues.

For information, call 580-6602.

Nov. 9

Veterans Job Fair

More than 120 employers and education, training and apprenticeship providers will be at the Alaska Veterans Job Fair from 10 a.m. to 3 p.m. at the University Center.

The job fair, hosted by the Alaska Department of Labor, places emphasis on service to veterans and all eligible people.

For information call 269-4777.

Nov. 9 THROUGH 11

Rock and mineral show

The Anchorage Sheraton hosts this show put on by the Chugach Gem and Mineral Society.

Displays, talks, demonstrations and more offer something for everyone. Activities for children are also available.

For information call 830-0631.

Nov. 10

Alaskan Christmas Bazaar

The Anchorage City Church hosts this free annual arts and crafts fair; more than 95 booths will sell handmade items, food, coffee, and much more. Live music and a visit from Santa are planned.

For information, call 344-2141.

Nov. 20 THROUGH 24

Great Alaska Shootout

The highlight of pre-season

college basketball kicks off Nov. 20 at 6 p.m.

For schedules, news and other information, visit www.uaa.alaska.edu/.

Nov. 24

Strange Planets

The Anchorage Museum's planetarium hosts this exhibit about planets outside our solar system, starting at 3 p.m.

For information, call 929-9200.

ONGOING

Discovery chapel classes

Soldiers' Chapel hosts classes for all ages, from elementary school through adults, Wednesday evenings.

A free meal begins at 5:45 p.m.; classes last from 6:30 to 7:30 p.m. Nursery care is provided.

For information call 384-1461 or 552-4422.

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 952-4353, visit their site at www.trainweb.org/msmre or email bjorgan@alaska.net.

Wildlife Wednesdays

This science lecture series takes place at 7 p.m. the second Wednesday of each month at the Alaska Zoo Gateway Lecture Hall.

From October through April, learn about different wildlife topics and enjoy coffee or tea.

This series is aimed at older audiences, not children.

For more information, call 341-6463 or email slhartman@alaskazoo.org.

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 though 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.)

Borealis Toastmasters

Conquer your fear of public speaking with Toastmasters. This safe, friendly club helps build confidence through presentations, feedback and listening. Meetings are every Thursday in Room 146 of the BP building from 7 to 8 p.m. For information call 575-7470.

NEW NEW NEW!!!

Auto Hobby Shop Open 7 DAYS A WEEK STARTING Oct. 29!

Mon-Fri: 11 A.M. - 9:30 P.M.
Sat-Sun: 10 A.M. - 8 P.M.

EMBROIDERY SERVICES AVAILABLE NOVEMBER 1

Thur-Fri: 11 A.M. - 9:30 P.M. & Sat-Sun: 10 A.M. - 8 P.M.



Auto Hobby Shop: 384-3718
Arts and Crafts Center: 384-3717

CDC's

Give Parents A Break
November 2 • 7 - 11 p.m.
November 17 • 1 - 5 p.m.
Katmai CDC

Denali: 552-8304 • Sitka: 552-6403
Katmai: 552-2697 • Kodiak: 384-1510
Talkeetna: 384-0686

Win an FSS Gift Card!

MOOSE ON PARADE

Buy the material and create your one-of-a-kind moose!

Pick up a moose pattern at the Arctic Oasis starting November 1 • Judging December 14

Joint Base Elmendorf - Richardson announces its participation in the USDA Child and Adult Care Food Program administered by the Alaska Department of Education and Early Development. Meals will be made available to enrolled children at no separate charge without regard to race, color, national origin, sex, age, or disability.

Anyone who believes they have been discriminated against should write immediately to the USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington D. C. 20250-9410 or call 202-720-5964.

Information, tickets and travel

Discount tickets for the Anchorage Concert Association.
Of Mice and Men: October 26 - November 4
The Nutcracker: November 23 - 25
Call 753-2378 for more information

Check out the October Alaskan Adventurer (or go online)

For a coupon and save at Polar Express Auto Hobby

CHECK US OUT ONLINE!



<http://www.elmendorf-richardson.com>

Arctic Warriors represent at U.S. Army Ten-Miler

By Mary M. Rall
U.S. Army Alaska Public Affairs

The win for the 2012 Army Ten-Miler in Washington, D.C., may have gone to Tesfaye Senedeku-Alemyehu of Ethiopia with a time of 47 minutes and 48 seconds, but the event was ripe with personal victories for a majority of the 11 Soldiers representing U.S. Army Alaska at the event Oct. 21, seven of whom achieved personal best times.

The Soldiers participated in qualifiers at Fort Wainwright and Joint Base Elmendorf-Richardson May 6, and began formal training for the Ten-Miler as soon as the 14 fastest times from the combined results were determined.

That training for a mens and a mixed team to represent the command at the 27th annual event in Washington, D.C., paired with U.S. Army Alaska Commanding General Maj. Gen Michael Garrett's requirement for a second qualifier on Oct. 3 to ensure the most competitive representation possible kept the Soldiers training hard and may have contributed to significant improvements in their times.

"I like to win," Garrett said. "If we're going to fill a team, we're going to fill the best team we can."

The performance improvement was evident for Fort Wainwright's Spc. Christian Powell with Headquarters and Headquarters Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, who hacked 7 minutes and 19 seconds off his initial qualifier time and more than 3 minutes off his second.

Powell said he noticed how well he was doing at the four-mile mark and thought the clock must have been wrong.

When he hit mile eight and saw the times gelled, he realized he was exceeding his personal race performance expectations.

"I was hoping to get 1:05, and was thinking I'd get 1:06," Powell said, who completed the race in 1:01:25, an achievement he celebrated by hugging his teammates.

Army 2nd Lt. Aaron Demro with Headquarters and Headquarters Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, also achieved his personal best at the event, earning the fastest USARAK time of 55:05, 1:35 faster than what he ran in October and 2:32 faster than in May.

Demro said he trained hard for the event and set himself up for success by staying with a pack of runners with whom he knew he could remain competitive in an effort to finish strong, a tactic that worked out well for the JBER Soldier.

"I like competition. I like to kind of get myself out there – seeing how much I can push myself," Demro said, noting he enjoys the psychological and physical challenges of such an event. "It's a real mental game. I like that."

Thirty-nine-year-old Master Sgt. Paul Wayfield with Fort Wainwright's Headquarters and Headquarters Detachment, U.S. Army Alaska, was the oldest Soldier to compete for the command at the event, yet age didn't inhibit him from outrunning the majority of his junior teammates with

a personal best time of 59:16, more than 9 minutes less than his initial qualifier and 35 seconds less than his second.

Wayfield, who has been running competitively for seven years, said the Army Ten-Miler stands out due to the quality of the participants.

"In your average race, you have a small percentage [of competitors] in the upper tier, but here you're constantly surrounded by higher-caliber athletes," he said, to include his fellow team members. "It was just a great experience overall – great camaraderie. I'm honored to be among such great Americans."

Several of USARAK's 2012 Army Ten-Miler team members said they plan on participating in the 2013 qualifier in an effort to beat their newly minted personal best times.

Garrett is strategizing for the 2013 event as well and is determined to identify the best possible candidates for next year.

He said the endeavor will be aided by having a larger pool of command competitors to choose from, because neither JBER's 4-25th ABCT nor Fort Wainwright's 1-25th SBCT will be deployed.

"We'll start earlier next year to get an idea of who the best folks are," Garrett said, stressing that the 2012 command teams did a tremendous job. "I'm very, very proud of our teams. They represented U.S. Army Alaska well."

Mens team scores – 1. Aaron Demro, FWA, 55:05; 2. David Vasquez, Fort Wainwright, Alaska, 56:59; 3. Sterling Yazzie, FWA, 57:31; 4. Ivaylo Benov, FWA, 58:57; 5. Paul Wayfield, FWA, 59:16; 6. Jordan Thomas, JBER, 1:01:23.

Mixed team scores – 1. Christian Powell, FWA, 1:01:25; 2. Adan Gandaria, FWA, 1:09:12; 3. Bridgette Wilson, JBER, 1:13:33; 4. Vanessa Cardenas, FWA, 1:13:44; 5. Brian Landis, JBER, 1:19:33.



ABOVE: Army Master Sgt. Paul Wayfield with Headquarters and Headquarters Detachment, U.S. Army Alaska, celebrates crossing the finish line of the Army Ten-Miler Oct. 21 at the Pentagon in Washington, D.C., with a time of 59:16. Wayfield was one of seven Fort Wainwright Soldiers participating in the event.

BELOW: Army 2nd Lt. Aaron Demro with Joint Base Elmendorf-Richardson's Headquarters and Headquarters Company, 1st Battalion (Airborne), 501st Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, is the first USARAK Soldier to cross the Army Ten-Miler finish line Oct. 21 in Washington, D.C., with a time of 0:55:05. (Photo by Mary M. Rall/U.S. Army Alaska Public Affairs Office)



RED WHITE AND BLUE
6X6
FPC

FILL

CREDIT UNION
6X21
FPC

CREDIT UNION
6X21
FPC

