

RESILIENCE UNDER PRESSURE

JBER Resiliency Team available to make strong troops, families

By David Bedard
JBER Public Affairs

The force of gravity combined with the 405 pounds of iron resident in the barbell and plates bearing down on Master Sgt. Shawn Wolfe sent an overwhelming message to his brain through a network of nerves in his quadriceps: stop now. Bearing up under the weight, the 611th Air Support Squadron Airman looked up, gritted his teeth and ignored the pain in an effort to push the bar to the top of the rack. "I don't think of it as weight," the Colquitt, Ga. native said. See Resiliency, Page A-3



PRT-Khowst partners with Task Force Spartan

By John Pennell
JBER PAO

Provincial reconstruction teams have become a mainstay of the U.S. effort in Afghanistan, where the units – composed of teams of specialized civilians and military members from across the armed services – bring unique, non-combat skills together to help local governments to continue building a stable economic platform.

PRT-Khowst is a partnered unit serving with the 4th Brigade Combat Team (Airborne), 25th Infantry Division's Task Force Spartan. The team is deployed to Forward Operating Base Salerno, near the city of Khowst in eastern Afghanistan.

Navy Cmdr. Bradley Brewer, the PRT commander, and Navy Reserve Cmdr. Elizabeth Greenwood, the deputy commander, took part in a telephone interview with reporters Jan. 27, discussing their mission in Afghanistan.

"The Provincial Reconstruction Team is a joint interagency organization made up of ... Army and Navy personnel, both active and reserve, as well as a contingent from the Massa-

See PRT, Page A-2

Reservist leads 'War Day' exercise planning

By Air Force Capt. Ashley Conner
477th Fighter Group PAO

An Air Force Reserve F-22 pilot assigned to the 302nd Fighter Squadron is the lead planner for the Arctic Integration Training or War Day that occurred here Jan. 27.

Maj. Christopher Miller, chief of 3rd Wing Weapons, is responsible for developing the scenario for the War Day exercise that will include all the aircraft assigned to Joint Base Elmendorf-Richardson along with a KC-135 Stratotanker from Scott Air Force Base, Ill., and F-16 Fighting Falcons from Misawa Air Base, Japan and Eielson Air Force Base.

The main objective of this monthly exercise is for the members of the 3rd Wing and 477th Fighter Group to learn about each of the airframes within the wing and the personnel associated with them.

"The F-22 (Raptors) don't integrate with C-17 (Globemaster III) and C-130 (Hercules) assets on a daily basis," Miller said. "This training provides an opportunity for the members of the F-22, E-3, C-17 and C-130 squadrons on base to meet face-to-face and determine a solution to the scenario that Wing Weapons has provided. It really is a team building exercise – the 3rd Wing and 477th plan, brief, execute, and debrief together."

When developing the scenario Miller takes into account the real world taskings that the various airframes on JBER would face in order to make the exercise as realistic as possible.

"(Wing Weapons) also coordinates with the other airframe Weapons Officer and utilizes their inputs and help to maximize the



Air Force Lt. Col. James Suhr, 3rd Operations Support Squadron commander and Air Force Maj. Christopher Miller, chief of Wing Weapons, review an in-flight guide following the mass War Day mission brief at the Red Flag building on JBER Jan. 27. Miller, a Reservist assigned to the 302nd Fighter Squadron, led the scenario planning effort for the War Day exercise. (U.S. Air Force photo/Capt. Ashley Conner)

training for operators within the 3rd Wing," Miller said.

While War Day exercises are conducted at other bases there are some aspects of Alaska that make training here unique.

"We have surface-to-air emitters on the range which allow for effective training against ground threats," Miller said.

"Additionally, the size of the range and the type of terrain makes training in Alaska unique," said Lt. Col. James Suhr, 3rd Operations Support Squadron commander.

Although integrating with other airframes is a unique aspect to the War Day, total force integration is not new to JBER. Reserve F-22

pilots assigned to the 302nd FS, a subordinate unit to the 477th FG, which stood up in 2007, integrate with the active duty F-22 units in every aspect of the mission.

"Having a Reservist as the chief of Wing Weapons is unique here," Suhr said. "The 477th is fully integrated in our day-to-day operations and Reservists serve in pivotal roles like chief of Wing Weapons and chief of Alert Operations."

As active duty manning cuts loom, Reserve involvement in the active duty mission has become paramount.

"Reservists bring with them experience and tactical expertise," Suhr said. "Without Miller as chief

of Wing Weapons, the active duty would have to pull a weapons officer out of the squadron to fill this job. Having the Reserve support to fill full time active duty jobs has been critical to getting the mission done."

While Miller had the lead on planning the scenario for this exercise it did require full support from other shops within the 3rd OSS.

"The Wing Scheduling and Mobility Air Forces Operations Flight were critical to getting the tanker support and coordinating the large number of aircraft in the airspace with the FAA," Suhr said. "It was a squadron effort to make this exercise successful."

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Bryant Army Airfield remains relevant in 21st century

By Air Force Maj. Guy Hayes
Alaska National Guard PAO

Bryant Army Airfield on Joint Base Elmendorf-Richardson is a landmark steeped in Alaska aviation history, but it's the future of Bryant that excites Alaska's military and state leadership.

Bringing the airfield into compliance to meet the requirements of today's modern military and provide an option to the state of Alaska for disaster response is the end state for Army Maj. Gen. Thomas H. Katkus, adjutant general of the Alaska National Guard.

"Bryant Airfield has a very rich history here on JBER," Katkus said. "It was provided as a resource to the Alaska National Guard in the late 90s, and since then, there's really been no effort to improve or make it a relevant resource.

"Relevancy is everything in the National Guard," he continued. "And part of being relevant is making sure your facilities are modernized to meet the mission – not only as a military platform for training but as a resource to project resources and address domestic emergencies."

Katkus assigned the tough mission of making Bryant relevant to airport manager Jim Noe. With 42 years of Army aviation under his belt, he took over his current position in 2009 after retiring from the Alaska Army National Guard. The right man for the job, he was presented the difficult task to develop Bryant from a heliport into an effective airfield for Alaska.

"There are three basic steps to becoming an airfield. The first step is to comply with regulations; the second step is getting the tower up and running; and the third step is to get controlled airspace around the airfield," Noe said. "The first thing we did was comply with the regulations, bringing the U.S. Army Corps of Engineers up here to have the testing done about a year ago. We've also refurbished the tower and are working with the FAA for Class D controlled airspace."

Safety is the key issue and driving force behind most of the upgrades on Bryant, according to Noe. The tower restoration, controlled airspace, and compliance with regulations to improve the runway will provide a safer environment for military and civilian aircraft traveling through the popular air corridor.

"The near misses with other aircraft our Soldiers have had over the years have been significant," Noe said. "The tower and air traffic control function will increase the level of safety to help move civilian and military aircraft rapidly through the airspace while separating aircraft, which is critical."

Upgrading the runway, clearing trees, while addressing power lines, asphalt thickness, and lengthening of the airfield are a few of the recent improvements to enhance



An Alaska Army National Guard UH-60 Black Hawk helicopter is hitched for towing at Bryant Army Airfield Monday. The air traffic control tower, in the background, is currently being restored to assist in providing a safer environment for military and civilian aircraft travelling through the popular air corridor. (Alaska National Guard photo/Air Force Maj. Guy Hayes)

operational safety of the airfield and make it viable for the National Guard, Coast Guard, state and federal agencies to use.

"You need to be able to operate safely on the airfield, and we had numerous exceptions to policy," Katkus said. "Exceptions to policy don't make you safer when you're in an aircraft that has an issue. We've gone through each and every exception to policy bringing the airfield to today's current standards.

"There are a lot of different entities that come together near the airfield: the Glenn Highway, a firing range and lot of civilian air traffic," the general continued. "Safety being paramount for the military, the tower provides us one more level to adequately address the requirements in today's environment of operating safely. It's a cheap investment compared to the loss of equipment and personnel as a result of inaction."

In addition to controlling the airspace, Noe notes that the major upgrades to improve safety will make it a relevant resource to the state for domestic response.

"In the event that there is another earthquake in this area, there is the possibility that some of the airfields here may fail and

this gives the state an option to use Bryant Airfield," Noe said. "Building the runway up to 6,000 feet will also allow us to get more airframes in here to support contingency operations."

Katkus elaborates further by explaining Bryant provides the state with broader options during a disaster because of the nearby State Emergency Operations Center.

"With the SEOC in such close proximity, it's critical that we incorporate all the resources we have available to make Alaska a safer, better place," Katkus said. "In a disaster, Bryant Airfield provides us capacity, it provides us potential. Those are the things that are most valuable in response because you now have options.

"Depending on the magnitude of the disaster, this may be the only operational airfield," he said. "It may be the only area to stage equipment and supplies to move forward. It's a safe environment that you could get to as a last resort or first choice if it develops properly, and we have the right resources."

Developing properly also means new jobs. With the improvements to make Bry-

ant Airfield a viable resource for Alaska, the National Guard Bureau authorized the creation of 22 new federal jobs to help man the tower and support airfield operations.

"For many years taking care of the airfield was an additional duty for a warrant officer," Katkus said. "We've now gotten to the point where this is officially recognized, and there is a minimum manning requirement. With that minimum manning there are pretty significant job opportunities developing for our young men and women. In today's constrained fiscal environment this is still important enough to fund as an improvement."

A critical resource to the National Guard, military and citizens of Alaska, Bryant Army Airfield's history is well documented and the future is bright.

"Bryant Airfield has had a great history on Fort Richardson, and now that Fort Richardson is JBER, I would hope that the relevancy of this valuable gem continues to develop," Katkus said. "We need to make sure we do our best as leaders to continue that legacy here at this airfield because the potential is unlimited."

PRT

From Page A-1

achusetts National Guard," Brewer said. "We also have a contingent of U.S. government civilians (from the U.S. Agency for International Development as well as the Department of State and we also work with the U.S. Department of Agriculture as well.

"Our mission is to partner with the local and provincial government officials in Khowst Province," he explained. "We work with them to help develop their government capacity; help connect them to their populations. We work with them to develop their economic development strategy and also we help them to establish stability conditions on the ground here in Khowst Province."

Greenwood said the PRT is happy to be working with Task Force Spartan.

"As a non-organic unit we didn't have the opportunity to train with them, so we're just getting a chance to meet them and begin working together, and we're really looking forward to that relationship," she said.

Brewer said PRTs were originally "infrastructure heavy" in their focus.

"As they've evolved over time, and as our unit came into being, the focus has really come off of that and a lot of those projects – brick-and-mortar type things – and has moved into 'on budget' which is where the government of Afghanistan is now spending a lot of their money through their budgeting processes through their own engineering," he explained. "What we've done is we've worked with



Navy Cmdr. Bradley Brewer, the Provincial Reconstruction Team Khowst commanding officer and Navy Reserve Cmdr. Elizabeth Greenwood, PRT-Khowst executive officer, discuss with reporters the PRT mission in Afghanistan during a press conference at Forward Operating Base Salerno, Afghanistan, Jan. 27. (U.S. Army photo/Pfc. Erin Dierschow)

the partnerships of mentoring those officials, mentoring the line directors who have access to those budgets, whether it's economy, education, roads or rehabilitation ... and really work with them on those kinds of things.

"We have a few projects, a few roads and some other things, that we're finishing up in some of the locations, but what we're really focusing on right now is that mentorship piece," Brewer said.

Greenwood said female engagement teams are another aspect of the PRTs which have evolved over time.

"Most people are familiar with what we would consider the 'tactical' female engagement teams, and the brigade has those. They actually work with the battle space owners," she explained. "They go out on the patrols and engage with local women in the villages as the battle space owners are working through the various villages.

"What we do at the PRT level, is we work with the women who are in government," Greenwood continued. "We have a director of women's affairs here that we work with and there are three female members of the provincial council.

So we spend a lot of time working with them the same way as we would with the male line directors.

"For example, I have sat on several occasions with the director of women's affairs and worked with her on her budgeting process – how she runs her operations and maintenance budget," she said. "We're hoping in the future her department will be one of the ones that get a development budget as well so she'll have some discretionary funding on projects that she feels will help the women in the area.

"We also work to try to find

ways to bring small cottage industry to women in the area," Greenwood continued. "USAID has had several programs for small-business training for women that have come down into the area and we've had some turnout for, which we were very pleased with, and we've been working on a tailoring training course.

"Culturally here, most women don't feel comfortable leaving their homes to work, so we're trying to help them find ways that they can bring a little extra money into their household," she explained. "Working a tailoring business out of their house is a feasible way to do that, and the local agriculture development team has been working with them on poultry projects where they can raise chickens and sell the eggs from their house as well."

Greenwood, who in civilian life is mayor of Tulley, N.Y., said there are similarities between her role in local government and the PRT's job in Afghanistan.

"Even in an environment like Afghanistan, people basically want the same things," she explained. "They want to have a safe, secure life. They want a livelihood for their families, they want to be able to send their children to school and they want the very basic services from their government. They want to be able to drive on roads that are passable; they want to be able to settle their disputes through the local court system – all the basic things we would expect at home.

"Whereas I will certainly say we do not have an insurgency in Tulley, N.Y., other than that, many of the problems we see here are very similar to the types of problems that government officials in our own country deal with on a daily basis," Greenwood said.

ARCTIC WARRIOR

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ON PATROL WITH TASK FORCE SPARTAN STEEL

ABOVE: Sgt. Ramon Cortez, assigned to A Battery, 2nd Battalion, 377th Parachute Field Artillery Regiment, Task Force Spartan Steel, conducts security combat patrols in Khowst province Jan. 25. **TF Spartan Steel** is part of the 4th Brigade Combat Team (Airborne), 25th Infantry Division, based on Forward Operating Base Salerno in Support of Operation Enduring Freedom XII-XIII. **RIGHT:** Sgt. Michael Dennehe, a cannon crew member assigned to A/2-377th PFAR, chats with an Afghan girl in Khowst province Jan. 25. **FAR RIGHT:** Sgt. Christian Aleman, assigned to A/2-377th PFAR, helps a town elder who is seeking medical treatment in Khowst province Jan. 25.



Resiliency

From Page A-1

“I think of it as a movement, which I need to incorporate correctly, meaning once I go down, I know I can get back up.”

The exercise is a fitting picture of Wolfe’s efforts to maintain resiliency through his lifestyle because, despite the force of the bar pushing him down, he resolved in his mind to push back and to stand up straight.

According to Air Force Maj. David Wright, director of psychological health, 673d Air Base Wing, and Joint Base Elmendorf-Richardson Resiliency Team officer in charge, resiliency can be defined in light of life’s challenges.

“Resiliency is adapting well in the face of adversity, trauma or stress and bouncing back,” the Fort Wainwright-born clinical psychologist explained. “Everybody has stress, anxieties and difficult situations presented to them, and resiliency is dealing with that.”

Wright said he is reluctant to define people as resilient or non-resilient.

“Instead of a discrete label, it’s more of a continuum,” he said. “When it comes to resiliency, everyone has it and everyone demonstrates it to a certain degree at certain times. But it’s one of those things that – no doubt – through our actions, behaviors and thoughts, can be enhanced, can be made more effective.”

To that end, Wright describes resiliency as a holistic approach that factors in all dimensions of a person. The Air Force advocates Comprehensive Airman Fitness with four facets and the Army advocates Comprehensive Soldier Fitness with five facets.

Working with the different military services at JBER, Wright said he advocates the more detailed Total Force Fitness framework specified by the Chairman of the Joint Chiefs of Staff, which has eight dimensions: behavioral, environmental, medical/dental, nutritional, physical, psychological, social and spiritual.

Wright said discussions of resiliency often focus on preventing self-destructive behavior, but this narrow focus denies resiliency its full potential. He said the Department of Defense is promoting a wellness model in the realm of positive psychology with the TFF’s eight dimensions in mind.

“It’s not necessarily about fixing things that are broken, but enhancing things that are good,” he said. “That’s a completely different mindset. It’s like going to your doctor and saying, ‘How can you make me healthy?’ We typically don’t do that.”

Wright said healthy troops and healthy family members don’t fall victim to sub-



ABOVE: Air Force Master Sgt. Shawn Wolfe, 611th Air Support Squadron, has a laugh after a tough workout. **Humor and levity can go a long way to enhance resilience.** **FRONT PAGE:** Wolfe locks out in a squat exercise at the Elmendorf Fitness Center. **Fitness is a major factor in maintaining strong resilience.** (U.S. Air Force photo illustrations/Justin Connaher)

stance abuse, domestic violence or suicide.

“Why is that?” he asked. “Is it because they’re not hurting or they don’t experience negative emotions? No, it’s because they have those things that are positive. They are able to deal with those situations.”

Furthermore, Wright said negative behavior is the result of a series of choices. A strong resiliency is also the result of choices, he said, the right choices.

“Resiliency is supposed to reduce the number of suicides, reduce the number of people who hurt their children or their spouses, reduce the number of alcohol-related misconduct,” he said. “But it’s also going to make you a better Soldier, it’s going to make you a better Airman.”

Wright calls the Army’s battle buddy and the Air Force’s wingman systems collectively a core feature of resiliency. He said it’s critical troops are mutually responsible for and accountable to one another.

“If you work for the DoD, one of the most beneficial things you can do is to recognize you have a responsibility greater than yourself,” Wright said. “And the responsibility is to take care of the people around you.”

Wright challenges leaders to explicitly identify battle buddies and wingmen to ensure no service member falls through the cracks. He said the troops need to be in a position to practically help one another based upon living areas, work schedules and other pertinent demographics.

“You can have some expectations that say, ‘I expect you to help me when I need it,

and I expect that you will ask me when you need help,’” Wright said of the battle buddy/wingman relationship. “The core feature of resiliency is having those connections.”

In addition to having a specific battle buddy/wingman, Wright said it is also important to keep an eye out for people who are grappling with personal struggles.

“If you’re walking in the (exchange), and you see someone’s having a bad day and doesn’t look well, I would argue that it’s your responsibility to go up and say, ‘Hey, how are you doing, is there anything I can help you with?’” he said. “That’s the wingman culture. That’s the battle buddy culture.”

Though Wright said he doesn’t expect military leaders to know everything about clinical psychology, he does expect them to understand their role in resiliency as well as what resources are available to their commands.

“Leadership needs to know what resiliency is,” he said. “Not a talking point, not a buzzword – what is resiliency and what can I do is the question?”

Wright said it’s also important to combat the stigma associated with seeking professional mental health services when they are needed. An important part of accomplishing this, he said, is breaking down the perceived barriers between mental and physical health.

“Mental health is the same as physical health,” he said. “We all have brains. We all have anxiety. We dichotomize mental and physical health, and we should look at just health. That split is not beneficial.

“If I have a broken leg, I’m not going to hobble around, I’m going to go to the doctor,” Wright continued. “But if we’re depressed or agitated all the time, we don’t often ask for help because of this stigma.”

To help JBER-Richardson troops, Wright maintains an office in Building 600 that offers prevention and outreach services to units and individuals. Wright said he and his staff carry out what are called “walkabouts,” when they visit units – making themselves available and familiar to troops who may not otherwise ask for help.

“If you see me and I’m a psychologist, and I see you regularly, it makes it easier to ask for help,” he said. “It makes it easier to see where we’re coming from.”

Wright said there is no one-size-fits-all formula for resiliency. Every person needs to find what helps him to be especially resilient.

“Becoming resilient is a personal journey,” he elaborated. “What makes you resilient may not work for me.”

For Wolfe, a champion bodybuilder, he said his primary key to resiliency is fitness.

“I have to be fit in order to fight,” he said. “If my body’s not in tune with my mind, how can I be an example for my Airmen in terms of resiliency?”

Deployed troops may have a tough time channeling their usual avenues of resiliency, Wright said, and they may need to get creative. An avid skier can take up crocheting, one of Wright’s favorites, for the duration of the deployment.

On a more personal basis, deployed troops may be forced to forgo email and social networking in favor of adopting an old-school pen pal.

“I don’t know when the last time was I wrote a letter to my grandma,” Wright said of his last deployment. “But that was something that was helpful – staying connected and engaged.”

JBER Resiliency, in partnership with the JBER Family Advocacy Program, offers classes and workshops in areas such as anger management, stress management, parenting, relationship skills and couples communications.

With all of the resources provided by JBER Resiliency and all of the activities available on the installation that can enhance resiliency, Wright said perhaps the most effective way to stay resilient is to help others.

“If you have purpose and meaning in your life, you’re going to be resilient, because that purpose and meaning is probably going to stem from engagements and connections with people,” he said. “The cheapest, easiest psychological trick is to do something for somebody else.”

For more information about JBER Resiliency Team services or to enroll in a class, call 580-2181.

Soldiers of 56th Engineer Company are ICE BRIDGE BUILDERS



Soldiers from the 56th Engineer Company spread water to thicken a path of the Tanana River's frozen surface during an ice-bridge construction project Jan. 25. (U.S. Army photo/Staff Sgt. Matthew E. Winstead)

Vikings span frozen Alaska waterways

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

FORT WAINWRIGHT — The setting couldn't be more bleak; averaging negative 20 degrees before the wind chill is factored in, the frozen and lifeless landscape spans in almost all directions.

Sheets of ice creak and groan while a team of specially trained Soldiers dressed in sub-zero-rated arctic coveralls move across the surface of the once flowing and animated Tanana River.

The river still runs under its thick cover of ice, making the movement across the surface even more dangerous for heavy military vehicles and equipment.

Since mid-January, members of the 2nd Engineer Brigade stationed at Joint Base Elmendorf-Richardson have been braving the cold and dark to construct ice bridges to safely move men, weapons and equipment across the expanses of both the Tanana River

and a tributary of the Yukon River near Delta Junction and Fort Greely.

The projects are helping the Soldiers of the 56th Engineer Company hone their arctic construction techniques and provide safety routes for Air Force units to move large containers and personnel to training areas.

The engineers first clear the surface of loose snow and use it to form berms on the left and right limits of the bridge site, checking the ice depth as they move across the river.

They drill through the ice to locate a water source to pump and spray onto the surface of the frozen river to thicken the ice layer to a safe depth and strength.

When water isn't available on site, it must be trucked in from another location.

The bridge is declared safe for use is when it is four feet thick and graded flat, according to Pvt. Jacob Zipter, a masonry specialist engineer with the 56th Engineer Company working on the bridge near Delta

Junction on Fort Greely.

"Our bridge site is too shallow to drill down to a water source, but it still needs to be thicker for heavy trucks to cross in case there are any air pockets in there," Zipter said. "We've had to haul in water from somewhere else in order to spread it across the surface before it freezes to make it thicker and fill in any cracks toward the middle."

At the Tanana River site, closer to Fort Wainwright, a second team constructs a similar bridge but is able to pump water from beneath the frozen surface.

The teams at both sites include engineers, medics and leadership experienced in arctic winter safety. Many of the senior members are graduates of the Cold Weather Leaders Course taught at the Northern Warfare Training Center, the Army's premier location for training on arctic and mountain operations.

"Our purpose with these bridges is to better prepare our guys to do these sort of

things and in this sort of environment ... but what we don't need are any unnecessary cold-weather casualties while we're out here. Our medics do regular checks to make sure no one loses any fingers to frostbite," said 1st Lt. Ann Prakfield, a platoon leader with the 56th Engineer Company. "We could potentially find ourselves conducting similar joint missions with foreign armies and our experience would become invaluable in that situation."

Each bridge construction area is also equipped with on-site warming facilities for both the personnel and sensitive equipment that needs to be regularly thawed out.

Supply vehicles, especially the tracked small unit supply vehicles regularly ship people and supplies back and forth from the local bases of operation to the construction areas.

Construction of the bridges is expected to continue until late February and will be useable until the thaw later in the year.

Briefs and Announcements

Disposition of personal effects

Army Capt. Brett Haker, 1st Battalion, 207th Aviation Regiment, is authorized to make disposition of personal effects of Sgt. Shane L. Guszregan, 1-207th Avn., as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Haker at 428-6326.

Female residents meeting

The Sexual Assault Prevention and Response Office and Accompanied Housing will host a lunch meeting at 11 a.m. Thursday at the Wired Cafe.

The purpose of the meeting is to address safety concerns and talk about risk management. Dormitory and barracks female residents and single females assigned to Joint Base Elmendorf-Richardson are invited.

Lunch is provided.

For more information, call 551-2037.

Utility allowance changes

The utility allowance has been adjusted for all Phase I (Sunflower – those units on Fairchild Ave., Dallas, Silver Run and Chugach housing areas) metered housing units to reflect decreases or increases in electricity and natural gas rates Aurora pays.

Aurora will continue to read utility meters monthly and provide a statement reflecting actual consumption, quarterly allowance amount and the resulting balance of customer accounts.

As is currently the case, when the credit balance of accounts exceed \$250, Aurora will issue a refund check.

If an account reflects a debit balance in excess of \$250, customers are required to make payment to Aurora in the amount of the account balance.

In addition, each account is annually reconciled and adjusted to zero at the end June.

This means during July, customers will either be refunded any

accumulated credit or invoiced for any amount owed, regardless of the dollar amount.

For any questions regarding the Utility Program or further information, please contact the Aurora Utility Staff at 375-0508 or Aurora Housing Office at 753-1023.

Otter Lake fishing

The sport fishery on Otter Lake has been liberalized to allow harvest of 10 rainbow trout per day, 10 in possession, effective until Oct. 1.

There continues to be no bag, possession or size limits for northern pike.

Additionally, the legal gear for ice fishing on Otter Laker is increased to five lines with up to two hooks per line as long as both hooks are attached to the same single piece of bait.

For more information call 267-2153.

Snowmachine orientation

Snowmachine orientation is required for all personnel intending on riding the Elmendorf side of Joint Base Elmendorf-Richardson.

The orientation is hosted every Thursday at 5 p.m. at Building 7210.

For more information, call 552-2023.

Shuttle service ended

Due to fiscal constraints, high operational mileage rates and low passenger use, the Joint Base Elmendorf-Richardson Elmendorf transportation base shuttle service discontinued service.

JBER customers may contact the Vehicle Operations Control Center at 552-4475 to request vehicle support for official business.

For other questions concerning the termination of service, call 552-3400 or 552-2744.

Furnishings management

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

The FMO also has appliances

for Airmen residing off base, for longterm use.

Delivery and pick-up is provided for 90-day loaner furniture and appliances. The FMO also has longterm furniture for ranks E-1 through E-5.

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

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.

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.

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 JBER Installation Guide and Phonebook (limited supply), Air Force Priorities poster series (large and small sizes), and Airman Magazine.

City of Anchorage maps are also available.

Call 552-8918 for information.

MiCare registration

MiCare, the online personal health record and secure messaging application, has been available to

patients and medical group staff at Joint Base Elmendorf-Richardson since December.

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

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

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

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

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

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

The project team is monitoring results in order to develop future implementation plans.

The Air Force is also interested in understanding how this new technology impacts the quality of health care provided to patients, as well as the overall well being of the patient population.

A research team is conducting a study in conjunction with this pilot program.

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.



Army race walker
steps out for the gold,
Page B-4

Just an hour of your time
can save three lives,
Page B-5

www.jber.af.mil/news

COMMUNITY

Volume 3, No. 5

Joint Base Elmendorf-Richardson

February 3, 2012

Bouncing

adversity

BACK from

U.S. Air Force photo illustration/Steven White

Remember: resilience is a process, not a trait

By Chris McCann
JBER Public Affairs

Sometimes, life throws curveballs that can leave you lying in the dirt, wondering what just happened. You know you have to get back up and take another swing, but when you've just been metaphorically hit in the head, that's easier said than done.

Fortunately, you've got teammates that will offer a hand and an ice pack to get you back into the game.

"Resiliency is thriving under pressure," said Diann Richardson, a Family Advocacy outreach manager at Joint Base Elmendorf-

Richardson. "You can survive, or you can thrive. The resiliency element is here to enhance people's life skills and help people learn them or put them into practice."

There are many elements to resilience, Richardson said.

One is a healthy lifestyle – with some kind of physical outlet other than military physical training, whether it's going to the gym or taking a bubble bath, to help manage stress.

"Doctors tell depressed people to exercise, even though they don't want to, because it gets the endorphins going. No one gets depressed about having exercised," Richardson said. "But everyone feels better having done it."

Another is some kind of social network; friends or family to talk to and be connected with.

"A social connection is part of resiliency," Richardson said. "Meeting people and making connections is important; in some ways, they can be a trusted confidant."

And making sure to socialize with positive people can help, too. "Surround yourself with can-do people," Richardson said.

Mental self-care is some way to exercise your mind – whether it's doing sudoku or crossword puzzles, learning a new language, or a creative endeavor like painting or dancing.

Lastly, the spiritual is an impor-

tant component of resiliency, Richardson said. "It's being connected to something outside yourself. It could be a higher being, nature, connection to family, or belonging to something. Not everyone has the same level of need for it, but we all have some need."

Needs dictate behavior, she said. And much like a child who is hungry will act up and get cranky, a person with some unfulfilled need will have difficulty.

"For example, if I don't exercise, I get cranky. If I go seven days without running, my family can tell," Richardson explained. Fulfilling the four pillars of self-care can go a long way toward building resilience.

Having a mindset of not letting the curveball keep you down also can keep you able to bounce back.

"You have to realize that change happens and bad things happen, without letting your world get rocked," Richardson said. "You can adapt and even have better functioning. People are under a lot of stress right now about the economy and their jobs. But if you have a positive point of view, whatever comes your way, you can adjust."

Resilience tends to be a process, not a trait, Richardson said. That means anyone can acquire the tools and learn to survive and even thrive under pressure.

You might have had it modeled for you at home, or by someone at work, or just by trial and error.

Re-training your mind is also a key component.

"Understanding setbacks are a part of life and having some feeling of control over aspects of your life" are mentally important, she said. "We're not robots, and we don't have to respond a certain way to events. We can be conscious of our choices and not reactionary by improving our problem-solving skills."

For example, a Soldier newly assigned to JBER who has no friends or family here might tend to stay in the barracks alone – which wouldn't be helpful.

"Private Snuffy should know himself, and

know how he deals with stress. If that's bowling, great; get out and do what you enjoy doing."

Getting out and doing something would also help Private Snuffy forge some social connections, and maybe get him involved in other activities.

"Trying new things is always good," Richardson said. "If you go take a yoga class and you hate it, at least you tried it. The first step is going out...and you might meet a best friend. I met my best friend at a play group for our children."

With so many activities on JBER and in the surrounding areas, there's sure to be something to pique anyone's interest.

But perhaps that lump on your head isn't going to be fixed with a good round of bowling, or a soak in a hot tub, or reading the Bible.

Maybe you really need some help dealing with your children who aren't behaving after this last deployment.

Maybe your marriage is going down the tubes and bills are piling up because you can't deal with any more stress in your life.

There are plenty of agencies on JBER that can help. Whether it's getting yourself into a parenting class to improve your skills, enrolling in marriage counseling, or just learning to communicate better with your significant other, Family Advocacy can assist.

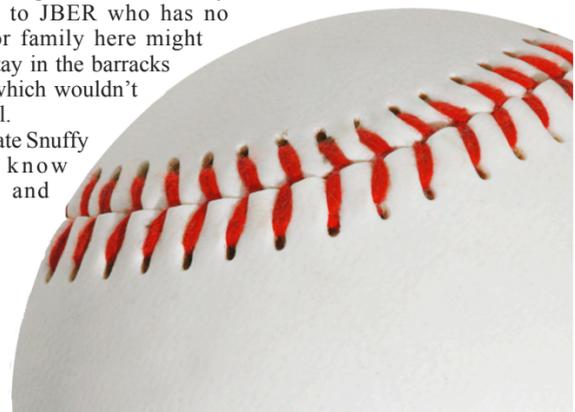
If you don't know where else to turn, visit the Family Advocacy Program's office, on the first floor of Building 600. They can steer you in the direction of whichever agency can help you out.

Richardson carries some printed quotations about resilience with her when she teaches classes around the installation.

"Obstacles don't have to stop you," said Michael Jordan. "If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."



Airmen, Soldiers and civilians participate in a Crossfit fitness program at Hangar 5 on Joint Base Elmendorf-Richardson after duty hours. Fitness activities can be a wonderful outlet for stress, as well as putting you in contact with other people who can help you when times get tough. (U.S. Air Force photo/Justin Connahey)



Spiritual fitness part of resilience

Commentary by Air Force Chaplain (Lt. Col.) Keith Muschinske JBER Wing Chaplain

Researchers at the National Center for post-traumatic stress disorder have developed the "Response to Stressful Experiences Scale" which rates personal traits that promote resilience.

"Resilience" is defined as the ability to undergo stress and still retain mental health and well-being. RSES identifies six keys to resilience: a positive outlook, spirituality (emphasis added), active coping, self-confidence, learning and creating meaning and acceptance of limits.

Can you relate to any of these situations?

1. You're worried because you have fallen behind in a bill payment and a collection agency is hounding you.

Unexpectedly, you receive a call from a friend who says he has just mailed you a check for the loan you gave him more than a year ago.

This fortunate timing could be considered "just a coincidence" by

many, but you say a quiet prayer of thanks.

2. You have just come back from a mission. While out, your squad had to make some hard choices that have left you shaken.

You take a few deep breaths and reach in your pocket to find your familiar prayer beads. You recite familiar words that help you regain balance in a difficult time.

3. The deployment has been long. You're tired and bored and have lost focus and meaning in your job.

You go outside for a smoke and happen to glance at the sunset. Its beauty is awesome and you suddenly remember teachings from childhood – all living things have a purpose; there is an unseen balance in nature.

It's a refreshing experience and you feel revitalized.

Each of these situations illustrate that spirituality is a key characteristic of resiliency, but what exactly is it?

Although many use

the terms religion and spirituality interchangeably, they are two separate concepts that often overlap.

Religion can be defined as a belief system that follows specific sacred writings, concepts or doctrines, while spirituality is a more private, personal belief, which may or may not include a belief in God.

Either may include belief in a "higher power."

Spirituality acts as a filter through which one sees and interacts with the world. Think of it like the Venn diagram below.

Spirituality and religion usually influence how a person lives and reacts to stressful situations,

and how well and how quickly he or she recovers from emotional or other strain.

People with a spiritual or religious orientation may view aspects of their life as sacred and interconnected, and thus will seek help when they feel their physical or emotional well-being is threatened.

Some believe there is an ultimate purpose for them, which can help them cling to "hope" even in the most tragic and distressing of circumstances.

A spiritual or religious orientation is also associated with better mental health.

It can help increase self-esteem, provide greater meaning or purpose for life, improve family and other relationships, and even decrease drug and alcohol abuse.

Spirituality and religion can provide a moral compass to help navigate life.

Either can also empower you to forgive – read Chaplain's Corner in the Jan. 6 edition to learn

how forgiving can make you more resilient – and be that source of hope for the future when all else has failed.

Spiritually resilient individuals usually have strong social support systems that help increase feelings of self-worth and keep problems in perspective.

Finding the good in a bad situation demonstrates what experts call "cognitive flexibility", and is considered a critical component of resilience.

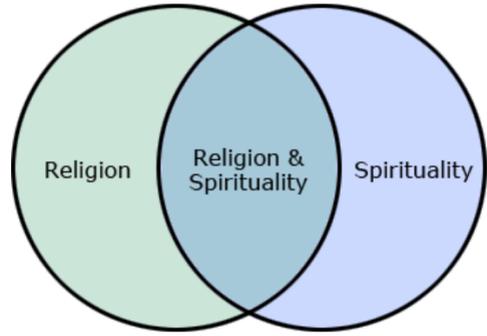
Those who successfully overcome a crisis and don't become depressed usually find the negative event had some purpose.

Questions about religion and spirituality are common throughout life.

To help strengthen this pillar of your personal resiliency, consider talking with a chaplain or chaplain assistant on JBER, or a religious or spiritual leader in the civilian community.

It can also be very beneficial to find a role model or mentor who is spiritually resilient.

You don't need to walk the path to spiritual resiliency alone.



Resilience is key to surviving challenges

Know your people and be a battle buddy

Commentary by Air Force Lt. Col. Craig Stanaland Air Force News Service

Resiliency. Interesting word. Although I'm familiar with the meaning, I can't recall having ever actually used the word in conversation.

Resiliency can be defined as the ability to grow and thrive in the face of challenges and to bounce back from adversity.

A less formal expression of the concept might be something like "having enough gas in your tank to get to where you're going."

Since resiliency is both a personal and an organizational characteristic, how can we make sure that we, and our wing, are good to go?

I'd offer three suggestions that could apply to the person in the mirror or to an entire wing.

First, admit it when there's a problem. We're an organization under great stress. This should not be a surprise to any Airman.

The Air Force has been actively at war for my entire 20-year career.

Many Airmen have been on multiple deployments, to truly undesirable locations, often serving in roles well outside their primary area of expertise.

Further, many career fields with high deployment taskings are now facing the double whammy of increased commitments but with decreasing recruitment and retention rates.

These stressors eventually take a toll, at both the organizational and personal level.

Individuals face many kinds of challenges, some readily apparent, others not so obvious. Indications of a loss of resiliency range from weight gain or loss, to fitness test failures, to marital crises, and even to the ultimate in adversity: suicide.

It's not hard to find units or individuals on base who give the appearance they're on fumes and are about to run out of gas.

OK, we've got a problem. Now what? Second, act on the issue. Pay attention to warning signs.

None of us would drive around indefinitely with a warning light illuminated on the dashboard in our car.

Why would you ignore signals in yourself or a buddy? Changes in habits, altered mannerisms, insomnia or the inability to accomplish simple tasks are all indicators demanding action. Don't wait for things to get better; be proactive.

Often all that's needed is a break, a breather, just a chance to recharge. Maybe some built-in relaxation time in your weekly schedule.

Perhaps an activity that allows you to work off some stress. Some folks really thrive on a workout routine that also helps address fitness requirements.

It might be as simple as getting enough sleep or scaling back on activities that you just don't have time for right now.

That all sounds great, but what if it's more serious than something that can be fixed with a day off?

Third, get help when necessary. Don't walk past a situation where a service member or unit is obviously not functioning appropriately.

Get actively involved. Remember, being a wingman is not an option. Even more importantly, being a wingman is not a job for the weak at heart.

The Air Force is a special calling. You don't work "for" a company, like your friends and relatives back home. No, you're "in" the Air Force.

That's not a minor semantic distinction. Rather, it's a subtle reminder of enormous significance. You're special. You've answered a higher calling.

Being a wingman might mean asking awkward questions of a buddy, or stranger, who's acting overstressed.

It might mean a conversation with a superior or outside resource agency.

Doing the right thing – erring on the side of caution – can be a risky proposition. Step up.

Your country and your military are depending on you.

You may be the only person in a position to make the tough call – the mission – or life-saving call.

Nobody likes to ask for a timeout or to request help.

We all want to be the battle-scarred hero who, with no strength remaining, miraculously saves the day.

That makes for great Hollywood stuff but rarely happens in the real world.

More common are conversations that start out with, "Sir, my guys have hit the wall and we're just beat ..." or "Ma'am, I'm worried about Staff Sergeant Smith and the way he's been acting lately ..."

Our mission is a marathon, not a sprint. Asking for help, if needed, is critical for success. Growing and thriving in the face of challenges and bouncing back from adversity are not Lone Ranger activities.

Rather, these are team accomplishments. Do you have enough gas in the tank to get to mission accomplishment?

I'm sure you do. You just need to top off the tank, stop for breaks if needed, and frequently check the dashboard indicators.



Experience Joint Base Elmendorf-Richardson

Football Frenzy

Enter to Win an iPad2

Super Bowl XLV

FEBRUARY 5

Kick-Off at 2 p.m. • Doors open at 12:30 p.m.

BOSS

Sweetheart Scotch Doubles

February 11

6:30 p.m. • Sign-up 6 p.m.

\$24 per couple

1st Place

Cash Prize & a Night Stay at The Alyeska Resort + two skilift tickets!

Polar Bowl • Bldg 7176 • 753-PINS (7467)

Valentine's Day Rose Delivery

Order by February 6 for Valentine's Day

Treat that special someone to a rose for \$10. Call 384-9023 to order.

Delivered in Costume

Bachelor & Bachelorette Auction

February 11 • 8 p.m.

A BOSS Fundraiser at the Arctic Chill

Bldg 655 • 384-7619

18 years and older

Ballooney Bin

Let that special someone know how much you care with a Valentine's Day Balloon Bouquet! Pre-order yours today.

Call 552-8529 or stop by the Front Desk.

Need another gift idea?

Get your special someone a **Mystic Serenity Massage** gift certificate for Valentine's Day!

Arctic Oasis COMMUNITY CENTER

Bldg 9497 • 552-8529

Community happenings

FRIDAY
3rd Wing awards banquet
 Join 3rd Wing Airmen as they are recognized for their achievements at Hangar 1 at 6 p.m. For information call 551-3011 or 551-2932.

FRIDAY AND SATURDAY
The Capitol Steps
 Former Congressional staffers turned comedians travel the country satirizing the people and places that once employed them. This timely skewering of headlines uses costumes, props and music to illustrate the goings-on in Washington. The show plays at 7:30 p.m. both nights at the Alaska Center for the Performing Arts. For information, call 263-ARTS.

SATURDAY
New Year for Pets
 Alaska Mill and Feed hosts this fair for pets, featuring discounted rabies vaccinations, door prizes, a pet talent show, and demonstrations from 11 a.m. until 3 p.m. For information call 343-8138 or visit www.muni.org/animal.

SUNDAY
Alaska Ski for Women
 Ski for Women takes over Kincaid Park in this annual event. Costumes make this a great spectator event that encourages women of all ages and abilities to get involved with Nordic skiing. For information call 276-7609.

THURSDAY THROUGH FEB. 12
Anchors Aweigh show
 The Dena'ina Center hosts this boat show with boat safety classes and plenty of booths. Whether your interest is river rafting or boating, ocean vessels, you'll find something here. Thursday through Saturday from 10 a.m. to 8 p.m. and Sunday from 10 a.m. to 5 p.m. For information visit anchorsaweightshow.com.

FEB. 10 AND 11
The Music of Queen
 The Anchorage Symphony Orchestra will rock you with this tribute to the music of Queen. Featuring the ASO and rock musicians as well as a 50-voice chorus, this show takes place at the Alaska Center for the

Performing Arts. For information call 274-8668 or visit anchoragesymphony.com.

FEB. 10 THROUGH 18
The Blue Bear
 Based on the book by Lynn Schooler, this performance is about finding and losing a close friend. Schooler grows to trust again as he creates this portrayal of a remarkable friendship. The show plays at the Alaska Center for the Performing Arts, Thursday through Saturday at 7:30 p.m. and Sunday at 4 p.m. For information call 263-ARTS.

FEB. 12
Black History family day
 The Anchorage Museum hosts this cultural day which includes a performance by The Greater Friendship Baptist Church choir and other African-themed activities from 2 to 4 p.m. For information email shenning@anchagemuseum.com.

FEB. 14
Valentines luncheon
 The Richardson Spouses' Club hosts "Loving Yourself From the Inside Out" from 11 a.m. to 1 p.m. at the Naval Operations Center at the corner of D St. and Otter Lake. For information visit frsc.shutterfly.com.

FEB. 15
Alaska fight championship
 Who needs UFC when there's the Alaska Fighting Championship? Alaskan fighters – some of whom go on to large-market venues – battle it out at Sullivan Arena starting at 7:30 p.m. For information email sarah@alaskafighting.com or call 351-8184.

FEB. 16
Couples Communication
 Family Advocacy hosts this one-hour session at 10 a.m. the JBER-R Starbucks to help couples – dating or married – learn to communicate more effectively. For information on this or any other programs offered by Family Advocacy, call 580-5858.

FEB. 17
Mardi Gras spouses party
 The Elmendorf Officers' Spouses' Organization hosts a

Mardi Gras party at the Arctic Warrior Events Center from 6:30 p.m. to 9 p.m. Celebrate with food, fun and a silent auction. For information call 297-9623 or email pamperedjen@yahoo.com.

FEB. 18
Masters of the Fiddle
 Natalie MacMaster and Donnell Leahy are celebrated fiddlers and bring their French, Cajun, Celtic and Bluegrass stylings to the Alaska Center for the Performing Arts starting at 7:30 p.m. For information email meese@anchorage.net.

FEB. 19
29th Annual Iron Dog
 Two-man teams top speeds of more than 100 miles per hour in the world's toughest snowmobile race over 2,000 miles from Big Lake to Nome to Fairbanks. The race kicks off at a time to be determined. For information email meese@anchorage.net.

FEB. 22
National Prayer Breakfast
 The JBER prayer breakfast will feature burritos at 8 a.m. at the Arctic Warrior Events Center. Air Force Deputy Chief of Chaplains Brig. Gen. Howard Stendahl will speak. For information call 552-4422.

FEB. 24
Fur Rendezvous kicks off
 Celebrating winter like nowhere else, Alaska's largest and oldest winter festival features tons of fun events. All around Anchorage are events like outhouse races, snowshoe softball and the Running of the Reindeer. For information, call 274-1177.

Winter North Face Vertical Challenge
 Skiers and snowboarders compete to see who can do the most laps on the longest continuous double-black-diamond ski run in North America at the Alyeska Resort. For information visit www.alyeskaresort.com.

FEB. 25
Silent Auction for troops
 The Fort Richardson Spouses' Club hosts a support-the-troops silent auction at the Alaska Native

Heritage Center from 6:30 p.m. until 9 p.m. For information visit frsc.shutterfly.com.

MARCH 3
Iditarod ceremonial start
 World-class mushers and their dog teams mush toward the Bering Sea coast in the Last Great Race. 1,150 miles of race starts in downtown Anchorage at 10 a.m. For information visit www.iditarod.com.

Rage City Rollergirls
 Roller derby action lights up the Dena'ina Center at 7 p.m. as Rage City faces off against their long-standing nemesis, the Fairbanks Rollergirls. For information visit www.ragecityrollergirls.org.

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

Wired Cafe for Airmen
 The Wired Cafe is located at 7076 Fighter Dr., between Polaris and Yukla dormitories. The cafe has wireless Internet and programs throughout the week for single Airmen living in the dorms. There are also free home-cooked meals Thursday evenings, served at 6:30 p.m. For information, call 552-4422.

Scholarship opportunities
 The Richardson Spouses' Club is currently accepting scholarship applications for 2012. The scholarship program is open to all eligible JBER military and retiree dependents, and can be used toward undergraduate studies. Deadline is Feb. 29. For information, visit frsc.shutterfly.com.

The Elmendorf Officers' Spouses' Organization is currently accepting scholarship applications from high school seniors who are dependents of active duty or retired service members. Application deadline is Feb. 27; for information or an applica-

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, 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

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

tion, visit www.elmendorfoso.com, or visit a guidance counselor.

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, call 552-5234, visit www.trainweb.org/msmrrre or email bjorgan@alaska.net.

Experience Joint Base Elmendorf-Richardson

ELMENDORF-RICHARDSON FORCE SUPPORT SQUADRON

Willow Snowmachine Trip
 February 11: 8 a.m. - 5 p.m. \$150

Petersville Snowmachine Trip
 February 4 & 18: 7 a.m. - 5 p.m. \$150

Snowmachine Safety Course
 February 7 & February 8:
 Noon - 1:30 p.m. or 5:30 - 7 p.m. on each day. \$40
 16 yrs and older with license

JBER Richardson Outdoor Recreation Center

To register, call 384-1475 or 1476

Snowshoe Geocaching
 February 11 • 1 p.m. • \$10
 Snowshoes and GPS Provided

Cross-Country Ski Lesson
 February 5 • 1 p.m.
 \$10 per person • 13 years & up
 Class Size is Limited & Advanced Sign-Up is Required

Rifle Cartridge Reloading
 February 10 • 1 p.m. • \$5

JBER Elmendorf Outdoor Recreation Center

To Register, call JBER Elmendorf Outdoor Recreation Center: 552-2023

Hillberg Ski Area

Fri, Sat & Sun: Noon - 8 p.m.

"Dorm Dwellers Day"
 Today, February 3
 Dorm & Barracks Residents Ride for FREE
 Noon - 8 p.m.
 Includes chair lift tickets & equipment rentals. Excludes tubing
\$10 Ski or Snowboard Lesson
 5 - 6 p.m.
 For First-Timer
 Dorm & Barracks Residents

HILLBERG SKI AREA
 LITTLE HILL...BIG FUN!

Lesson Center
552-5026

Ski Hotline
552-4276

facebook.com/hillbergskiarea

Hillberg Ski Area
 552-4838

Cross-Country Skiing at EAGLE GLEN GOLF COURSE

Groomed Trails Always Open for both Nordic & Skate Skiing
 Call 552-3821 for updates

"Fit to Fight" Program

Be Good to Your Heart and Your Valentine ♥ with the FREE Day-Use Ski Package Everyday (Excluding Holidays)
 Golf Shop/Ski Issue Daily • 10 a.m. - 2 p.m.
 (Ski Package must be returned by 3 p.m.)
 "Fairways" Restaurant Now Open Monday - Friday • 10 a.m. - 2 p.m.

Season Ski Equipment Rental Packages available at JBER Outdoor Recreation Centers
 Call 552-2023 for more information

DYEA SKI CENTER

Slalom Ski Competition
 February 10 • 1 p.m.
Dyea Ski Center: 384-2960
 Fridays • 3 - 8 p.m.
 Saturdays & Sundays • 12 - 8 p.m.

Valentine Crafts

February 3 & 10
 "I Love You Because" Frame
 6 p.m. \$20

February 5
 "Valentine's Day Flower Pot"
 Ages 10 & Up • Noon \$10

February 7 & 9
 "Valentine's Flower Pebble Necklaces"
 Ages 8 & Up • 4 - 5 p.m. \$15

February 9
 "Valentine's Day Glass Fused Votives"
 Ages 8 & Up • 4 - 5 p.m. \$25

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Get out and enjoy Alaska this year – and be sure to do it safely!



Water aerobics students demonstrate a knee cross at the Elmendorf Fitness Center on Joint Base Elmendorf-Richardson Monday. Water aerobic class offers a low-impact, high-movement workout for cardiovascular, upper and lower body strength and resistance training. (U.S. Air Force photos/Staff Sgt. Sheila deVera)

It's time to shape up for spring, and the JBER fitness centers can help



Gloria Bechtol, water aerobics instructor, demonstrates a high-kick using a pool noodle at the Elmendorf Fitness Center on Joint Base Elmendorf-Richardson. With two full fitness centers and other smaller facilities like Hangar 5 on the installation, there's a fitness niche for everyone. Water aerobics, inner-tube water polo and water jogging are popular, as are classes like Zumba, spinning and yoga.

By Air Force Staff Sgt. Sheila deVera
JBER Public Affairs

Buckner and Elmendorf fitness centers provide avenues for those who want to get on track with fitness.

They offer a wide-ranging fitness programs such as cardio-circuit, toning and abs, water aerobics, cycling, yoga, Turbo Kick, Zumba, and Back-2Basics to name a few.

With the ongoing emphasis on physical fitness and testing requirements, service members as well as family members, retirees and Department of Defense civilians can also participate in the classes to help them get back in shape.

Sp. Esther Maka, Alaska Na-

tional Guard education liaison for recruiting and retention, has been attending spin class and water aerobics for more than a month now and has seen improvement.

"I started coming to the classes because of my knee," she said. "Because both classes are not stressful on my knee it has helped me with my run time and endurance level."

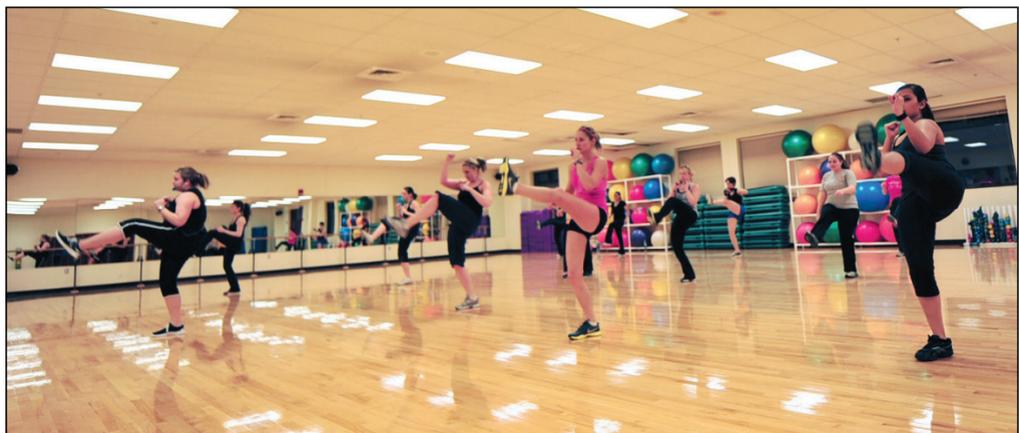
Over the course of a year, the centers offered 1,600 free classes. The number of classes per month varies slightly due to holidays; but there are around 120 classes a month at Elmendorf and around 80 a month at Buckner, said Heather Williamson, fitness center lead

instructor.

"Our most popular by increasing number of participants is the spin class, followed by Turbo Kick, Zumba, and water aerobics," said Tom Lawson, center director.

Though students will not see the results overnight, an hour of low- and high-impact cardio such as water aerobics, Zumba, spinning and Turbo Kick can help with goals by burning between 500 and 800 calories an hour – about as much as a fast-food burger.

"I provide them tools to help them stay fit, but they have to challenge themselves to see the results they wanted," said Gloria Bechtol, water aerobics instructor.



Bethany Andreas, aerobic instructor, leads a Turbo Kick class at the Elmendorf Fitness Center on Joint Base Elmendorf-Richardson. Turbo Kick is a combination of kickboxing and dance moves with a blend of intense intervals of strength and endurance training.

Army race walker heads to the Olympics for U.S.

By Tim Hipps
IMCOM Public Affairs

U.S. Army World Class Athlete Program Staff Sgt. John Nunn is once again an Olympian. Nunn earned a berth in the London Olympic Games by winning the 2012 U.S. Olympic Team Trials for 50K Race Walk with a time of 4 hours, 4 minutes, 41 seconds in Santee, Calif., on Jan. 22.

Nunn, 33, of San Diego, surged during the final 1.5 kilometers to shake Tim Seaman, 39, a two-time Olympian from Imperial Beach, Calif., who finished second in 4:05:50. Ben Shorey, 29, of Kenosha, Wis., was third in 4:17:30.

Because none of the athletes met the Olympics "A" standard of 3:59, only Nunn earned a berth in the 2012 Olympic Games in London.

"Yesterday was the greatest day since Athens," Nunn said via telephone on Monday, referring to his Olympic debut in the 20K race walk at the 2004 Olympic Games in Athens, Greece. "Yeah, I crushed them."

Five walkers stuck together through 20 kilometers before one fell off the lead pace. At 32 kilometers, another dropped off. At 36 kilometers, Shorey lost contact, leaving Nunn and Seaman to battle it out. With 13 kilometers remaining, Nunn opened a 50-meter lead with a move that almost backfired.

Nunn said his energy wavered as he neared the 41-kilometer mark.

"I was like, 'Oh, no, I don't have it,'" he recalled. "My head started getting light. My arms felt like all the blood was rushing out of them. I was thinking I might pass out."

Three kilometers later, "Tim passed me like I was standing still," Nunn said. "And I was like, that's it. All this work, I can't get it back."

Seaman built a 25-meter lead and stayed there.

"All of a sudden I realized he's not advancing anymore. He used all his energy to get up to me," Nunn said. "At that point, my legs started coming back and I thought, 'Let's just get up to him.'"

Nunn reeled in Seaman and the two Olympians walked side by side through 48 kilometers, setting the finish for Nunn's plan.

"I decided with 1.5 kilometers left, I would take off," Nunn said. "I wouldn't just start pulling away. I was going to drop it. And he was going to have to make a quick decision whether he wanted to try to fight to hang with me or just let me go."

When Nunn dropped the hammer, Seaman had nothing in the reserve tank.

Nunn walked his last kilometer in 4:18 – faster than he usually finishes a 20K race – for a 1:09 margin of victory.

At the awards banquet Sunday night, Nunn told the audience, "For the first time in my life, I became a true fan of race walking today. I had a front-row seat for one of the most exciting races that has happened in decades for race walking. It felt like it was 12 rounds of a heavyweight boxing match."

Nunn commended Seaman for his effort, and applauded the Army and his coach Enrique Pena for sticking with him in times that were not fun.

"If people had been out seeing what coach and I have been doing over the past six months, I think they would be shocked with the amount of work because it wasn't just the training," said Nunn. "He is the most positive guy I have ever been around."

Nunn's 7-year-old daughter, Ella, also provided motivation for her dad – she once climbed on his dresser and painted Olympic rings on the mirror with a magic marker.

Now Nunn is eager to take her to London. She accompanied him to Athens, but has no memory of that trip.

"We have pictures up all over the house



U.S. Army World Class Athlete Program race walker Staff Sgt. John Nunn (No. 2 in center) leads Ben Shorey, Tim Seaman and Erich Cordero in the 2012 U.S. Olympic Trials for Men's 50K Race Walk Jan. 22 in Santee, Calif. Nunn won with a time of 4 hours, 4 minutes, 41 seconds, a pace of 7:53 per mile. (Courtesy photo/Jeff Salvage)

of Ella when she was a little baby in Athens, and we've talked a lot about it," said Nunn, who has Olympic rings tattooed on his back.

"Anytime anybody asks anything about it in school, Ella will raise her hand and say, 'My dad is an Olympian.'"

JBER tax centers open to assist service members, retirees, families

JBER Legal Office
News Release

Active duty, reserve and National Guard service members as well as retirees and family members can get free tax return assistance and preparation at Joint Base Elmendorf-Richardson's tax centers until April 17.

Volunteers are trained to prepare 1040 EZ and 1040 tax returns, and can provide advice on military-specific

tax issues, such as combat zone tax benefits and the effect of the Earned Income Credit.

Volunteers are also trained on dealing with the Alaska Permanent Fund Dividend.

All tax returns are forwarded electronically to the IRS, and by selecting direct deposit, taxpayers can receive refunds in as little as a week.

The JBER-E Tax Center is

in Building 8124 on Doolittle Avenue. It will be open Monday, Tuesday, Thursday and Friday from 8 a.m. to 3 p.m. and Wednesday from 8 a.m. to noon.

Walk-in service is available but customers having an appointment take precedence.

The JBER-R Tax Center is in Building 600, Room A305. It is open from 9 a.m. to 4:30 p.m. Monday through Wednesday and

Friday, and 1 p.m. to 8 p.m. on Thursday. Walk-in service is available.

Taxpayers will need proof of identification (military ID); social security cards and birth dates for all dependents; last year's federal income tax return; wage and earning statement(s) from W-2s, W-2Gs, and 1099-Rs; interest and dividend statements; bank routing and account numbers for direct

deposit; amounts paid to day care providers; and day care providers' tax identification numbers. Appointments can be made by calling 552-3912 or 552-7321 for JBER-E; for JBER-R call 384-1040.

Units also have unit tax advisors, who may be able to complete your tax return at his or her duty station and forward it to the Tax Center.

Give blood - the gift of life



Giving blood is easy, relatively painless, and doesn't take long. With just half an hour of your time, you may be able to save up to three lives. Blood is always needed, especially in the winter months. January was National Blood Donor Month, but you can donate every 90 days through the Blood Bank of Alaska or inquire at the Joint Base Elmendorf-Richardson hospital.

In February there will be two drives on JBER – one on Feb. 18 at the Exchange from noon until 5 p.m., and another on Feb. 28 at the hospital from 11 a.m. to 4 p.m. For other drives, visit www.bloodbankofalaska.com or call 222-5652.



Births

JAN. 6

A son, Skyler Ian Ouellet, was born 21 inches long and weighing 8 pounds, 2 ounces, at 12:17 a.m. to Rachel Ann Ouellet and Senior Airman Ian Darryl Ouellet of the 3rd Munitions Squadron.

JAN. 7

A daughter, Genevieve Marie Davis, was born 19.34 inches long and weighing 7 pounds, 14 ounces, at 2:49 a.m. to Amanda Marie Davis and Corporal Zachary Lee Davis of the 3rd Battalion (Airborne), 509th Infantry Division.

JAN. 8

A daughter, Riley Starlyne Miller, was born 18.75 inches long and weighing 6 pounds, 10 ounces, at 6:34 a.m. to Air Force Staff Sgt. Alissa Star Miller of the 3rd Operations Support Squadron and Evan Scott Miller.

A son, Aiden Nile Reynolds, was born 20.75 inches long and weighing 8 pounds, 2 ounces, at 2:05 a.m. to Shauna Ann Reynolds and Spc. Justin Nile Reynolds of D Company, 3rd Battalion (Airborne), 509th Infantry Division.

JAN. 9

A son, Zachary William Bailey, was born 20 inches long and weighing 7 pounds, 4 ounces, at 3:37 p.m. to Kristy Katurah Bailey and Spc. Charles Matthew Bailey of the 3rd Battalion (Airborne), 509th Infantry Division.

JAN. 10

A son, Samuel Edward Storme, was born 20 inches long and weighing 7 pounds, 2 ounces, at 7:36 a.m. to Theresa Blaire Storme and Air Force Staff Sgt. Brian Edward Storme of the 3rd Maintenance Operations Squadron.

JAN. 11

A son, Colten Jeremy Gullickson, was born 21.5 inches long and weighing 8 pounds 14 ounces, at 4:09 a.m. to Air Force Staff Sgt.

Corina Gullickson of the 381st Intelligence Squadron and Air Force Staff Sgt. Joshua Leonard Gullickson of the 381st Intelligence Squadron.

JAN. 12

A daughter, Layken Kinley Jacobs, was born 19 inches long and weighing 6 pounds, 14 ounces, at 9:36 p.m. to Stacy Lynn Jacobs and Tech. Sgt. Dustin Patrick Jacobs of the 673d Air Base Wing.

JAN. 14

A daughter, Emery Grace Bahmer, was born 19.5 inches long and weighing 7 pounds, 9 ounces, at 6:26 p.m. to Jami Bahmer and Army Capt. Jason Bahmer of the 6th Engineer Battalion.

A son, Tristen James Cohee, was born 19.5 inches long and weighing 6 pounds, 10.5 ounces, at 3:27 p.m. to Monica Marie Cohee and Spc. Timothy Joseph Marcus Cohee of 793rd Military Police Battalion.

JAN. 15

A daughter, Yukyoung Charlee Coburn, was born 20.75 inches long and weighing 7 pounds, 1 ounce, at 11:59 p.m. to Johanna Marie Coburn and Spc. Charles Damian Coburn of the 56th Engineer Company (Airborne).

A son, Carson Liam Olivares, was born 21 inches long and weighing 8 pounds, 2 ounces at 7:08 a.m. to Charla Jean Olivares and Senior Airman Nicholas Alexander Olivares of the 381st Intelligence Squadron.

JAN. 16

A son, Elijah James Holley, was born weighing 7 pounds, 11 ounces, at 7:02 a.m. to Mary Evancey Ivery and Spc. Marvin James Holley of Company C, 307th Expeditionary Theater Signal Battalion.

A son, Bentley Nash Korn, was born 21.25 inches long and weighing 7 pounds, 10 ounces at 9:25 p.m. to Kayla Lynne Korn and Spc. Brandon Nash Korn of the 109th Transportation Company.

JAN. 17

A son, Rylan Joseph Humbarger, was born 21 inches long and weighing 8 pounds, 8 ounces at 2 a.m. to Sasha Chenelle Humbarger and Spc. Gerald Joseph Humbarger of the 1st Squadron (Airborne), 40th Cavalry Regiment.

A daughter, Allison Marilyn Odden, was born 21 inches long and weighing 9 pounds, 1 ounce at 2:40 p.m. to Stephany Michelle Odden and Sgt. Gregory Donald Odden of the 6th Engineer Battalion.

JAN. 18

A daughter, Elizabeth Ann Beck, was born 20.5 inches long and weighing 7 pounds, 10 ounces at 12:47 a.m. to Air Force Staff Sgt. Virginia Rose Beck of the 3rd Munitions Squadron and Senior Airman John Daniel Beck of the 3rd Munitions Squadron.

A daughter, Alaina Jayde Vallee, was born 21 inches long and weighing 8 pounds, 1 ounce at 4:12 p.m. to Spc. Adorahmae Vallee of the 1984th U.S. Army Hospital Detachment and Spc. Joshua Lawrence Vallee of the 1st Squadron (Airborne), 40th Cavalry Regiment.

JAN. 19

A son, Aires Matthew Lee Pawson, was born 21 inches long and weighing 8 pounds at 10:27 a.m. to Ashley Rae Burciaga and Airman 1st Class Matthew David Pawson of the 773rd Civil Engineer Squadron.

A daughter, Elaina Valerie Tomme, was born 21 inches long and weighing 9 pounds, 15 ounces at 11:20 a.m. to Vanessa M. Tomme and Senior Airman Michael L. Tomme of the 773rd Logistics Readiness Squadron.

A son, Gage Aiden Lavern Westgate, was born 21.5 inches long and weighing 6 pounds, 13 ounces at 5:46 a.m. to Hollie Ann Westgate and Senior Airman David Alvin Westgate of the 3rd Maintenance Group.

JAN. 20

A daughter, Anya Sophia Koziol, was born 22.5 inches long and weighing 8 pounds, 10 ounces at 12:51 a.m. to Meghan Alina Koziol and Maj. Steven Anthony Koziol of the 673d Medical Group.

A son, Evan Layne Barnett, was born 21 inches long and weighing 7 pounds at 4:20 p.m. to Christelyn Agraba Barnett and Air Force Staff Sgt. Daniel Patrick Barnett of the 3rd Maintenance Group.

A daughter, Olivia Paige Myers, was born 20.5 inches long and weighing 6 pounds, 14 ounces at 6:24 p.m. to Airman 1st Class Alexa Jazmine Myers of the 3rd Mission Operations Group and Air Force Staff Sgt. Caleb Anthony Myers of the 3rd Aircraft Maintenance Group.

A son, Oliver Harrell Smith, was born 22 inches long and weighing 9 pounds, 9 ounces at 3:41 a.m. to Elizabeth Ashleigh Smith and Army Staff Sgt. Justin Micheal Smith of the 3rd Battalion (Airborne), 509th Infantry Regiment.

JAN. 22

A son, Alexander Eugene Kennon, was born 21.5 inches long and weighing 9 pounds, 1 ounce at 8:50 a.m. to Crystal Lynn Kennon and Spc. Lyndon Stacey James Kennon of the 3rd Battalion (Airborne), 509th Infantry Regiment.

JAN. 23

A daughter, Abigail Cadence Martinez, was born 20 inches long and weighing 8 pounds, 3 ounces at 7:49 a.m. to Kara Noemi Martinez and Pfc. Steve Gilbert Martinez Jr. of the 3rd Battalion (Airborne), 509th Infantry Regiment.



