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ARCTIC WARRIOR

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Joint Base Elmendorf-Richardson

November 18, 2011

Comprehensive fitness director outlines resilience

By Luke Waack
 JBER Public Affairs

More than 100 Joint Base Elmendorf-Richardson community members learned the fundamentals of Army Comprehensive Soldier Fitness first-hand from program director, Army Brig. Gen. (Dr.) Rhonda Cornum at the Arctic Warrior Event Center Wednesday.

As part of a leadership development program guest-lecture series, sponsored by Army Maj. Gen. Raymond Palumbo, U.S. Army Alaska commanding general, Soldiers, Airmen and civilians listened as Cornum shared her thoughts on resilience and its importance to the military, as well as her experiences and reactions to being a prisoner of war to Iraqis during the Gulf War.

"I've asked her to share her experience back in Iraq, back in 1991," Palumbo said, "when her helicopter was shot down ... because it talks about resilience. What she's going to talk about to you today is trainable."



Sgt. 1st Class Raleigh Rucker, HHC, 2nd Engineer Brigade, and Army Master Sgt. Richard Gonzales, Comprehensive Soldier Fitness instructor, role play during an active listening exercise, Wednesday at the Arctic Warrior Event Center. (U.S. Air Force photo/Luke Waack)

The most recent guest lectures have covered resilience, Palumbo said, because building strong families and ready units includes resilience.

"We get units ready to go and

we get the families ready to stay here," Palumbo said. "While the units are in harm's way we take care of them and then we bring our units back, we reset and get them ready to go again."



The Army has invested heavily in Cornum's Master Resilience Trainer program, Palumbo said, and the MRT principles can and will be applied to USARAK's current and future missions.

Resilience is trainable, Palumbo said, and Cornum – being a distinguished Soldier and doctor – has a lot to teach about coping with adversity.

The Army now gives resilience training in basic enlisted and officer training, Cornum said, to build up psychological fitness for Soldiers, and the other services have adopted comprehensive fitness programs as well.

"We started doing resilience training in basic training and BOLC (Basic Officer Leadership Course)," Cornum said. "Because we really believe the time to do it is not when the adverse event is watching your friend get killed, but when the adverse event is something like, 'I'm afraid to go into the gas chamber,' something manageable that you can practice the skills with each other, you can see it work."

None of the resilience skills the Comprehensive Soldier Fitness program teaches are unique to be-

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Two Stryker Soldiers killed in combat in Afghanistan

U.S. Army Alaska
 News release

U.S. Army Alaska officials have announced the deaths of two Soldiers assigned to the 1st Stryker Brigade Combat Team, 25th Infantry Division from Fort Wainwright.

Spc. Calvin Matthew Pereda, 21, of Fayetteville, N.C., died Saturday, in Kandahar Province, Afghanistan, of injuries sustained when insurgents attacked his unit using an improvised explosive device while on a dismounted patrol.

Two other Soldiers from the brigade were wounded in the same incident.

Pereda was assigned to the 1st Battalion, 5th Infantry Regiment, where he served as an infantryman.

He joined the Army in March 2010 and graduated from Basic Training and Advanced Individual Training at Fort Benning, Ga. He arrived in Alaska in August 2010.

Sgt. 1st Class Johnathan B. McCain, 38, of Apache Junction, Ariz., died Sunday, in Kandahar Province, Afghanistan, of injuries sustained when insurgents attacked his unit using an improvised explosive device while on a mounted patrol.

Six other Soldiers from the brigade were wounded in the same incident.

McCain was also assigned to the 1st Battalion, 5th Infantry Regiment, where he served as an infantry platoon sergeant.

He joined the Army in April 1992 and served at Kaiserslautern, Germany; Fort Hood, Texas; and Fort Bragg, N.C., before arriving in Alaska in October 2000.

McClain also served two previous combat tours of duty in Iraq: from August 2005 to November 2006 and from September 2008 to September 2009 in support of Operation Iraqi Freedom.

The 4,000-Soldier Stryker Brigade Combat Team deployed to Afghanistan in mid April 2011 for a one-year tour in support of Operation Enduring Freedom.



Sgt. 1st Class Johnathan B. McCain, 1st Battalion, 5th Infantry Regiment



Spc. Calvin Matthew Pereda, 1st Battalion, 5th Infantry Regiment

Deployments: Air Force refines policy on force presentation

By Mitch Gettle
 Air Force Public Affairs Agency

WASHINGTON – Air Force officials have been working for more than two years to develop a more consistent force presentation model for the Air Expeditionary Force deployment system.

Future changes in how the Air Force presents its forces in the joint environment and generates forces to support combatant commanders will be simplified under the new construct, called AEF Next.

Although these changes will be virtually transparent to the combatant commanders, the Air Force will continue to present an Air and Space Expeditionary Task Force commanded by a Commander Air Force Forces and an Air Operations Center and executed by air expeditionary wings, groups and squadrons – AEF Next will focus on teaming, at the unit/installation level, and increase combat capability and unit cohesiveness.

The current AEF system, which uses unit type codes and tempo banding, is not easily communicated to external audiences and Airmen alike.

AEF Next is designed to sim-



Courtesy graphic

plify the presentation of Air Force forces, similar to sister services, using right-sized, capability-based airpower teams.

Air Force officials are not looking to create new capabilities, but rather take the committed forces the Air Force currently uses and simplify the nomenclature to ease translation for external audiences, said Air Force Col. John Long, the Air Force's chief of war planning and policy division.

AEF Next will capture available, committed-in-place and deployed all APTs, giving a full account of all Air Force forces.

"For most Airmen, the differences will be minimal," Long said. "Rather than Airmen deploying as individuals or in small groups from many locations across the Air Force, troops would deploy with their unit commanders as part of an 'Airpower Team.'"

The AEF Next concept im-

proves Air Force leaders' visibility over stressed career fields and provides opportunities to mitigate stress, whenever possible, he said.

"We want to get the commander and immediate supervisors back into the deployment decision process," Long said. "This will allow commanders to make key deployment decisions about their unit personnel rather than relying on functional managers at the major command or headquarters Air Force level to make those decisions ... Commanders decide and FAMS advise."

"Most Airmen's deployments will remain at six-month rotations and we are looking to posture the Air Force at a 1:2 deploy-to-dwell ratio," Long said. "Although we are still refining the generation model, we expect the 1:2 deploy-to-dwell time ratio to be the target. For example, Airmen will deploy for six-months should not deploy for 12 months after returning home. Some exceptions may apply, depending on an Airman's skill set and demand for that capability."

The Air Force wants to improve predictability, visibility and stability for units and Airmen while maintaining the flexibility

"We want to get the commander and immediate supervisors back into the deployment decision process ... rather than relying on functional managers at the major command."

— Air Force Col. John Long, chief of war planning and policy division

to satisfy combatant commander requirements.

"The new system will adjust deploy-to-dwell ratios to account for varying (operations) tempo, i.e. from peacetime to surge events and back to peacetime ops," Long said.

Air Force Chief of Staff Gen. Norton Schwartz approved AEF Next as the Air Force's new methodology in presenting and generating Air Force forces.

The implementation of this construct will take approximately two years to be fully operational.

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The NCO Corps and the demands of our profession of arms

Commentary by
Sergeant Major of the Army
Raymond Chandler III

No one is more professional than I.

I am a noncommissioned officer, a leader of Soldiers.

These first two sentences from the NCO Creed have been our mantra ever since a group of senior noncommissioned officers wrote the letters N-C-O on a blackboard and struggled to vocalize what it meant to be enlisted leaders shortly after the Vietnam War.

Now, we reflect on 10 years of war and the changes we've seen in our Army and the NCO Corps.

There is no question we are a more versatile, adaptable and resilient force.

The last 10 years have demanded more than traditional NCO skills. We now ask our NCOs to be managers, leader-developers and, at the same time, culturally astute. These same demands have been placed on our junior Soldiers. We must take a hard look at ourselves to truly understand the meaning of these changes and how this affects our role in the Army profession.

As a noncommissioned officer I realize that I am a member of a time honored corps, which is known as "the backbone of the Army."

The NCO Corps has long been the envy of all other armies in the world. Personal courage, integrity, loyalty and devotion to duty have long been our hallmarks. You see these attributes throughout our history, from Sgt. Audie Murphy and Sgt. Alvin York to Staff Sgt. Robert Miller, Staff Sgt. Sal Giunta and Sgt. 1st Class Leroy Petry; and these Medal of Honor recipients are just the tip of the iceberg. Unfortunately, the American public doesn't always hear the story of the Soldier sacrificing himself to save a buddy's life or going above and beyond to accomplish a mission.

For example, Sgt. Joshua Labbe, 1st Brigade Combat Team, 10th Mountain Division (Light Infantry), is credited with saving the life of one Soldier and protecting numerous others during a complex attack that lasted more than six hours last year in Afghanistan. For his actions that day, Labbe received the Silver Star. His valor and courage are tremendous but not necessarily uncommon. Those of us in the Army hear this type of story once a week. It's uncommon, however, for the American public to hear of these amazing warriors



Sergeant Major of the Army
Raymond Chandler III

and what we are asking them to do on the battlefield every day.

I ask that everyone serving the Army, whether you are a retired command sergeant major or a DA civilian, tell our Soldiers' stories and those of their families. The American people need to hear about the sacrifices and heroics of those who volunteer to serve our country.

My two basic responsibilities will always be uppermost in my mind: accomplishment of my mission and the welfare of my Soldiers.

Our Soldiers continue to perform admirably in the harshest of conditions. I saw this firsthand during my first trip to Iraq and Afghanistan as the Sergeant Major of the Army. I saw cooks serving as convoy commanders, legal clerks serving as intelligence analysts, tankers conducting dismounted patrols, cannon crewmen guarding perimeters and infantrymen going on patrol, knowing they could be hit by an IED.

Our Soldiers and NCOs, regardless of military occupational specialty, have proven time and time again to be the most lethal force in the world and continuously amaze while serving in harm's way.

As good as our Soldiers are in combat, we still have much work to do while at home station. Too many of our returning Soldiers are committing suicide, using drugs, abusing alcohol and behaving recklessly, and our Army is working hard to combat these serious issues. I think we can best address these problems by encouraging unit-level leaders to take an active role in the lives of their Soldiers.

We need to get back to the basics: Oak Tree Counseling once a month, Sergeant's Time every Thursday, daily training schedules, and health and welfare inspections.

We will only be able to combat these issues with our NCOs providing engaged leadership.

I will strive to remain technically and tactically proficient.

Tough, demanding and realistic training has been an Army standard for decades. As NCOs, we must understand how to plan, prepare, execute, and assess individual and small-unit training. Now, as we begin to wind down operations in Iraq and Afghanistan, we are focusing our efforts on full spectrum operations.

We have incorporated full spectrum operations in our combat training centers with a renewed emphasis on combined arms maneuver and wide area security.

Part of this new training is found in Field Manual, or FM, 7-0 and the Army Training Network — two new tools to help our NCOs train future leaders. It is important that NCOs understand and use these tools to help build our next generation of NCOs, and I expect NCOs to serve as the primary trainers at the small-unit and individual level.

The Army has several means to keep us technically proficient.

Professional military education serves as the backbone of our continuous learning cycle. It is the foundation of growing leaders who can think critically and who are adaptive, agile, and capable of leading and building working relationships among all partners.

Structured self-development brings the operational and institutional domains of Army training together and sets the conditions for continuous growth.

SSD is required learning that continues throughout a Soldier's career. This continuous learning allows Soldiers to take these courses at their leisure.

It's an NCO's responsibility to see to it that their Soldiers are getting this training.

We have also rolled out phase one of the Army Career Tracker — an interactive leadership development tool that integrates training, education and experiential learning into one personalized and easy-to-use interface.

ACT provides Soldiers with a more efficient and effective way to monitor their career development and allows leaders to track and advise their Soldiers on their personalized leadership development.

Civilian education is also very important to our NCO Corps. Though there is no positive civilian education requirement for our

enlisted Soldiers, we are seeing a significant increase of higher education degrees among our senior NCOs.

These broadly-skilled NCOs are the best and brightest in our Army and will be selected for promotion before their peers. I encourage all Soldiers to use their tuition assistance to earn a degree while in the Army.

I will communicate consistently with my Soldiers and never leave them uninformed.

Right now, Soldiers are deployed and forward-stationed to nearly 80 countries around the world, including Afghanistan, Iraq, Kuwait and the Horn of Africa.

We continue to operate at a fast pace, but because of the Army Force Generation model and the sustain, prepare, reset and transform imperatives we set forth several years ago, we are regaining our balance.

Now, 70 percent of our active force will have two years of dwell time for every year deployed. Eighty percent of U.S. Army Reserve and National Guard units have four years of dwell time for every year mobilized.

Over the next few years, we will begin to draw down the Army to lower numbers, which include an initial 27,000 Soldiers by the end of October 2013 and 22,000 the year after that.

The Army plans to meet this drawdown without the huge cuts that followed Desert Storm. We will lower accessions, lower retention control points for our mid-careerists, and institute a more stringent early-retirement system to weed out low-performing senior NCOs.

We will also be retaining fewer junior Soldiers and mid-grade NCOs.

There will be a time in the near future when leaders will be able to reenlist only a select number of individuals in their units.

That is why it is imperative to conduct monthly counseling for our Soldiers. This counseling cannot be: "You did well this month."

It must be a complete assessment of a Soldier's strengths and weaknesses as this will be a determining factor that leaders use to retain Soldiers.

Officers of my unit will have maximum time to accomplish their duties; they will not have to accomplish mine. I will earn their respect and confidence as well as that of my Soldiers.

During my travels, I often hear

statements about officers "stealing" an NCO's authority.

During my 30 years in the Army, I've never once met an officer who wanted to do the job of an NCO. He or she did the job because NCOs weren't doing theirs.

Our high operational tempo has caused us to focus on those skills needed downrange. Now, as our dwell time is increasing, our mid-grade leaders don't know how to conduct in-ranks inspection or counsel a Soldier.

Our command sergeants major need to hold first sergeants accountable for their Soldiers, first sergeants need to hold platoon sergeants accountable, and this needs to continue down the NCO support channel.

We will not fix this problem until our leaders take an active role in the daily lives of their Soldiers.

I will not compromise my integrity, nor my moral courage.

Our Army is one of the most respected professions in the United States. This kind of respect does not happen overnight.

Respect and trust break down when Soldiers fail to meet the charge to uphold the standards and live the Army values.

Loyalty, duty, respect, selfless service, honor, integrity and personal courage are not just a group of individual ideals but a collective ethic. These values are at the core of what makes us a profession and serves as our moral compass.

We cannot expect our Soldiers to live by the Army values when their leaders and mentors are not upholding the standard.

These values form the framework of our profession and are non-negotiable. Values, plus the Warrior Ethos, guide the way we conduct ourselves as an Army and as a profession of arms. We must be the uncompromising standard bearer for our Soldiers. Leadership is the key ingredient.

I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders.

In closing, I want to stress the amazing work being done every day by our Soldiers, civilians and families around the world. They represent what is best about our nation. Like their predecessors, our Soldiers are making a lasting impact on our nation and the people of the world. Our Soldiers are the best-trained, best-staffed, best-equipped and best-led force in our history. Every generation has its heroes, and this one is no different.

'Red Tails' demonstrate love for country

Commentary by Tech. Sgt.
Mareshah Haynes
Defense Media Activity

WASHINGTON — Last week I had the opportunity to learn about some Air Force history as well as family history.

There was a screening of a new documentary about the Tuskegee Airmen that was produced, by George Lucas, in conjunction with his feature film called "Red Tails."

I was especially excited to see the documentary because my paternal grandfather was a bombardier in World War II and an original Tuskegee Airman.

This was one of the most exciting times in my Air Force career. The screening was at the Pentagon and it was billed as a red-carpet event, stars included. Cuba Gooding Jr., one of the stars of the feature film and the narrator for the documentary, was there along with the Secretary of the Air Force.

And then there were the big stars -- two original Tuskegee Airmen.

I had been waiting just about my entire Air Force career to meet another Tuskegee Airman besides my grandfather. It seemed that every time a group of them would come to my area something like a temporary duty assignment or a deployment would come up. Now, here they were, right in front of me live and in living color -- William Broadwater and Lemuel Lewie Jr.

I'm not going to lie; I was excited to meet Cuba Gooding Jr. and Secretary Donley. But those two men, those Air Force pioneers and civil rights leaders, were the ones I had been waiting for.

I listened to their stories about how they entered the Army Air Corps, and I thought about how my grandfather probably went through some of the same experiences they did. I looked into the eyes of the 92-year old Lewie as he told me about the trials he had to go through as a black man to become a pilot, and I thought those eyes probably saw the same struggle as my grandfather's eyes.

I listened to Broadwater, and I could see and hear the passion he has for flying while he talked about why he joined. He still carries that passion today and continues to fly at the tender age of 85. Did my grandfather have that same passion? Do I have that passion?

During the screening of the movie, I learned a lot of things about the Tuskegee Airmen that I didn't know before.

The men in the movie described how they as black Americans in the U.S. military had less base privileges than the German prisoners of war who they shared the base with. Those POWs were able to sit wherever they liked in the base theater, but these Soldiers who were serving their country honorably still had to abide by the laws of segregation.

In the documentary, the late Roger Terry shared some of the details of his arrest and discharge from the military following the 1945 Freeman Field Mutiny in Indiana. Terry and 100 other black officers entered a white-only officers club as a means to integrate. Terry was the only one who was convicted and discharged -- as a felon. That meant he couldn't vote or even receive government assistance. It wasn't until 1995 that Terry's record was cleared. Yet he still seemed to have a love for this country.

They talked about how they were fighting two wars simultaneously -- the one at home against segregation and the one abroad against the Axis nations -- for the double victory. I'm amazed, inspired and motivated by the allegiance those men had to this country that sometimes fought back while they were fighting for her. I question if I could've been that strong if I had been in the military during those times. Could I have been strong enough to clear the road for those coming after me? I'm still not sure of the answer, but I'm glad those men were.

I am so grateful to all of those Airmen who have paved a way for all types of people to be able to serve their country. But these men will always have a special place in my heart. And I hope that I can be as strong for the future generations of Airmen as they were for us.

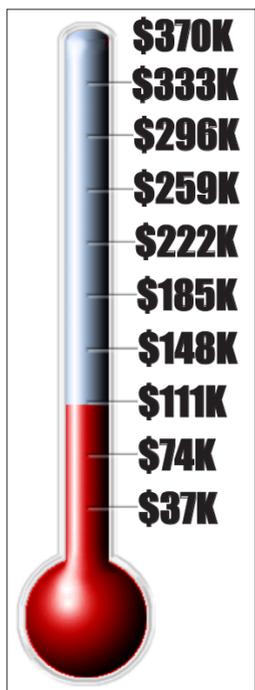


Then-Master Sgt. Harvey Haynes was an original Tuskegee Airman and the grandfather of Tech. Sgt. Mareshah Haynes. Master Sgt. Haynes served as a bombardier during his time in the Army Air Corp. (U.S. Air Force photo)

It wasn't until the end of the documentary when I finally understood why the Tuskegee Airmen, men like my grandfather, fought like they did to serve this country. When you love someone, you don't just leave when things get bad. You see the good in them and remember why you loved her in the first place. And that's what the Tuskegee Airmen did.

One gentleman in the movie described it the best when he was asked why he continue to fight.

"America is not perfect," he said. "But I'll hold her hand until she gets well."



On Nov. 11, JBBER had raised \$125,762 toward the 2011 Combined Federal Campaign goal of \$370,000. The campaign ends Friday but contributions can be given to a unit rep until Dec. 15.

ARCTIC WARRIOR

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Veterans: from Ardennes to Alaska's Site Summit

Air Force Col. Rob Evans
JBER/673d ABW commander

(Editor's note: this text was delivered as a speech at the Fort Richardson National Cemetery on Veterans Day, Nov. 11.)

Imagine how cold it must have been ... working on the top of a mountain in Alaska, living in a wooden barracks shuddering under the gusts of high winds, blanketed in heavy snow.

For more than 20 years, the Soldiers of the 1-43 Air Defense Artillery Battalion stood their cold and lonely posts on the peaks of the Chugach Mountains.

In 1960, they fabricated a metal frame in the shape of a star and anchored it to the mountainside, just below the missile launch complex.

With over 300 light bulbs, it was clearly visible to the citizens of Anchorage, far below.

It was a constant reminder that they were safe, protected by those who understood that freedom is not free.

The Nike Hercules missiles at Site Summit were deactivated in 1979 and the remaining buildings are slowly losing their battle against the elements; prolonged by a group of veterans and friends who understand the significance of service on the last frontier.

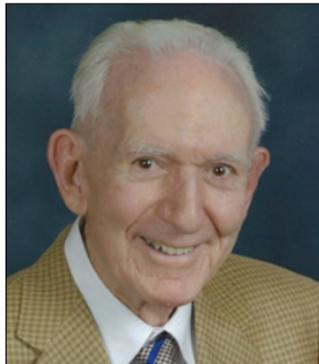
But, the star remains, a reminder still that we are safe, defended by men and women who are willing to endure hardship, sacrifice the comforts of home and family, and risk their lives so that we can live in peace, protected by the freedoms and ideals that they fight to win and preserve.

They are our veterans, and this is their day.

I had planned to talk this morning about Alaska's veterans ... not the ones we read about in books, or those whose valor propels them into the spotlight ... but, the everyday veterans ... the ones you don't hear about ... performing difficult, dangerous, sometimes monotonous duties of vital importance to our Nation's security ... like the Soldiers that maintained the complex clamshell doors that protected the Nike's target-tracking radar against the elements ... a feature, by the way, that was unique to Site Summit.

I gathered stories of Soldiers, Airmen ... active, Guard and Reserve that had served, or are serving in Alaska.

It was humbling ... and made me proud to wear this uniform and



Jim Philbin, 82nd Airborne Division, World War II veteran

serve alongside them.

That's what I had planned to talk about. But, an event this week has been on my mind, and took my reflections along a different path ... a story of two veterans. So, I hope you'll indulge me.

The legendary news anchorman, Tom Brokaw, coined the phrase "The Greatest Generation," to describe the men and women that came of age during the great depression, fought in World War II, and built post-war America.

In his words, "... the U.S. government turned to ordinary Americans and asked of them extraordinary service, sacrifice, and heroics.

Many Americans met those high expectations, and returned home to lead ordinary lives." I grew up right next door to one of them ... Jim Philbin; died last Saturday, in his sleep.

Tomorrow, he will be layed to rest with military honors. His son and I were friends ... when some high school buddies covered my parent's house with toilet paper ... and portions of our neighbors', Mr. Philbin helped clean it up.

When I saw him outside with his trash bag and broom handle, pulling down the white strands that decorated his trees, I thought he'd be angry.

He wasn't.

I didn't learn of his past until after I left home; he never spoke of it.

Jim Philbin was part of the greatest generation, a lifetime member of the Veterans of Foreign Wars.

After the war, he graduated from University of California-Berkeley and worked as an engineer on the first space program at Cape Canaveral.

Later, he earned a law degree and worked 30 years at the Fran-



Infantrymen of the 82nd Airborne Division push through the snow towards their objective near Herresbach, Belgium in January, 1944. (National Archives/Courtesy photo)

chise Tax Board.

That was the neighbor I knew. Like all veterans, Jim Philbin was far more than he appeared. As Tom Brokaw would say, he was an ordinary man that did extraordinary things.

Jim Philbin was a paratrooper; a proud member of the famed 82nd Airborne Division. He jumped into Holland on Sept. 17 1944, part of an airborne assault to seize key bridges and out-flank the German defenses.

They met heavy resistance and fierce struggle against the odds was immortalized in the book, and later film, "A Bridge Too Far."

Jim Philbin fought on ... into the bitter woods of the Ardennes forest during the Battle of the Bulge ... he made it into Germany.

A young German boy witnessed the arrival of the American troops ... and it profoundly impacted his life. I met him ... almost sixty years later.

He lost both of his parents in World War II, but he gained a new family.

As a young boy, he could not possibly understand the socio-political drivers that brought war again to Europe ... or robbed him of his parents ... but he was impressed by the American Soldiers

that he saw in the streets of his village.

As he came of age, he immigrated to America, became a citizen and joined the United States Army. He served a full career ... earning the title of first sergeant.

I met Frank Swind in 2002. He was the Superintendent of the American Military Cemetery at Margraten, Holland, and I was preparing a speech for the Supreme Allied Commander in Europe.

Frank explained that a battlefield cemetery was established here on the 10th of November 1944 by the U.S. First Army, as they prepared for the final assault on Nazi Germany.

The cemetery is situated on rolling hills, surrounded by oaks and maples, along the Maastricht-Aachen Highway ... an old Roman road, once used by Napoleon's armies marching east towards Russia.

As he led me around the beautiful grounds, he described the landscaping ... the Japanese cherry trees and American Poplars ... and the vibrant rhododendrons that blossom just before Memorial Day each year.

He told me that the crosses here were unique, arranged in arcing rows, rather than the straight lines seen at the other American military cemeteries.

But, what impressed me most was his familiarity with the men memorialized there.

He knew their names, their stories ... He was their first sergeant, and proud of it. 8,308 of our fallen rest at Margraten.

The names of 1,723 of our missing are etched into granite walls flanking a reflecting pool.

Most gave their lives in the airborne and ground operations to liberate eastern Holland, ... during the advances into Germany over the Roer and across the Rhine ... and in the air operations over the battlefields.

On this very day, at this beautiful resting place, Dutch families are decorating graves and paying

respect ... as they have been doing for generations.

While Frank and I walked among the headstones, a group of school children on a field trip were moving solemnly across the grounds ... their teacher was recounting the story of brave men who fought and died for their freedom.

They will not forget, and neither will we.

The men that are buried at Margraten, and those that fought alongside them ... like my neighbor, Jim Philbin, were ordinary people, doing extraordinary things.

They are Veterans, and we owe all of them a debt of gratitude we can never repay.

Their generation earned a place in history, but, they were not unique.

Many have answered their nation's call, joining a legacy of service and sacrifice. The words of the famous poem, "In Flanders Fields," are as apt today as they were when John McCrae wrote them during the first World War: To you ... from failing hands ... we throw the torch ... be it yours to hold high.

Today, here at JBER, paratroopers once again prepare for battle, ready to take the torch and hold it high.

Thousands more support our commitments across a dangerous world ... many are among us here today.

A tower stands guard over Margraten's Court of Honor.

On the west face is inscribed a charge from Pericles' oration, recorded by the ancient historian Thucydides. "Each ... for his own memorial ... earned praise that will never die. And with it, the grandest of all stone tombs. Not that in which his mortal bones are laid, but a home ... in the minds of men."

Our veterans - ordinary Americans who gave us extraordinary service, sacrifice, and heroics; memorialized ... in the minds of men.

Our veterans deserve nothing less ... today, and every day.



Air Force Col. Rob Evans, Joint Base Elmendorf-Richardson/673d Air Base Wing commander, speaks during Veterans and Remembrance Day at the Alaska National Guard Armory, Nov. 11. (U.S. Air Force photo/Senior Airman Cynthia Spalding)



ABOVE: The American Military Cemetery at Margraten, Holland. (Courtesy photo) RIGHT: An Air Force Band of the Pacific member performs taps during the Veterans and Remembrance Day ceremony at the Fort Richardson National Cemetery, Nov. 11. (U.S. Air Force photo/Senior Airman Cynthia Spalding)



Reserve, active duty Raptor pilots visit with veterans

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

Reserve and active-duty F-22 Raptor pilots from the 302nd and 525th fighter squadrons took some time on Veterans Day to give thanks to the men and women of the Armed Services that came before them.

Air Force Capt. Rich Stocker, 525th F-22 pilot, planned the visit to the Alaska Veterans and Pioneers Home in Palmer for Veterans Day.

"When I discovered the Pioneer Home is state run and inhabited by 75 percent Veterans, I realized it was the best choice for us to show our support," Stocker said. "I knew all of the veterans would appreciate our visit and I knew everyone attending would enjoy hearing stories from the past."

After spending time talking with residents a small ceremony was held, which opened with Stocker reading a letter of thanks from Senator Lisa Murkowski, followed by the presentation of the Alaska Veterans Service Medal to nine Pioneer Home residents.

"We come together with our active duty brethren to pay tribute to the men and women of Pioneer Nursing Home who served our nation with pride and distinction," said Air Force Col. Bryan Radliff, 477th Fighter Group commander. "Their sacrifices are appreciated every day we live as free people



Air Force Col. Bryan Radliff, 477th Fighter Group commander, speaks with a resident of the Alaska Veterans and Pioneers Home in Palmer Nov. 11. F-22 pilots from the 302nd and 525th Fighter Squadron spent the day with residents before presentation of nine Alaska Veterans Service medals. (U.S. Air Force photos/ Capt. Ashley Conner)

and we are honored to recognize them along with their families."

The Reserve and active-duty F-22 pilots who integrate on all aspects of the F-22 mission on JBER used this as an opportunity to bond with each other and veterans who had a substantial impact on Joint Base Elmendorf-Richardson and the military.

"One gentleman I spoke with had some great stories about how he helped build the runways and support facilities on (Joint Base Elmendorf-Richardson)," said Air Force Lt. Col. Rob Jackson, 525th Fighter Squadron director of operations. "America would not be the country it is today without the service and sacrifice of our veterans."



Air Force Capt. Rich Stocker, 525th Fighter Squadron, speaks with a resident of the Alaska Veterans and Pioneers Home in Palmer Nov. 11. F-22 pilots from the 302nd and 525th FS spent the day with residents before a formal ceremony which included the presentation of nine Alaska Veterans Service medals.

Some TRICARE patient data potentially at risk

TRICARE
News release

FALLS CHURCH, Va. – A loss of computer tapes by Science Applications International Corporation may have placed TRICARE patient data at risk.

There is no evidence that any of the data has actually been accessed by a third party, and analysis shows the chance any data was actually compromised is low, but proactive measures are being taken to ensure that potentially affected patients are kept informed and protected.

SAIC is a contractor for the TRICARE Management Activity.

On Sept. 14, TMA learned that an SAIC employee reported that on Sept. 12 computer tapes containing personally identifiable and protected health information of 4.9 million military clinic and hospital patients in Texas, or those patients who had laboratory exams

sent to the military hospitals in Texas, were stolen. The data contained on the tapes may include names, Social Security numbers, addresses and phone numbers, and some personal health data such as clinical notes, laboratory tests and prescriptions.

There is no financial data, such as credit card or bank account information, on the backup tapes.

"We take this incident very seriously," said Army Brig. Gen. Bryan Gamble, TMA deputy director. "The risk to our patients is low, but the Department of Defense is taking steps to keep affected patients informed and protected."

TMA has directed SAIC to provide one year of credit monitoring and restoration services to patients who express concern about their credit.

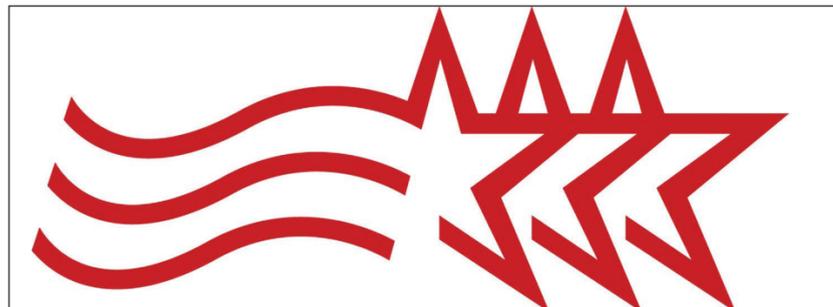
SAIC will also conduct analysis of all available data to help TMA determine if identity theft occurs due to the data

breach subsequently.

"These measures exceed the industry standard to protect against the risk of identity theft," Gamble said. "We take very seriously our responsibility to offer patients peace of mind that their credit and quality of life will be unaffected by this breach."

The risk of harm is judged to be low despite the sensitive data involved. Retrieving

data from the tapes requires knowledge of and access to specific hardware and software and knowledge of the system and data structure. Concerned patients may contact the SAIC Incident Response Call Center, Monday through Friday, 9 a.m. to 6 p.m. Eastern Time, at (855) 366-0140 (toll free) for United States callers and (952) 556-8312 (collect) internationally.



Briefs and Announcements

Dining facility change

The Wilderness Inn, in Building 647 assumed all JBER-Richardson dining facility operations Oct. 31.

The Gold Rush Dining Facility in Building 655 closed and is scheduled to reopen 90 days after the return of 4th Brigade Combat Team (Airborne), 25th Infantry Division next year.

Effective Monday, new hours for the Wilderness Inn are:

- Monday thru Friday
- Breakfast: 7-9 a.m.
- Lunch: 11 a.m. to 1 p.m.
- Dinner 5-6:30 p.m.
- Saturday and Sunday
- Breakfast: 8-10 a.m.
- Lunch: noon to 1:30 p.m.
- Dinner 4-5:30 p.m.

Renters insurance

Aurora Military Housing is providing free renter's insurance to tenants of all Joint Base Elmendorf-Richardson housing.

The renter's insurance will be provided, at no cost, to all existing and future JBER residents under a blanket policy with Great American Insurance.

For those tenants currently under the Aurora Allstate Policy, conversion to the new policy will be totally transparent and will be taken care of by Aurora.

Aurora will continue to honor its reimbursement arrangement with those tenants who have previously elected renter's insurance coverage by an insurer other than Allstate.

These tenants will be grandfathered under the previous reimbursement option and will continue to receive reimbursements during their stay with Aurora.

A copy of the insurance policy will be available at the Aurora Military Housing office or visit www.auroramilitaryhousing.com.

Defense attaché officer

Air Force active duty officers, senior captains, majors or lieutenant colonels, interested in opportunities to help build and sustain international relationships can apply for attaché duty at locations ranging from Burma to the United Kingdom.

AFPC and the Secretary of the Air Force, International Affairs are accepting applications for senior

defense official/defense attaché, air attaché and assistant air attaché duty at nine locations, with selectees reporting for training between April 2012 and April 2013.

Applications must be received by AFPC and SAF/IA by Dec. 15. Several defense attaché offices have C-12 aircraft assigned, so applicants for those offices will need to be fixed-wing pilots.

An operations background, foreign language skills and experience in the region are highly desired, although not mandatory. Applicants must have taken the Defense Language Aptitude Battery, and all their immediate family members must be U.S. citizens.

The application can be downloaded from the Air Force Portal.

Check your university

Effective Jan. 1, 2012, an academic institution must have signed a Department of Defense memorandum of understanding and be on the list of participating institutions in the DoD Tuition Assistance Program to be eligible to receive funds from the Service's Military Tuition Assistance program.

Military publications

Visit the Joint Base Elmendorf-Richardson Public Affairs Office, 10480 22nd Ave., Suite 123, for copies of the following official military publications: the 2011 JBER Installation Guide and Phonebook (limited supply), Air Force Priorities poster series (large and small sizes), and Airman Magazine (2011 almanac issue). City of Anchorage maps are also available.

Call 552-8918 for information.

Defense Biometric ID System

All DoD ID card holders are required to enroll into the Defense Biometrics Identification System on Joint Base Elmendorf-Richardson to include Active Duty, Reserve, Army National Guard family members and retirees.

All personnel are required to be registered by January 2012. Register at the People Center, Building 8517, Room 100 from 7:30 a.m. to 4 p.m. or at the main entrance of the JBER hospital. People can also register at the Visi-

tor Control Center which is open 24 hours a day, seven days a week.

Personnel not registered by January 2012 will incur delays at the gate and be forced to the already busy Visitor Control Center to gain access to JBER.

Air Force ID card changes

Due to long wait times for walk-in customers, effective Monday, all military members or Department of Defense civilians will be required to schedule an appointment via the Military Personnel Section Customer Service Appointment website at <https://673fssmpscustomerser.clickbook.net>.

The MPS will only see military members on a walk-in basis if their card is lost, needs to be unlocked, certificates need updating, or it ceases to function.

It is also highly encouraged appointments be made for civilian, dependent, Reserve and retiree ID cards.

Travel charge card changes

Effective immediately, personal use of the controlled spend account government travel charge card is not authorized. The CSA card may only be used for expenses related to official government travel.

Payments in excess of overall expenditures placed on the CSA card, after completion of official travel (credit or residual balance), can be obtained by the traveler through electronic transfer to a personal account through Citi's on-line access system or by phone, request check by Citi, a check automatically mailed to cardholder after 60 days of activity, or ATM withdrawal (two percent fee).

Housing privatization

JBER-Richardson held four town hall meetings in October with some of the JBER-Richardson residents and their families.

Aurora Military Housing addressed the questions from these meetings and posted them on the JBER website.

The town hall meetings were focused on residents that will be affected by the next phase of demolition of their current units from Raven Ridge, Fireweed,

Cottonwood, and Moose Haven neighborhoods.

Anchorage School District and Traffic Management Office attended the meetings to assist families with the move process and addressed their specific concerns individually. Some of the families will begin relocating to their new homes starting this month.

The entire privatization team and our leadership share the concerns of the service members and their families regarding the transition plan and the need to relocate those affected.

We want to assure everyone that Aurora Military Housing III, the Housing Management Office, and the JBER-Richardson privatization team are working closely to ensure all concerns are understood and addressed.

For further information, see our frequently asked questions posted on the JBER website at www.jber.af.mil.

Our points of contact are listed below.

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 pickup 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 transporting these furnishings. 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.

Career fair

The 2011 Military Spouse Career Fair will be held at the Education Center, Building 7, JBER-Richardson Dec. 6 from 10 a.m. to 3 p.m.

Nov. 28 and 29 Room 237 will be open from 10 a.m. to 3

p.m. to assist customers with their resumes. Call 384-6716 for info.

Winter driving

New base driving rules order drivers to slow to 10 miles per hour below posted speed limits during road conditions red or black, typically caused by inclement weather.

Rental Partnership

The Rental Partnership Program is available to all eligible active-duty members and consists of two options.

The first option, RPP Plus, includes utilities and sometimes cable costs providing an easier budget with a set rental payment year round.

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

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

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

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

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

U-Fix-It Store reopened

The U-Fix-it Store, previously known as the Self Help Store on JBER-Richardson, reopened in Building 706 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.

Military spouses audition for Alaska-based reality show

By Army Staff Sgt. Matthew Winstead
USARAK Public Affairs

A Los Angeles-based production company is looking for military family members to cast in a new show about military spouses in Alaska.

The company is developing what it describes as a documentary series for television broadcast.

The show, with the working title is "Army Wives of Alaska," will focus on the real-world lives, struggles and sacrifices of military spouses stationed in the 49th state.

The show's existence is thanks in part to the efforts of Stephanie Woodard, whose husband, Chief Warrant Officer 2 Brian Woodard, is a UH-60 Black Hawk pilot with A Company, 1st Battalion, 52nd Aviation Regiment at Fort Wainwright.

"I found information on an old casting for a show that never launched and asked if they were still looking for volunteer cast (members)," Woodard said. "They said no, but I started talking about some of the wives' experiences anyway and they got interested."

Woodard feels that there are

important issues that need to be explained to the American public and they can only be told from the unique perspective of the families of service members.

"I feel that there is a lot of fear and uncertainty when a spouse thinks about getting into a relationship that is headed toward the military, but if there is one message that I hope the average viewer takes away from this it is 'I can do this.'" Woodard said.

"Yes, there's tough times. Yes, there are fears that naturally come with a deployment, but the close bonds you can form with other military families are unique and will get you through those times. No matter how hard someone tries, you just can't get that kind of understanding from someone who has never been in that situation."

After several phone calls and meetings with producers at 44 Blue, the Army warmed up to the idea.

Eventually, the Army's Office of the Chief of Public Affairs granted approval for 44 Blue to cast volunteers for the show.

"This program will help to raise the awareness of the national community of the sense of duty that the

family has as well as the soldiers in uniform," said Army Lt. Col. John Clearwater, film and television liaison for the Army's Office of the Chief of Public Affairs in Los Angeles.

The show is the first of its kind to be approved for production on a military installation, according to Clearwater.

"This is a cutting-edge project," he said. "There hasn't been a program similar to this at any time previously within the Army. This is an opportunity to show the nation just how much effort our military families contribute to the service of their soldiers. It's a commitment just as deep as (that of) any service member."

It is also a commitment that many active-duty Soldiers say they couldn't do without.

"My wife has been an invaluable asset to me," said Army Staff Sgt. Germaine Pitt, a section chief for the fuel platoon assigned to A Company, 725th Brigade Support Battalion.

"She has always been supportive. I couldn't be as successful as I am without her."

Stephanie Drachkovitch, one of the co-founders of 44 Blue, is

uniquely qualified to help portray military families in Alaska.

The daughter of a career Army officer, Drachkovitch lived in Alaska, her mother's home state, while her father served in Vietnam.

"My mother and father actually met while he was stationed up there in Alaska during his first assignment there," Drachkovitch said. "Alaska is a beautiful area and I just so happen to know a little bit about the kind of bonds people can make while living there, which is just one of the many reasons I think the show will resonate with viewers."

Some of Alaska's greatest challenges are also some of its greatest attention draws.

The state's arctic temperatures, dark winters, midnight summer sun and formidable wildlife can bewilder unprepared newcomers.

"We would love to see as many people apply for the casting as possible," Drachkovitch said. "We expect to ultimately cast the same number of families from each area (Fort Wainwright and Joint Base Elmendorf-Richardson) in the end, so everyone should feel free to still apply."

Many of the wives are doing just that. Traci Moran, whose husband, Spc. Jared Moran, is a paralegal representative for 1st Squadron (Airborne), 40th Cavalry Regiment, has submitted her application in the hopes of getting a positive message out to the public.

"I wanted to make sure that we help show a true portrayal of a real Army wife," Moran said. "We're not all about drama and scandal. We're not completely helpless while our husbands are deployed either. We are strong, independent and able to fill the roles of our husbands while they're away. I want to do my part and help show how we hold things together while they're gone."

The show's producers say they hope there will be more families like the Morans willing to share their stories on "Army Wives of Alaska".

To apply for the show, email militaryprojectcasting@yahoo.com to request a copy of the application form and instructions on submitting it.

You can find more information about the show on its Facebook casting page at: www.facebook.com/armywivesofalaskacasting.

CSF

From Page A-1

ing in the military, Cornum told the audience.

To better prepare service and family members for deployments and other adversity it is important to start training before something bad happens, Cornum said.

"Who here has run a race," Cornum asked. "The time to train is not after you have run it. If you look at a deployment as I often do as a mental marathon – it's boring, it's hot and cold and a lot of other things but mostly, it just goes on forever."

The time to mentally prepare for a deployment is before you leave, Cornum said.

Cornum cited a study of a deployed unit to prove the relationship between psychological fitness and positive responses to deployment.

"The people who started off with low psychological capital, they had more anxiety even if they didn't see much combat," Cornum said.

"These are things everybody should have," Cornum said.

So now the Army is teaching noncommissioned officers to be Master Resilience



Sgt. 1st Class Raleigh Rucker, HHC, 2nd Engineer Brigade, and Army Master Sgt. Richard Gonzales, Comprehensive Soldier Fitness instructor, role play during an active listening exercise, Wednesday at the Arctic Warrior Event Center. (U.S. Air Force photo/Luke Waack)

Trainers.

"We are not trying to make noncommissioned officers into psychologists, we're trying to make them into better leaders,"

Cornum said.

This trained cadre of resilience specialists should increase the overall strength of service members and their families, Cornum

said.

Military comprehensive fitness programs are open to spouses.

Wake Island provides crew rest for fighter jets

Aces broomball

Soldiers, Airmen go head-to-head with local ECHL team, Page B-4

**In memory of the fallen**

Two nations observe day of remembrance, Page B-7



www.jber.af.mil/news

COMMUNITY

Volume 2, No. 46

Joint Base Elmendorf-Richardson

November 18, 2011

A SALUTE TO WOMEN VETERANS

By Air Force Staff Sgt. Robert Barnett
JBER Public Affairs

"It's so nice to talk to the ladies who have served before us," said Command Chief Master Sgt. Lisa Kuehnl. "Many of the challenges they faced are challenges we don't have to face today because of what they did."

Kuehnl, principle advisor to the 673d Air Base Wing, Joint Base Elmendorf-Richardson commander on enlisted matters, was the guest speaker at the Women Veterans Recognition ceremony, where the present and history of women veterans was celebrated Nov. 9 at the Z.J. Loussac Public Library in Anchorage.

"Each year we seek women who have served or are currently serving in the U.S. military to deliver a keynote address," said Elizabeth Baltensperger, Women Veteran's Program manager for the Alaska Veterans Affairs health care system.

"In her current position, we

felt Chief Kuehnl would be an excellent speaker to further the VA's efforts in partnership with the U.S. military to recognize women who serve and have served and to encourage those women to seek VA services and benefits they deserve and to which they are entitled," Baltensperger said.

The Alaska VA was the first to formally recognize women veterans, holding the first recognition ceremony in 1992, according to Baltensperger. "To Honor and Celebrate" was this year's theme.

It is a call for people to stop and pay tribute to the women who have served and currently serve this nation, she said.

Baltensperger said she has been approached by several women veterans who have shared their unique and profound experiences.

"It is a great gift to be part of this ceremony, honoring these women," she said.

Approximately 100 people attended the event, many representing the Army, Air Force, Navy, Marines and Coast Guard.

There were also representatives from the University of Alaska Anchorage, the Alaska VA, the Alaska Brass, Air Force Band of the Pacific, American Legion Post 21, the Joint Forces Element of the Alaska Army National Guard more.

"We have support from a variety of community organizations," Baltensperger said. "The number of women using VA nationally has doubled in the past decade, and that increase is expected to continue into the next decade."

More than half of the women using VA health care have a service-connected disability, she said, these range from post-traumatic stress disorder to missing limbs.

"The VA's goal is to provide the highest quality care for every veteran, regardless of gender," she said.

For more information about Alaska VA services and benefits for women, call 257-4737 or toll free at (888) 353-7574 extension 4737.

Or visit the Alaska VA Health-care System on Facebook at www.facebook.com/VAAAlaska.



FACE OFF:

Alaska Aces host Veterans Day military appreciation weekend



ABOVE LEFT: Senior representatives from each branch of military service receive Alaska Aces jerseys from Terry Parks, Alaska Aces managing member, during intermission of the Aces game Saturday. The Alaska Aces honored veterans for their service with a military appreciation weekend. (U.S. Air Force photo/Staff Sgt. Zachary Wolf)
ABOVE: Lt. Gen. Stephen Hoog, Alaskan Command and 11th Air Force commander, drops the puck before the Alaska Aces game in Sullivan Arena in Anchorage Nov. 11.
LEFT: The joint combined color guard presents the colors during the Alaska Aces game in Sullivan Arena, Nov. 11. (U.S. Air Force photos/Staff Sgt. Sheila deVera)

Committed, exclusive relationships can survive deployments

By Air Force Chaplain (Maj.) Dwight Croy Installation Operations Chaplain

The wonderful and comforting thing about marriage is that one man and one woman have decided to exclusively love one another. Their committed love is strong and focused completely on the other.

Show me a man who talks positively about his wife and children without their presence and I will show you a man who is committed.

Show me a woman who glowingly talks about her husband and children in their absence, and I will show you someone who is exclusive in their committed love.

Exclusiveness expressed by a married person shows the full strength and commitment of their relationship.

It is one of the sad observations of life when we hear someone verbally tear down their relationship; by hearing this we know that the end of a vow is near and sadness, grief, and loneliness will soon follow.

James 3:6-8 explains, "He who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; he is a double-minded man, unstable in all he does."

Exclusiveness is a good measurement of the strength of one's commitment to the love of their life.

Song of Solomon 2:16 expresses it this way, "My beloved is mine and I am his."

Men and women on deployment take actions to focus on their exclusive commitment – before,

during and after the absence. Yes, it takes work and effort when your mate is so far away.

But it has been wonderful to see, as an Army chaplain, Soldiers work on their marriage by attending retreats and studies on marriage.

This is one way to focus on exclusiveness, by learning and being a student of your spouse.

Many Soldiers I visit have a "wall of honor;" pictures of their most precious relationship.

When I hear Soldiers speak of the specialness of their spouse while chatting in the dining facility, I feel encouraged, knowing that their commitment is strong and single-minded.

Still others focus on God and depend on Him to help them through this time of separation. The strong tend to "hang" with

the strong. That means many men and women find those who are like-minded in their commitment to their spouse.

They choose to associate with those Soldiers for the specific purpose of keeping their marriages strong.

In the evenings during a deployment, phones and computers are connecting to spouses and family.

This is the activity of loving relationships – keeping an appointment or a date with the love of their life.

This is the activity of special intimate communication that can only be understood by couples who are becoming one in purpose and strength.

I have been privileged to know many a committed couple.

They are superhuman in nature. At eighty-five years of age they look across the room at each other in a crowded social setting and communicate with their eyes.

They each know what the other is thinking. They anticipate each other's likes and dislikes. They are not bothered by the idea of being accountable to one another, because they love one another.

They are not bothered by their dependence on and submission to one another, because they are not alone; they exist in the protective comfort of an exclusive love. It is my prayer for every marriage I can influence that they experience an exclusive love that is grounded in the creator God's plan and purpose for their lives.

Pray with me that all marriages stay strong and faithful.

Births

Oct. 26

A daughter, Emily Allison Arey, was born 19 inches long and weighing 5 pounds, 14 ounces, at 9:49 p.m. to Monica Marie Arey and Spc. Brian Scott Arey of the 23rd Engineer Company.

Oct. 27

A daughter, Alaiha London Lanell Sweet, was born 20 inches long and weighing 7 pounds, 8 ounces, at 4:47 p.m. to Ashia Z. Sweet and Spc. Cedrick Lamont Sweet of the 4th Quartermaster Detachment.

Oct. 29

A son, Manuel Isaac Alvarado, was born 21.25 inches long and weighing 9 pounds, at 5:11 a.m. to Sylvia G. Alvarado and Sgt. Rene B. Alvarado of Headquarters and Headquarters Company, 4th Brigade Combat Team (Airborne), 25th Infantry Division.

Oct. 30

A son, Joseph Rivers Guidry, was born 22.5 inches long and weighing 10 pounds, 5 ounces at 8:43 p.m. to Amanda Leigh Guidry and Spc. Joseph Corrin Guidry of B Company, 425th Brigade Special

Troops Battalion.

Nov. 1

A daughter, Karriana Alice John-Baptiste, was born 19 inches long and weighing 5 pounds, 8 ounces at 4:37 p.m. to Kamaria Nakita John-Baptiste and Seaman Wilmoth Winston John-Baptiste of the Navy Recruit Training Command.

A daughter, Brooklyn Nicole Ochoa, was born 20.25 inches long and weighing 7 pounds, 9 ounces at 8:30 a.m. to Ashley Nicole Ochoa and Sgt. Michael Anthony Ochoa of A Company, 425th Brigade Special Troops Battalion.

Nov. 4

A son, Rylan Reed Jamieson, was born 20 inches long and weighing 7 pounds, 10 ounces at 4:15 p.m. to Lindsey Ann Jamieson and Airman 1st Class Justin Michael Jamieson of the 773rd Civil Engineer Squadron.

A son, Trenton Owen Thompson, was born 22 inches long and weighing 9 pounds, 7 ounces, at 10:55 p.m. to Breanna Skye Thompson and Airman 1st Class Douglas Grant Thompson of the 673d Communications Squadron.

Nov. 6

A son, Hunter Gray Stanley, was born 19 inches long and weighing 6 pounds, 11 ounces, at 8:17 a.m. to Wendi Nacole Stanley and Air Force Staff Sgt. Stephen Gray Stanley from the 3rd Maintenance Squadron.

Nov. 7

A daughter, Brea LeeAnn Scarbrough, was born 19.5 inches long and weighing 7 pounds, 6 ounces at 9:40 p.m. to Jessica Lane Scarbrough and Pfc. Jeremy Daniel Scarbrough of the 109th Transportation Company.

Nov. 8

A daughter, Aurora Cheylynn Eichenlaub, was born 19 inches long and weighing 6 pounds, 1 ounce at 6:31 a.m. to Stacey Adele Eichenlaub and Senior Airman Jesse Simon Eichenlaub of the 673d Civil Engineer Squadron.

Nov. 12

Nov. 9

A son, David Mason Hintz, was born 20 inches long and weighing 7 pounds, 5 ounces at 8:23 a.m. to Ashleigh Small Hintz and Army Capt. Ryan Andrew Hintz of the U.S. Army Corps of Engineers.

A son, Russell Thomas Stone, was born 21.75 inches long and weighing 7 pounds, 5 ounces at 2:35 a.m. to Diana Morgan Stone and Senior Airman William Scott Stone of the 3rd Maintenance Squadron.

A daughter, Maycie Adaire Watkins, was born 21 inches long and weighing 7 pounds, 10 ounces at 1:57 a.m. to Bonnie Adaire Watkins and Air Force Staff Sgt. Dale Anthony Watkins of the 3rd Maintenance Squadron.

Nov. 13

A son, Kaiden Lee Lipton, was born 21 inches long and weighing 7 pounds, 12 ounces at 8:55 a.m. to Emily Ann Lipton and Airman 1st Class Andrew James Lipton of the 673d Force Support Squadron.

Nov. 15

A daughter, Paityn Lynn Maschmeier, was born 19.75 inches long and weighing 6 pounds, 12 ounces at 2:54 a.m. to Amy Lnn Maschmeier and Army Staff Sgt. Eric Jay Maschmeier of the Alaska Army National Guard.





Arctic Oasis Turkey Bingo

November 19

2 p.m

Play continues until all prizes have been awarded. Come play bingo and win a turkey just in time for Thanksgiving Dinner.

Only \$2 per Bingo Card



For more information call Arctic Oasis Community Center 552-8529

Moose on Parade

Pick up your moose pattern at Arctic Oasis Community Center starting November 15.

Build and decorate your wood cut out with your own twist then display it in front of your home or squadron/unit. (Must be on JBER) Judging will take place December 16

Challenge Your Neighbors & Friends!

Win FSS Bucks!

1st Place \$500 FSS Bucks
2nd Place \$250 FSS Bucks
3rd Place \$100 FSS Bucks



Arctic Oasis

For more information call Arctic Oasis Community Center • 552-8529

- FREE Cross Country Ski Waxing Clinic November 19 & 26 at 1 p.m.
 - Cross Country Ski Trails at Eaglelegn Golf Course Opening November 27*
*Dependent on trail conditions.
 - Handgun Cartridge Reloading Class November 25, 5 :30 p.m., Cost \$5
- Outdoor Recreation Elmendorf, 552-2023**
Advanced sign up required for all ORC classes

Polar Bowl will be closed to the general public November 18, 19 & 20 to proudly host the Alaska State Special Olympic Bowling Tournament.

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 **JBER-Far-North-Custom-Frame-Shop**
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Community happenings

FRIDAY
Seawolves hockey
 The UAA Seawolves offer a military appreciation night at 7:07 p.m. at Sullivan Arena. Active duty, Guard and Reserve troops and families can get free tickets at either education center on JBER. For information call 552-3164 or 384-0970.

SATURDAY
Lutefiske and lefse dinner
 Discover where Vikings got their strength by sampling traditional Norwegian fare at 4 p.m. or 7 p.m. at the Viking Hall. Reservations are strongly recommended. For information call 349-1613.

SATURDAY AND SUNDAY
Model railroading
 The Military Society of Model Railroad Engineers hosts its annual Fall Expo from 10 a.m. until 5 p.m. with three scales of running trains, displays, swap tables, and gift ideas. The MSMRRE meets in basement Room 35 of Matanuska Hall, 7153 Fighter Drive at 7 p.m. Tuesdays with work sessions Saturdays at 1 p.m. Anyone interested in model railroading is invited. For information, call 552-5234 or 952-4353, visit www.trainweb.org/msmrre or email bjorgan@alaska.net.

WEDNESDAY
Blood drive
 The Buckner Physical Fitness Center hosts a Blood Bank of Alaska blood drive. One pint of blood can save up to three lives, and donation doesn't take long. Visit between 11 a.m. and 4 p.m. and save a life. For information, call 222-5652.

WEDNESDAY THROUGH NOV. 26
Great Alaska Shootout
 Eight men's and four women's collegiate teams battle it out at Sullivan Arena during the longest-running, early-season basketball tournament. For information call 786-1230.

Nov. 25
Holiday tree lighting
 Meet Santa and the reindeer and watch the lighting of the tree in the Town Square in downtown Anchorage. The ceremony begins

at 5:30 p.m. and Santa will be available after 6:15 p.m. Cocoa and cookies will be provided. For information, call 279-5650.

Nov. 26
Police Navidad
 The Anchorage Police Department presents a new family holiday event. Celebrate "Christmas Around the World" featuring Santa and Mrs. Claus, holiday vignettes from different cultures, and performances at the Dena'ina Center from 10 a.m. to 5 p.m. For information call 279-5650.

DEC. 1
Eagles hockey
 Need a fix of hockey? The Elmendorf Eagles duke it out with the Anchorage Fire Department at the Ben Boeke arena at 8:45 p.m. For information, call 552-0740.

DEC. 2 AND 3
Eagle River holiday events
 Check out the Winter Wonderland Walk at the Town Square Park, with a community tree lighting, school choirs, Santa and eight real reindeer, and sleigh rides on the docket. Friday and Saturday, Eagle River hosts the Merry Merchant March with carolers, munchies, and a holiday competition, including a wide array of gingerbread houses. For information, call 694-4702.

DEC. 2 THROUGH 15
Anchorage Film Festival
 This provocative showcase of some of the best independent film and video from around the world kicks off Dec. 2 in various venues around Anchorage. Now in its 10th year, the festival is the biggest ever. For more information visit www.anchoragefilmfestival.org or call 338-3690.

DEC. 3
Rage City Rollergirls
 Anchorage's own women's roller derby features its third bout of the fourth season at the Dena'ina Center. Doors open at 6 p.m. and wheels roll at 7. For more information visit www.ragecityrollergirls.org.

Alaska Native bazaar
 More than 60 tables will feature Alaska Native arts and crafts - beading, baskets, regalia, carvings,

jewelry and more. Find a unique Alaska gift for someone on your list at the Alaska Native Heritage Center from 10 a.m. to 5 p.m. For information visit www.alaskanative.org or call 330-8000.

DEC. 6
JBER career fair
 Service members and spouses are invited to the JBER Education Center's 2nd floor and lecture hall to learn resume techniques, networking, interviewing and negotiation from 10 a.m. until 3 p.m. Room 237 will be available with resume assistance Nov. 28 and 29, also from 10 a.m. until 3 p.m. For information call 384-6716.

DEC. 7, 9 AND 10
Alaska Aces games
 The Aces face off against the Utah Grizzlies at Sullivan Arena at 7:30 p.m. all three nights. Visit www.alaskaaces.com or call 258-2237.

DEC. 8
Nelly concert at Dena'ina
 Grammy Award winner Nelly plays at the Dena'ina Center at 8 p.m. Hits include "Hot in Herre," "Ride Wit' Me," and "Dilemma." For information call 263-2850.

DEC. 10
Annual TubaChristmas
 Begun in 1974 as a tribute to the late artist and teacher William J. Bell, TubaChristmas is presented in 200 cities around the world. Anchorage's version is in the Alaska Center for the Performing Arts at 1 p.m. Decorated tubas and a festive atmosphere are fun for the whole family. For information call 263-ARTS.

DEC. 11
Holiday concert
 The Anchorage Museum hosts a free afternoon of merry music at the annual concert. Enjoy the "Wonderland of Toys" exhibit and listen to holiday favorites by the Anchorage Concert Chorus, the Alaska Native Cultural Charter School and other local musicians. For information call 929-9200.

DEC. 15
EOSO Ornament Swap
 Wear your tackiest holiday sweater and meet at the Billy Mitchell Room in the Arctic Warrior

Event Center from 10:30 a.m. to 12:30 p.m. for the Elmendorf Officers' Spouses' Organization holiday party and ornament swap. For information visit elmen-dorfoso.com or call 646-2222 by Dec. 9.

DEC. 31
Torchlight parade
 Skiers and snowboarders traverse the slopes of Mount Alyeska at 8 p.m. with torches attached to bamboo poles, lighting the mountain with a red glow. One of the biggest fireworks displays in Alaska kicks off immediately after the parade at the Alyeska Resort. Visit www.alyeskaresort.com or call 754-1111.

ONGOING
Thursday Nights at the Fights at Egan Center
 Seven boxing matches at the Egan Center begin at 7:30 p.m. every Thursday evening. Tickets are available at the door or in advance through Ticketmaster. For information call 263-2800.

Watercolor exhibit
 From Friday through Nov. 27, the Anchorage Museum hosts the Alaska Watercolor Society Juried Exhibition with a variety of styles and subjects by Alaskan painters. For information, call 929-9200 or visit www.anchagemuseum.org.

"All That Glitters: Images from Alaska's Gold Rush"
 This exhibit uses photos to tell about prospectors who came north during Alaska's gold rushes. For information, call 929-9200, or visit www.anchagemuseum.org.

Wired Cafe for Airmen
 The Wired Cafe is located at 7076 Fighter Drive between Polaris and Yukla dormitories. The cafe offers programs throughout the week. There are also free home-cooked meals Thursdays, with dinner served at 6:30 p.m. For information call 552-4422.

1, 2, 3 Magic
 Family Advocacy hosts this class on how to handle difficult behavior in children and how to encourage good behavior in a way that is clear and fair. The techniques work even for

Chapel services

Catholic Mass
Sunday
 9 a.m. - Soldiers' Chapel
 10:30 a.m. - Elmendorf Chapel 1
 5 p.m. - Soldiers' Chapel

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

Confession
Sunday
 4:30 p.m. - Soldiers' Chapel
Monday through Friday
 Before/after 11:40 Mass - Soldiers' Chapel

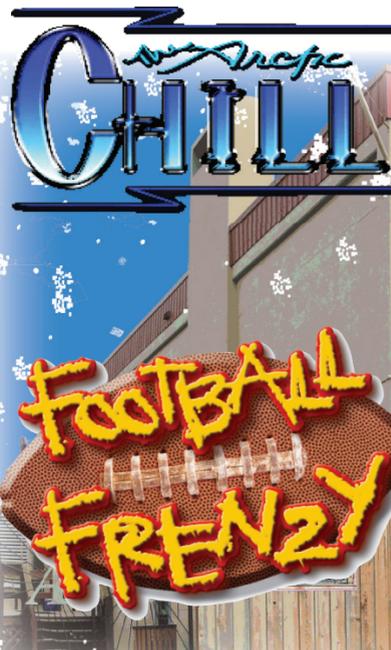
Protestant Sunday Services
Joint Liturgical Service
 9 a.m. - Elmendorf Chapel 2
Traditional Service
 9 a.m. - Elmendorf Chapel 1
Contemporary Protestant Service
 11 a.m. - Soldiers' Chapel
Gospel Service
 Noon - Elmendorf Chapel 1
Contemporary Protestant Service
 5 p.m. - Elmendorf Chapel 1

children with disabilities, attention deficit disorder and those with speech or other impediments. This three-session class meets from 10 to 11:30 a.m. at the Education Center in Room 224. For information on this or any other programs offered by Family Advocacy, call 580-5858.

Storytime at the Zoo
 Preschool-aged children can explore the world of animals with their parents by listening to a zoo storyteller Wednesday mornings at 10:30. Readings will be followed by a zoo animal encounter. For more information, email klarson@alaskazoo.org.



Experience JBER Elmendorf-Richardson



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- NFL Tickets
- Super Bowl Party Package
- Weekly Prizes
- New Football Menu
- Free Member Breakfast - Sundays • 8 a.m. Non-Member \$6⁵⁰
- Additional entries available

Call for more info!

WEEK 11

Sunday, November 20	
Tennessee at Atlanta	9 a.m.
Jacksonville at Cleveland	9 a.m.
Carolina at Detroit	9 a.m.
Tampa Bay at Green Bay	9 a.m.
Buffalo at Miami	9 a.m.
Oakland at Minnesota	9 a.m.
Dallas at Washington	9 a.m.
Cincinnati at Baltimore	9 a.m.
Arizona at San Francisco	12:05 p.m.
Seattle at St. Louis	12:05 p.m.
San Diego at Chicago	12:15 p.m.
Philadelphia at NY Giants	4:20 p.m.
Monday, November 21	
KC at New England	4:30 p.m.

The Arctic Chill OPEN
 Sunday • 8 a.m.
 Monday and Thursday • 3 p.m.

384-7619

Hillberg Pre-Season Pass & Season Rental

On Sale Now!

Nov. 18 Noon - 2 p.m.

Individual Passes	\$220
Family of 3	\$660
Family of 4	\$715
Family of 5	\$770

Opening Day
 November 25*
 Noon - 8 p.m.
 *Dependent on snow and weather conditions

Hillberg Ski Area
 Building 23400 • 552-4838
 • Ski Hot Line 552-4276

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World Tour 2011

TOPSIN BLUE

Rhythm Nation

Coming
December 5 and 6
7:30 p.m.
Talkeetna Theater
JBER - Elmendorf

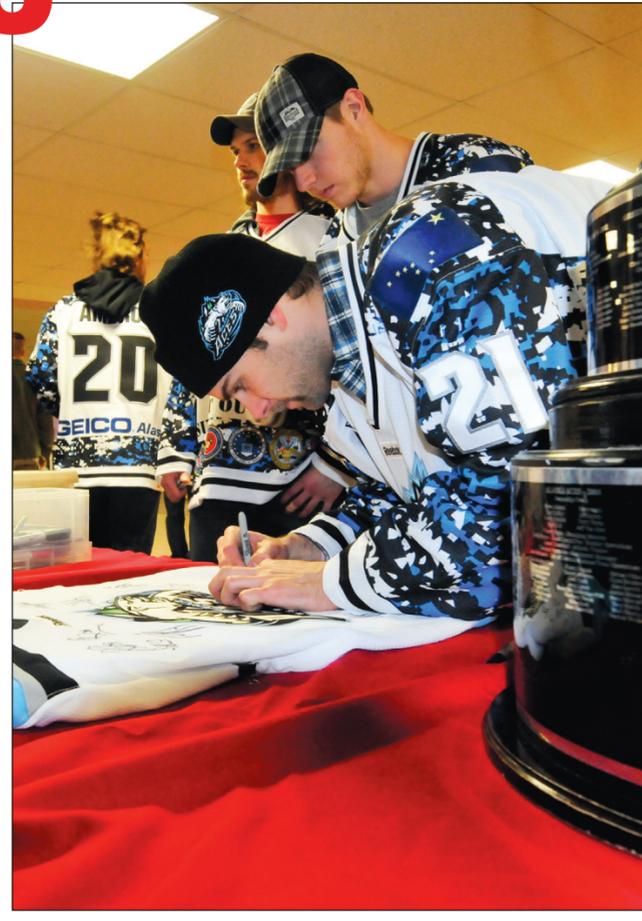
No Federal Endorsement of Sponsor(s) Intended www.topsinblue.com

Have fun and be safe in Alaska this winter!



BROOMBALL

with the ACES



ABOVE: Soldiers and Airmen assigned to Joint Base Elmendorf-Richardson had a chance to play broomball against Anchorage's ECHL professional hockey team, the Alaska Aces, during a game held at the Elmendorf fitness center Nov. 9. The Alaska Aces won the Kelly Cup in 2010 as champions of the 19-team ECHL. They handed out free tickets to games for their military appreciation weekend at the conclusion of the game.

ABOVE RIGHT: Aces team members autograph jerseys and other items for Soldiers, Airmen and family members at the Arctic Oasis after the game.

RIGHT: Army Spc. Ryan Beck, Company C, 307th Expeditionary Signal Battalion, shares memories of growing up in Cleveland, Ohio, with Alaska Aces hockey player Russ Sinklewich. The Alaska Aces were on base for a broom ball game with Soldiers and Airmen at the Elmendorf fitness center Nov. 9.

(U.S. Air Force photos/Steven White)



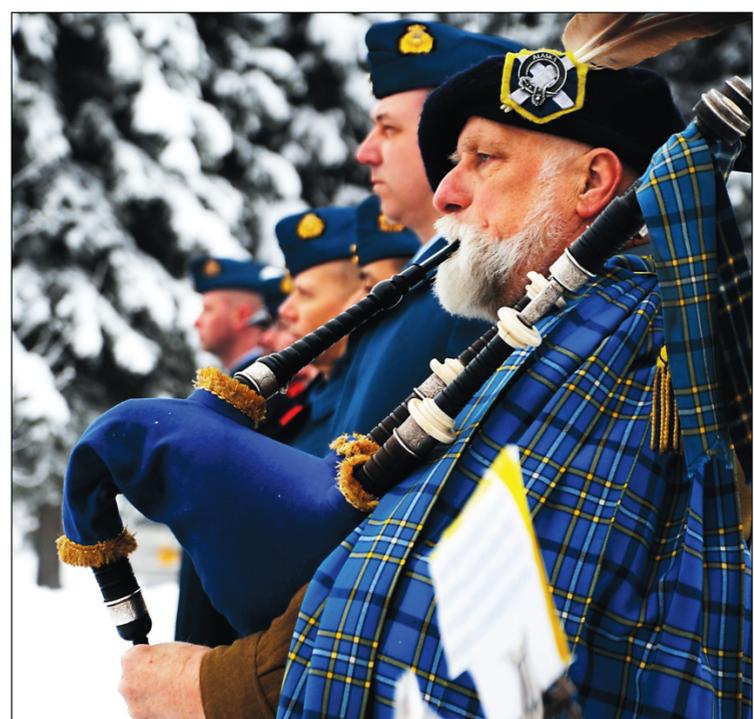
In Memoriam



ABOVE: Fallen warriors are remembered with a 21-gun salute during a Veterans and Remembrance Day at the Alaska National Guard armory on Joint Base Elmendorf-Richardson Nov. 11.
RIGHT: Command Chief Master Sgt. Lisa Kuehnl pays her respects at a monument to the fallen at the ceremony. Kuehnl is the 673d Air Base Wing's senior advisor on all enlisted matters. (U.S. Air Force photo/Senior Airman Cynthia Spalding)



Air Force Lt. Gen. Stephen Hoog salutes in honor of Veterans and Remembrance Day at the Fort Richardson National Cemetery, Alaska Nov. 11. The first remembrance day was conducted in 1919 throughout the British Commonwealth. Hoog is the Alaskan Command commander and 11th Air Force commander. (U.S. Air Force photo/Senior Airman Cynthia Spalding)



Dan Henderson plays the bagpipes during a wreath-laying and Remembrance Day ceremony at Fort Richardson National Cemetery Nov. 11 in honor of Veterans Day and Remembrance Day. (U.S. Air Force photo/Senior Airman Cynthia Spalding)

