

## New satellite pharmacy

The JBER hospital satellite pharmacy moves to the Joint Military Mall to better meet customer needs

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## Airborne all the way

Paratroopers of the Spartan Brigade jump again at Malamute Drop Zone

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# ARCTIC WARRIOR

Volume 3, No. 46

Joint Base Elmendorf-Richardson

November 16, 2012

# THAT OTHERS MAY LIVE

## Alaska National Guardsmen save life of gravely ill woman

By Air Force Maj. Guy Hayes  
Alaska National Guard PAO

**J**umping from the tail of an HC-130 into the dark frigid night, two elite pararescuemen of the Alaska Air National Guard felt their parachutes deploy, before descending safely to frozen ground 160-miles north of the Arctic Circle.

A few hours earlier, pararescuemen Air Force master sergeants Roger Sparks and Brandon Stuemke were spending time with their families on what seemed to be a typical October Sunday night, when the phone rang.

Whatever plans they had were now changed. On the other end was the weekend alert search and rescue duty officer, Air Force Maj. Russ Edwards. There was a mission request from the 11th Rescue Coordination Center and Sparks, Stuemke, and fellow alert crews from the 210th, 211th and 212th rescue squadrons were needed at work now.

"Immediately you just stop what you're doing, kiss your wife and kids and start driving to work," Sparks said. "When you're on alert status, you have to be prepared to report within 30 minutes, and so as you drive



Pararescuemen of the Alaska Air National Guard's 212th Rescue Squadron perform a free-fall jump over the Malamute Drop Zone on Joint Base Elmendorf-Richardson Oct. 31. 212th RSQ Pararescuemen used this form of insertion to provide medical aid to an Alaska woman. (U.S. Air Force photo/1st Lt. Bernie Kale)

See **Pararescue**, Page A-3

## Operations Group Airmen keep and enforce standards

By Air Force Staff Sgt. Zachary Wolf  
JBER Public Affairs

Being a part of the military, standards are something everyone must be familiar with. From the wear of the uniform to personal grooming, standards have been set that must be followed. So it is not hard to believe Air Force aircraft have standards that need to be followed as well.

The 3rd Operations Group Standardizations and Evaluations Shop ensures these standards are followed.

"Each squadron has a unit stan/eval function, so our big-picture job up here is to keep all the units standardized," said Shawn Brumfield, 3rd OG Standardizations and Evaluations program manager.

The 3rd OG Stan/Eval Shop covers the large variety of aircraft the 3rd Wing has on Joint Base Elmendorf-Richardson.

"The unique thing about JBER is the different [Major Design Systems] that we do have," said Air Force Maj. Jason McCarty, 3rd Operations Group Standardizations and Evaluations chief. "We have mobility, command and control intelligence, surveillance and reconnaissance, and fighter assets here, and all those come together to form one stan/eval team."

Members of the 3rd OG Stan/Eval Shop are experienced in their airframe in order to perform the instruction and the evaluations of the personnel performing that specific job. These individuals range from pilots to the aircrew personnel.

"The important thing about this job is you have guys that have been in the airplane longer and have more experience and they can pass on what they have learned to the students," said Air Force Maj. Aaron Gibbs, 3rd OG Standardizations and Evaluations Programs Branch chief.

With all the publications and



Air Force Staff Sgt. Daniel Deboodt, 3rd Operations Group standardizations and evaluations publications manager, evaluates Senior Airman Daniel Dufour, 962nd Airborne Air Control Squadron E-3 Sentry Airborne Warning and Control System airborne radar technician during a flight Nov. 8. (U.S. Air Force photo/Senior Airman Armando Aparicio Jr.)

Air Force Instructions governing the airframes that fit under the 3rd OG, there is a modern program that helps this shop sort schedules and manage tasks easier.

"Patriot Excalibur is a program we use for scheduling all our flights, and then specifically for this office, we use it for our standards and evaluations testing purposes," said Air Force Staff Sgt.

Dan Deboodt, 3rd OG standardizations and evaluations publications manager. "We have a database of over 27 question databases for all the aircrew flying positions and in each one of those databases, we carry about 2,500 questions for this entire wing. What we do is we come up with those questions and the publications to run each of these aircraft."

JBER has embraced total force integration and the Stan/Eval shop gets to see first-hand how this component works.

"We have the Air National Guard and Air Force Reserve Command with us and our total force integration is pretty good," Brumfield said. "For instance, we do well between the C-17 (Globe-master III), active duty and Guard,

and are working to improve on other areas in the TFI process."

One thing that a lot of the personnel agree on is that the job keeps them on their toes.

"The most interesting aspect of our job is the ability to change," Deboodt said. "A lot of people go to work at 7:30 in the morning and come home at 4:30 in the afternoon and it's the same job and idea every single day... For us, you can wake up one week and you will be getting up at three o'clock all week long, the next day you are going to be in Japan, and you keep rolling with the punches... Our job is unique in that aspect."

Another unique part of being in stan/eval is the ability to change your job role.

"One of the interesting aspects (of my job) is the diversity," Gibbs said. "From specifics of what you are flying that day to being able to change hats, where one day you are an instructor and the next day you are an evaluator, it's something I enjoy and you don't get stuck in one mindset versus another."

With this diversity, there is an opportunity to learn more than just the specific aircraft they are trained on.

"When I was active duty, I was a C-17 guy, so I just focused on C-17 issues," Brumfield said. "Since I have transitioned to the civilian world, I deal with all the different MDSs, so it's really just been a huge learning opportunity."

While the day-to-day job can change, Deboodt stressed the importance of the stan/eval shop as part of the 3rd OG.

"The 3rd OG is very dependent on this office," Deboodt said. "The F-22s [Raptors], the C-17s, the E-3 [Sentries]; all these guys fly on a day-to-day basis and we would have a lot more problems with the aircraft... without an office like this to maintain the publications and the testing facilities to keep the aircrew sharp."

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### Community

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



# Command Emphasis

## Firearms safety – an inherent responsibility

By Command Sgt. Maj. Bernie Knight  
USARAK command sergeant major

Privately owned weapons are an undeniable part of our military culture and many USARAK Soldiers own them. With that ownership comes a tremendous responsibility.

As Soldiers, we are accustomed to being around firearms – we learn from Basic Combat Training the proper ways to handle and fire our weapons safely.

It's crucial you treat your privately owned weapon with the same respect and caution as your assigned weapon.

Firearms ownership comes with an inherent responsibility to understand the risks exposed to not only you, but your friends and family members.

In Fiscal Year 2012, there were 10 negligent-discharge incidents involving USARAK Soldiers and privately owned weapons, according to the USARAK Safety Office. People were injured in eight of those incidents.

While each situation had its own unique circumstances, there were some common factors – the largest was owners assuming their loaded weapons were cleared. The most common statements we hear after an accidental or negligent discharge is: "I didn't know it was loaded," and "I thought it was clear."

Most weapons incidents occurred after midnight, with at least three of the incidents happening while owners were cleaning their weapons after 1 a.m.

Some good principles to live by are:

- Store your weapons in a gun safe

or locker

- Keep your ammo locked up in a separate container

- Ensure children do not have access to your weapons; this requires permission and supervision

- Teach your family members gun safety even if they will never fire them

- Never show or play with weapons and ammo while drinking

- Always clear your weapons – **never assume it's clear**

Accidental and negligent discharges aren't just a tragic mistake; they are clear violations of USARAK and post policy. These incidents can result in an Article 15 or even court martial depending on the severity of the situation.

Accidental and negligent discharges of any weapon can lead to an in-line investigation where the liability of the shooter will be determined. If the Soldier is found to have acted outside the line of duty, by means of alcohol or recklessness, he or she could be held liable for all damages and medical expenses. That's in addition to facing the penalties, jail time or monetary losses, for any violations of related policies and regulations.

The worst scenario is living with the thought of accidentally taking the life of a friend, family member or neighbor.



You have to **THINK**.

If you own a firearm or are considering purchasing one, remember the acronym "THINK":

- Treat every weapon as if it were loaded.
- Handle every weapon

with care.

- Identify the target before you fire.
- Never point the muzzle at anything you don't intend to shoot.
- Keep the weapon on safe and your finger off of the trigger until you intend to fire.

Leaders – know which of your Soldiers own firearms. Make sure they understand the risks of gun ownership and are applying the right safety measures to control those risks. Ensure they understand the policies and regulations governing privately owned weapons.

### Local laws

Soldiers also need to be aware of Alaska state laws and understand when and where the Uniform Code of Military Justice and federal laws apply.

The state of Alaska allows for the open carry of weapons under most situations; however there are exceptions that must be followed:

- No firearms can be taken into any

establishments that serve alcohol; federal buildings, which include government offices; police and fire departments; schools or any establishment prohibiting weapons.

- When carrying a weapon or transporting one in your vehicle you must declare you have that weapon. If you are approached by the police you must notify them of the weapon's presence immediately, even if the weapon is locked in your trunk. Failure to do so can result in the permanent confiscation of that weapon and a potential fine or arrest.

- In the event a police officer decides to question someone who has a weapon on their person, or in their vehicle, that officer is allowed to take control of the weapon and keep it for the duration of the questioning or investigation. Failure to surrender the weapon will be considered a crime and it will get you arrested.

### UCMJ, federal laws and base policy

Even with relatively lenient gun laws in the state of Alaska, understand that when you enter a military installation, you're back under UCMJ and federal law.

Privately owned weapons must be declared, registered and stored in accordance with USARAK Regulation 190-1. Copies of the registration forms can be found at both the Visitor's Control Center and the Military Police station on post.

So, from the USARAK command sergeant major: THINK and be a responsible gun owner. Our lives depend on you!

For more information on weapons safety contact your unit safety officer or visit the website: <https://safety.army.mil/rangeweaponssafety>

## Avoid financial calamity by managing credit wisely

Commentary by Air Force  
Master Sgt. Tony Fisher  
11th Air Force

Managing credit is a discipline many find challenging. Most people don't shop with cash anymore. It's far too convenient to carry "the card," or so we have convinced ourselves.

The truth is, we spend far more money when we don't see those hard-earned dollars leave our hands. We have the convenience of revolving credit and payment options versus paying 100 percent up front.

Yet the aftershock comes when the debt has risen beyond our control and the payments are making us feel captive to the creditors. This can lead to depression and hopelessness, as some people fight to keep their bills current and meet

life's basic needs as they live paycheck to paycheck.

How does one avoid falling victim to the pit of debt? It's simple; stop using the credit cards. That is the one sure way to be financially free. However, if you choose to use credit, there are a number of ways to protect yourself from making poor choices.

First, be responsible by being realistic when you compare the cost of an item with your ability to pay it off in full. If this is not a real option, delay the purchase. You're not going to suffer emotional damage if you don't get to watch the Super Bowl on a new 80-inch flat-screen with surround sound. Save for the purchase. You can also put the item on layaway, so you don't have to pay it off right away.

Second, if you choose not to save, put yourself on a limited

credit plan. Contact your credit card company and request that they put a cap on your credit limit. This requires some specific wording; otherwise, they will allow purchases that exceed your established cap and charge fees for those purchases. Ask them to set your credit at a limit that is manageable for you and to not increase this value unless you make a written request by mail.

Additionally, remember to request they do not automatically increase your limit based on your good credit management. Many companies will do this after you have shown you can use your credit card responsibly.

Before you know it, your limit will be hovering in the thousands and your card balance rises near its new maximum limit. This is counterproductive to your goal.

Third, minimize your spending on luxuries. Ask yourself: is this a need or a want? Then resolve not to misspend the little money you have on those luxuries. Instead, devote it to paying down debt. Use a credit card calculator to explore how long it will take you to pay down each card, and set optimistic but achievable goals.

Finally, if you can't manage credit cards responsibly, you need to cut the cards up, contact the card company and close your accounts and pay them off.

Many people, even in today's credit card economy, function very successfully with just cash and a debit card. If you choose to keep a major credit card, use it for bona fides emergencies only. Better yet, after you pay off those high interest balances you can start building an emergency fund. You can argue

this statement by saying, "I need to build my credit score."

This would be a true statement for those who manage credit well, but mismanagement is very counterproductive to your credit score. A negative credit history is more difficult to repair than one that was started a few years later in life.

If you would like assistance in establishing a budget or simply learning how to make better financial choices, contact your first sergeant or the Airman and Family Readiness Center at 552-4943, and the Army Community Service Financial Readiness Program at 384-7509.

They offer one-on-one financial assistance as well as educational classes open to the base community. Don't put your financial health on hold; take control of your money today.

## Panetta: Rebalance to Asia-Pacific shows early progress

By Cheryl Pellerin  
American Forces Press Service

The Defense Department's strategic rebalance to the Asia-Pacific region is a long-term effort that is beginning to show tangible progress, Defense Secretary Leon Panetta said Monday.

The secretary is traveling to Perth, Australia, to attend the annual ministerial consultations between the United States and Australia, known as AUSMIN. It's his first official visit to Australia, an ally and partner to the United States for more than 60 years.

Panetta will join Secretary of State Hillary Rodham Clinton, Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff, and Navy Adm. Samuel Locklear III, commander of U.S. Pacific Command, in meetings with Prime Minister Julia Gillard and sessions of the conference.

The secretary also will meet with Defense Minister Stephen Smith and Western Australia Premier Colin Barnett before continuing on to Thailand and Cambodia on his fourth official visit to the region, three of them this year.

In a briefing with reporters on his military aircraft, Panetta characterized the region as one in which the historical sacrifices of many nations, including the United

States, have not been in vain.

"We've obviously sacrificed a great deal in the Pacific region, and the sacrifices that have been made have produced a safer and more secure and prosperous Asia-Pacific region," he said. "That sacrifice led to some 60 years of stability and allowed our many allies and partners in this region to be able to rise and prosper. Many of them have been able to take millions out of poverty."

Panetta said the region's success is equally important to the United States' national security and economic future.

"Looking ahead, we're going to continue to invest in the region in order to continue the progress that's been made," the secretary noted, describing some tangible early results of the long-term effort.

Panetta cited the deployment of Marines for rotations to Darwin, Australia, and an effort to send littoral combat ships to Singapore.

"We have announced that we're looking at a 60-40 split with regards to our Navy ships between the Pacific and Atlantic oceans, and that will ... take effect over the next few years as we go towards 2020," he said.

The Defense Department has completed the deployment of 12 MV-22 Osprey tilt-rotor transport

aircraft to Japan, Panetta said, and it is working closely with U.S. Pacific Command on investing in the capabilities of several countries in the region.

"In Korea, we've strengthened our cooperation on space and cyberspace, [and] we will continue to strengthen that relationship in a very critical nation that is extremely important to our security for the future," the secretary said.

"We're working with the Philippines to develop a greater presence and access there [and] ... working to develop their capabilities," he added.

Panetta noted he traveled to Beijing in September to improve the U.S.-China military-to-military relationship and develop a strategic dialog in key areas, and that Deputy Defense Secretary Ashton B. Carter is working closely with officials in India to develop increased defense cooperation.

"But let me emphasize that the rebalance cannot just be about moving more ships or aircraft or troops to the region," the secretary said. "Ultimately, it has to be a whole-of-government approach. That means we have to continue high-level engagements [such as those] with the secretary of state, the chairman of the Joints Chiefs of Staff and myself at AUSMIN."

President Barack Obama also

will visit the region next week, Panetta said.

"We need to continue diplomatic assistance and engagement, and we need resourcing to ensure that this commitment is sustainable for the future," the secretary told reporters traveling with him. He added that the hope is to continue to make new partners in the region, working with countries to develop their capabilities and opportunities for a rotational U.S. military presence.

Later this week in Bangkok, Panetta will meet with his counterpart, Defense Minister Sukampol Suwannathat, and Prime Minister Yingluck Shinawatra. Afterward, he will travel to Siem Reap, Cambodia, where he will meet with Cambodian Defense Minister Gen. Tea Banh and with defense ministers from the Association of Southeast Asian Nations at the organization's annual security conference.

"We want to deepen and modernize our existing partnerships and alliances," Panetta said, "and build regional institutions, particularly working with ASEAN."

The secretary said ASEAN can bring countries together to deal with some of the challenges in the region. "There's a real opportunity here to make that work," he said.

The rebalance to the Asia-Pacific region will not take U.S.

attention off critical events in the Middle East, Panetta said.

"The United States is the strongest military power in the world, ... and that means ... we have to cover the threats that exist in the world – not just in the Asia-Pacific region – and that's what we're doing," he said. "Even as we rebalance our efforts to the Pacific, we are maintaining a significant force in the Middle East to deal with contingencies there. We are still meeting our responsibilities with regards to other allies and partners in the world."

The new defense strategy accommodates the rebalance and U.S. responsibilities elsewhere, Panetta said.

"That's why it's very important that ... we have some degree of certainty as to what the defense budget is going to look like," he added, "not just now, but in the next five years."

In the meantime, Panetta said, there are new areas of potential cooperation in the Pacific.

"It's going to take a lot of work and a lot of focus, but we are ... a Pacific nation, a Pacific power, [and] we're going to remain a Pacific power," the secretary said. "Our fundamental goal here is to work with other countries to advance the peace and prosperity of the region."

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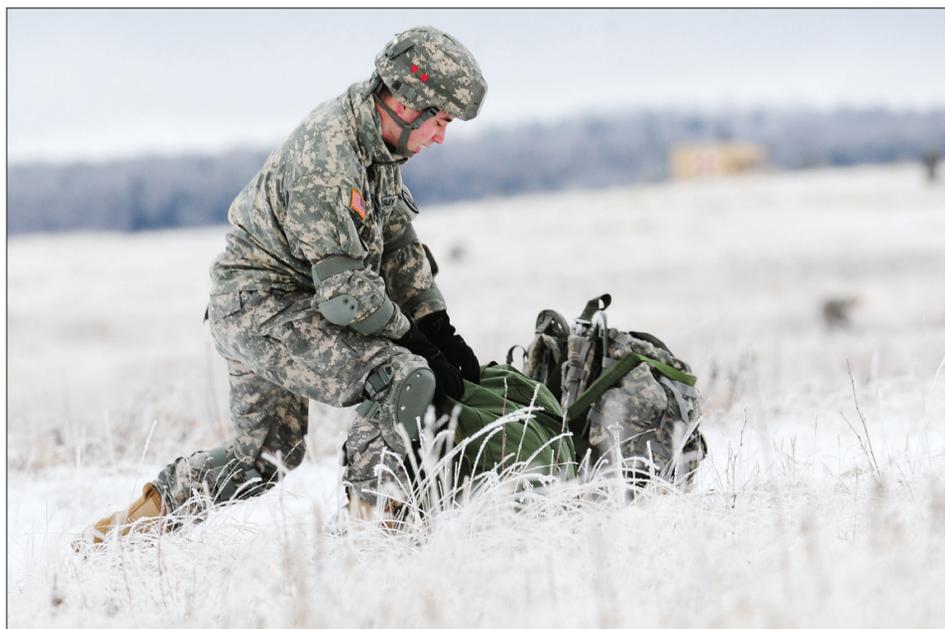
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## KNEES TO THE BREEZE

PARATROOPERS OF THE SPARTAN BRIGADE JUMP INTO MALEMUTE DROP ZONE AFTER RETURNING FROM A 10-MONTH AFGHANISTAN DEPLOYMENT

Paratroopers of 4th Brigade Combat Team (Airborne), 25th Infantry Division conduct a training parachute assault on Malemute Drop Zone Tuesday. The brigade recently returned from a 10-month tour in Afghanistan, and approximately 200 of the unit's Soldiers made the jump. (U.S. Air Force photos/Justin Connaehr)



ABOVE: Sgt. 1st Class Kevin Wetschreck, assigned to Headquarters and Headquarters Company, 4-25th ABCT, a native of Bemidji, Minn., gathers up his parachute after paratroopers of the Spartan Brigade conducted a training parachute assault on Malemute Drop Zone Tuesday.

LEFT: Army Capt. Don Vorpoorten, assigned to 425th Brigade Special Troops Battalion, a native of Oviedo, Fla., prepares to hoist an aviator's kit bag containing his parachute onto his back after a simulated parachute assault on Malemute Drop Zone Tuesday.

## ALASKA NATIONAL GUARDSMEN HONOR FALLEN WARRIORS



ABOVE: Verdie Bowen, director, Office of Veteran's Affairs for the state of Alaska, and Army Maj Gen. Thomas Katkus, adjutant general of the Alaska National Guard salute a wreath in honor of fallen service members during the Canadian Forces Remembrance Day ceremony at the Fort Richardson National Cemetery Sunday. RIGHT: Spc. Serita Johnson, of the Alaska National Guard Honor Guard, stands at attention before conducting the Fallen Warriors ceremony presentation during the Veterans Day ceremony hosted at the Alaska National Guard Armory Sunday. (Alaska National Guard photos/Maj. Guy Hayes)



## Pararescue

From Page A-1

to work, you're trying to get as much info as possible."

The mission was to perform a medical evacuation of a 58-year-old woman suffering from gastrointestinal bleeding. The patient was in a remote location, 60 miles from the nearest neighbor, and was suffering from extreme dehydration and loss of blood.

Sparks and Stuemke, who've also served multiple combat search-and-rescue tours in Afghanistan, spoke on the phone with each other, discussing what they've heard and prepared themselves for the mission. They would be flying on a 211th Rescue Squadron HC-130 "King" aircraft, an extended-range search-and-rescue version of the C-130 Hercules, capable of providing command and control, airdrop and air refueling to the HH-60 Pave Hawk helicopter.

"The plan was to load the HC-130 with the HH-60 aircrew and the two other pararescuemen, before flying them an hour north to Eielson where we had a helo on standby," Sparks said. "So we flew those guys up to that location to get in the aircraft and affect the rescue, which was another two hour flight, if not more, by helicopter to the actual recovery site. So we knew we were in for the long haul."

After dropping off the helicopter crew and other pararescuemen at Eielson Air Force Base, Sparks and Stuemke continued on the HC-130 flight to get eyes on the cabin and provide a weather report to the pilots of the Pave Hawk.

"Shortly after we dropped off the PJs and crew, we were told the Pave Hawk was malfunctioning and needed a part," Sparks said. "At this point, Edwards believed the situation warranted us getting in there as soon as possible, so he approved Stuemke and me to jump in."

The next 20 minutes, according to Sparks, was chaotic. Instead of escorting the HH-60 crew, they were now preparing to jump into an extremely remote location to save a woman's life in the middle of the night.

"Stuemke took care of half the stuff, and I took care of the other half; we met in the middle, and we left the aircraft on a 2,000-foot static line square," Sparks said. "The crews we jump with are so extremely professional and skilled. They were right on top of it, deploying flares before, during and after the jump from the HC-130 to help turn the night into day."

With parachutes deployed, the pararescuemen guided themselves toward the patient's husband, an extremely skilled and charismatic trapper, according to Sparks, who was waiting for them on a frozen pond in the 27-degrees-below-zero weather.

"We landed about five feet from him,"

Sparks said. "When I jumped out, I had a big survival ruck, probably 60 to 70 pounds, carrying survival equipment, and Brandon jumped in all the medical equipment with enough gear to sustain us for a few days."

Sparks checked in with the HC-130 crew to let them know they were safe on the ground and Stuemke followed the trapper to assess his wife.

"We immediately knew the gravity of the situation," Sparks said. "Her situation was very dire."

Stuemke conducted a patient assessment, asked questions about her background and previous medical conditions, then started an IV and medication to help stop the nausea, dehydration and gastrointestinal bleeding.

"We were very concerned and started talking with the RCC via satellite phone to find out when we could get air evacuation out of such a remote location," Stuemke said. "We were prepared, but being a parachute operation, we can only jump in a certain amount of supplies and she needed to get to a doctor soon."

Hundreds of miles from a hospital, Stuemke and Sparks continued to monitor, re-assess and build a long-term game plan for the health of their patient to include getting more medication and an IV dropped in if needed. They knew that without serious medical support, their patient was in a life-threatening situation.

"The RCC was looking at other options

to get helicopters out of Fort Wainwright, whether it's a CH-47 (Chinook) or UH-60 (Black Hawk)," Stuemke said. "Fortunately, the part required for the Pave Hawk arrived and the 210th was able to come pick us up later the next day."

After an 18-hour delay, continuously monitoring and providing care to their patient, Sparks and Stuemke welcomed the helicopter crew to the remote cabin, loaded up the patient and accompanied her on the two-hour flight to Fairbanks Memorial Hospital, where she was released to hospital staff.

"There's something in a selfless act of putting yourself in danger and putting your life on the line to help others so that they can survive and have a future," Stuemke said. "We get paid to go and make the best of bad situations, but it takes all of us to accomplish a mission. The RCC, the pilots, maintenance crews, everyone — it's a total team concept. It's not about one individual, it's about everybody."

"Brandon and I have been here in Alaska for years together, and we've done some really bizarre, if not dangerous things through this job, even somewhat unexplainable," Sparks said. "We're a bit inoculated to it, but at night, we do sit and think about the gravity and intensity of things we are asked to do; it's always in hindsight. Still, I do it because I think it's a very virtuous job. To use these skills to save other human beings, I think it gives back to you quite a bit."

# Briefs and Announcements

## Satellite pharmacy

The refill pharmacy at the Moose Entrance of the JBER hospital ceases operations Wednesday.

The AAFES satellite pharmacy opens its doors Nov. 26, and will be open Monday through Friday 9 a.m. to 6 p.m., and Saturday for pickups only from 9 a.m. to 1 p.m.

The main hospital pharmacy is open Monday through Friday 7:30 a.m. to 5:30 p.m.

## Brain injury classes

Every Tuesday from 5:15 to 6:15 p.m., the JBER hospital Traumatic Brain Injury Clinic will host education and peer-coping strategies class for spouses and partners of service members affected by TBI.

For more information, call 580-0014.

## Volunteer opportunity

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

For more information, call 552-1156.

## Scholarship opportunity

The Air Force Aid Society will be accepting applications for the Gen. Henry H. Arnold Education Grant for the academic year 2012 to 2013 until March 9.

Eligible spouses will have an opportunity to receive up to \$2,000 to fund their college education. To apply, please visit [www.afas.org/Education/ArnoldEdGrant.cfm](http://www.afas.org/Education/ArnoldEdGrant.cfm).

## Giant Voice testing

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

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

## Volunteer opportunity

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

This partnership involves voluntary mentorship of AMYA cadets, and is intended to support

and enhance AMYA's mission to intervene in and reclaim the lives of Alaska's at-risk youth.

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

For more information, call 384-6120 or email [Deborah.morton@alaska.gov](mailto:Deborah.morton@alaska.gov).

## Do not trespass

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

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

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

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

## Lunch with a Lawyer

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

## Public Health closures

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

## Rental Partnership

The Rental Partnership Program at JBER 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 applicable.

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

An allotment must be executed

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

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

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

## Road closures

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

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

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

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

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

## Home buyer's seminar

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

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

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

## U-Fix-It Store

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

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

The items available are subject to change and limits and some may have a cost. There are also Ameri-

can 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.

## Mortgage relief

Policies are in effect to provide significant housing relief to thousands of service members and veterans who have faced wrongful foreclosure or been denied a lower interest rate on their mortgages.

Service members and their dependents who believe that their Service Member Civil Relief Act rights have been violated should contact their servicing legal assistance office – 552-3046 at JBER-Elmendorf office, and 384-0371 for the JBER-Richardson office.

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

## Find housing

Visit the Automated Housing Referral Network at [www.ahrn.com](http://www.ahrn.com), or [www.ahrn.org/mobile](http://www.ahrn.org/mobile) if using a mobile device, to find housing before packing up.

Sponsored by the Department of Defense, the website listings include available community rentals, military housing, shared rentals,

temporary lodging and military for sale by owner listings.

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

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

For more information, call the 673d Civil Engineer Squadron Capital Asset Management Office at either 552-4439 for JBER-Elmendorf or 384-3088 for JBER-Richardson.

## Dining facility survey

ARAMARK is conducting a survey to evaluate how the contractor can better offer dining service to JBER.

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

## Arctic Watch

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

## Furnishings management

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

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

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

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

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

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

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

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









## Need to file a claim?

Reimbursement for broken household goods is available, Page B-4

## Moving on after PTSD diagnosis

Senior NCO adapts with the help of service dog Yoko, Page B-2

www.jber.af.mil/news

# COMMUNITY

Volume 3, No. 46

Joint Base Elmendorf-Richardson

Nov. 16, 2012

# Catching the BUZZ



By Senior Airman Joan King  
3rd Aircraft Maintenance Squadron

You're at the Saturday market downtown, and a booth catches your eye. You pick up a jar of amber-colored local honey that claims to reduce allergies and boost energy. But where does it come from?

Local Alaska honey is surprisingly made from honeybees shipped to Alaska, commonly from California.

Although there is no such thing as an Alaska honeybee, these non-native bees pollinate the local Alaska forage, affecting the taste of the honey depending on the location of the pollen.

Master Sgt. Harry Evans and Staff Sgt. Kayla Tomlinson are both Airmen at the 176th Maintenance Squadron and passionate beekeepers. Evans is an aerospace ground equipment supervisor while Tomlinson is an engine mechanic.

Evans keeps his hive on Tomlinson's property along with Tomlinson's own hive. Both are trying out their first year of beekeeping and loving it.

Evans, who chose Carnelian honeybees, noted their aggression and tendency to sting, while Tomlinson chose a friendlier breed, the Italian honeybee.

Tomlinson can attest to their friendliness, as she frequently picks them up and pets them without wearing a beesuit.

People in Alaska generally choose hunting or fishing to fill their free time. But beekeeping is undeniably a unique hobby.

Evans revealed the reason he got into beekeeping.

"I've had a fear of bees, and because I'm scared of them I wanted to get over it, and figured I'd get a beehive," he said.

Besides the obvious benefit of keeping bees, honey, both Evans and Tomlinson agree to the relaxing effects of the bees' hum. Unfortunately, the male bees, also known as 'drones,' are not enjoying the activity of the hives.



Air Force Staff Sgt. Kayla Tomlinson and Air Force Master Sgt. Harry Evans, both of the 176th Maintenance Squadron on JBER, feed their bees sugar water to help them store energy for the upcoming winter. Evans and Tomlinson are both passionate beekeepers who raise bees for honey and their relaxing hum. (U.S. Air Force photos/Senior Airman Joan King)

"All they do is leave the hive, fly around looking for a queen to impregnate, then their job is done," Evans said. "Then they go back to the hive and they'll eat all the honey. Right now you'll see tons of dead drones because all the females will pull them out because they're done for the year. The females kick the drones out."

You may be wondering how the bees survive the Alaska winters, which is the

reason why there is an absence of native Alaska honeybees.

Honeybees in Alaska depend on beekeepers to "winterize" the hives and feed them sugar water to survive.

For beekeepers who are not able to winterize their bees, teams are called out to their hives to euthanize their bees.

"Winterizing is where you protect the hive and keep it at a stable 30 to 40 degrees all winter long so the bees are happy and content. Then once the spring hits, you put them outside," Tomlinson said.

Tomlinson suggested a heated shipping container to store the hives, keeping them warm from September to April.

Distinguishing them from other insects, honeybees are known to go into a hibernation-like state for the winter months, where they go dormant and stay in a warm ball to protect the brood, or the eggs.

And for those pesky drafts in the hives? The bees produce wax not only for the structure of the comb, but to plug holes in the hive. This "bee glue" is a stickier and thicker substance that they use for hive repairs.

Evans favorite bee product isn't honey, but is actually the wax from the comb, different from the bee glue.

The wax caps can be scraped off into a jar, and contains residual honey. Evans describes the consistency like chewing Razzles in the way that the warmth of your mouth solidifies the separate wax caps into

a single piece of what can only be compared to chewing gum.

Tomlinson describes the importance of "marking the queen," in which you catch the queen bee in a queen cage designed to slip a marker down in, and quite literally, mark the queen with colored markers associated with the age of the queen.

This strategy is used to keep track of how old the bee is and identify the queen for the beekeepers to ensure her efficiency.

"Queens put off a pheromone that other bees recognize and as she starts getting older, the pheromones start to deplete and the other bees can't recognize her so they change over queens," Tomlinson said.

"Plus, the queen will only make one maiden flight in her lifetime, and during that flight, she'll pick up all the sperm cells that she'll ever use to make the brood. Also when she starts running out of sperm cells, she doesn't have any way of improving the hive."

Given that winter has quickly approached, Evans and Tomlinson have winterized their hives and are crossing their fingers that their Carnelians and Italians survive the cold, long winter.

Regardless, you don't have to be Winnie the Pooh to agree that the wait, or a bee sting, is worth the sweet honey. There is definitely a rare quality and taste that local honey provides that beats the store-bought jars of nature's sweetener.



Samples of Tomlinson's and Evans' honey show different colors from different harvests throughout the year.

## Honoring our veterans



Airmen from JBER's 525th Fighter Squadron and 3rd Operations Support Squadron spent Veterans Day with veterans who reside at the Alaska Veterans and Pioneers Home in Palmer. Airman Sean Lancaster (center), an aircraft armament specialist, and Airman 1st Class Edgardo Fernandez (far left), visit with veterans after a ceremony which opened in prayer followed by music, the Pledge of Allegiance, and guest speakers delivering messages from military leaders. Fernandez said he really enjoyed spending time with the elderly veterans who had great stories to share. "There's so much to learn from them," he said. (U.S. Air Force photo/Erin Eaton)

# Appreciating differences in Army and Air Force cultures

Commentary by Army Chaplain  
(Lt. Col.) Kenneth Sorenson  
JBER Chaplain

As my final days draw to a close here at JBER, there are several lessons learned which will stay with me for a long time.

I am really amazed by the people of Alaska and those who are stationed in this area of the country.

Three areas of reflection come to mind as I prepare to make a permanent change of station move: the trust needed for JBER to work, an appreciation of differences in culture, and the willingness to share resources.

The honeymoon period is easy for anyone, but we have to trust to get through the days when the honeymoon wears off.

Trust is needed for two cultures to work together much as a husband and wife have to trust during the deployments and long hours required, especially during these days when our nation's military is asked to accomplish

so much with so few.

I recently traveled to India using the AMC system of the Air Force to reach as far as Singapore.

I couldn't have made the trip if I were not stationed at JBER working on a joint base.

I trusted the Air Force to get to and from Singapore, and experienced the care and concern expressed through the crews of the various aircraft and folks on the ground at air bases in Japan.

My trust in the Air Force was borne out during the trip and my treatment was courteous and safe in both directions.

That same trust has helped as I have worked alongside my Air Force counterparts and attempted to navigate the joint-base experience.

A reassuring smile goes a long way toward building trust and belief that the other service's effort is equally challenging as your own.

My appreciation for the Air Force has grown so much during this assignment.

When we looked together at the global outlook, my respect deepened for our sister service after grasping the scope of their mission.

When you see the mission and challenges of each of the services, then appreciation for what each has to offer to our nation and each other naturally grows.

Appreciation fosters growth and deepens an interdependent relationship between the Air Force and the Army that can strengthen each of the services.

"Army Strong" can be relabeled "Army Stronger" here on JBER.

Utilization of resources is typically where relationships have the greatest amount of friction.

Marriages tend to list finances as the issue that causes the greatest number of arguments and the same could happen with organizations.

Since JBER's beginning, I have watched as committees across the base have looked into how to best use resources to benefit

the greatest number of servicemen and women.

Years ago, I sat on an ecumenical committee for the selection of music for a baccalaureate service – our starting point was the music each of us had in common.

The result of sharing the music we had in common was greater ownership and involvement and consideration of the other, because each had a voice and didn't have to try to out-shout the other to be heard.

A similar approach of beginning with what we share in common can go a long way in this day of shared and challenging utilization of resources.

As my family and I PCS to Fort Hood, Texas, and a return to Army life, I plan to share lessons learned in Alaska and my friendships with the Air Force.

As you continue to trust each other, appreciate the differences, and share resources, JBER will continue to be recognized as a model joint base for the military.

## Chief master sergeant finds assistance with a service dog

By Air Force Staff Sgt.  
Amanda Dick  
Air Force Public Affairs Agency

WASHINGTON — Coming back from deployment, Airmen face the home-station work environment, reintegrating with family and settling back into day-to-day life.

What happens when an Airman is diagnosed with post-traumatic stress disorder and mild traumatic brain injury upon return?

For one Airman, his path to recovery has been slow, but he's overcome the challenges.

"I gave myself permission to let my traumatic brain injury and PTSD be there," said Chief Master Sgt. Richard Simonsen, Joint Base Anacostia-Bolling senior enlisted leader. "Then, I gave myself permission to reset everything and not be embarrassed by it."

Simonsen's last deployment was as a Public Affairs officer with a provincial reconstructive team in both Nuristan and Kandahar Provinces in Afghanistan.

He completed 66 outside-the-wire missions with five attacks on their team. Due to the attacks, he was hospitalized for back and hip injuries and again for head injuries.

Upon return, he said he felt

depressed and anxious, and he had difficulty being in crowds.

"The toughest thing is feeling you cannot be as productive as you used to be," Simonsen said. "Concentration was more difficult; writing emails was more difficult; composing my thoughts and expressing myself was more difficult."

A big piece of the recovery process for Simonsen has been his service dog.

"Yoko is a wonderful addition to my life," the wounded warrior said. "I say she's a resiliency tool of the first order. My recovery was really, really slow – it still is. Physically, I'm broken. And, the emotional, mental part was recovering slowly as well."

While at the TBI clinic one day, he interacted so positively with the facility dog that it was suggested he look into getting a service dog for himself.

"Once they placed her with me, the change was almost immediate," Simonsen said. "I'm not the old Rich Simonsen – I never will be. But, I'm a lot closer, because of her. She's an unobtrusive companion; she provides a calming influence. She's a good wingman for me."

Yoko also enables him to be in

crowds and speak in public, like when he speaks to Airmen at Right Start briefings or Airmen professional enhancement courses.

And, although Yoko is noticeable, she doesn't detract from the chief's message.

"A lot of his focus I felt was on ways to deal with people," said Air Force Honor Guard ceremonial guardsman Airman 1st Class Nicholas Priest at an APE course. "I thought he had a lot of valuable information on how to deal with what we may have issues with. If you have a positive work environment, it helps people work a lot harder. Look out for people, especially where sexual assault prevention and suicide awareness are concerned. We're one force, so we need to work as a team."

Though Simonsen said he has a tendency to isolate himself and has a hard time dealing with the physical pain from his injuries, he tries not to focus solely on the negative.

"The biggest difference on a positive side is I take a little more time to think about things before I respond," the senior enlisted leader said. "That gives me a little more contemplative way of being."

Aside from the resources of mental health and the Air Force Wounded Warrior Program, Si-

mosen said his family and church have been a huge source of support for him.

"My wife has followed me around the world for going on 25 years," he said. "She loves me no matter what. But, she knew I was suffering when I came home. She pushed me to get help."

"Everyone has a support system they can tap into. We need to use them in our recovery, but we also have to remember they're there working hard and taking a lot

of the stress."

For those who may be suffering silently with PTSD, Simonsen offers this piece of advice.

"Coming forward shows courage and strength and is in line with our core values. You can go get help and still succeed in your career."

Though there are many programs out there for wounded warriors, November helps shed light on issues facing wounded veterans as it is Wounded Warrior Month.



Chief Master Sgt. Richard Simonsen hugs his service dog, Yoko, while on a walk. Yoko helps him with his daily activities. (U.S. Air Force photo/Senior Airman Christina Brownlow)

## FSS EVENTS



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**Thanksgiving  
DINNER!** AT THE WIRED CAFE  
**NOVEMBER 22 • 1-4 P.M.**

Turkey • Ham • Mashed Potatoes  
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WATCH THE GAME WITH US!  
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# Community happenings

**FRIDAY AND SATURDAY**  
**Aces vs. Eagles games**  
 The Aces come back for two more nights of slugging it out against the Colorado Eagles at Sullivan Arena starting at 7:15 p.m. both nights.  
 For more information, visit [www.alaskaaces.com](http://www.alaskaaces.com).

**TUESDAY THROUGH NOV. 24**  
**Great Alaska Shootout**  
 The highlight of pre-season college basketball kicks off Nov. 20 at 6 p.m.  
 For schedules, news and other information, visit [www.uaa.alaska.edu/](http://www.uaa.alaska.edu/).

**Nov. 23**  
**Holiday tree lighting**  
 Santa and his reindeer headline this lighting of the tree in the town square with a concert at 5 p.m. and a lighting ceremony starting at 5:30.  
 Cocoa and cookies are provided. For information, visit [www.anchoragedowntown.org](http://www.anchoragedowntown.org).

**Nov. 24**  
**Strange Planets**  
 The Anchorage Museum's planetarium hosts this exhibit about planets outside our solar system, starting at 3 p.m.  
 For information, call 929-9200.

**Police Navidad**  
 The Anchorage Police Department Employees Association hosts this holiday festival with a theme of "Christmas Around the World," representing Anchorage's diverse community.  
 Games and activities for the whole family are planned, as well as performances and cultural presentations.  
 For information, visit [www.policenavidad.com](http://www.policenavidad.com).

**Nov. 30 THROUGH DEC. 9**  
**Anchorage film festival**  
 The 12th annual Anchorage International Film Festival is a ten-day extravaganza all over Anchorage. Check out "films worth freezing for" throughout the city.  
 For information, visit [anchoragefilmfestival.org](http://anchoragefilmfestival.org).

**Nov. 30 THROUGH DEC. 9**  
**UAA Crafts Fair**  
 The Student Union Building hosts this craft fair featuring

Alaskan-made crafts.  
 Speak directly to the artists and find a wonderful array of items from pottery to bath products, from woodwork to glass and metal.  
 For information, call 786-6152.

**DEC. 3 AND 4**  
**Sounds of the Season**  
 The Air Force Band of the Pacific plays the sounds of the season at the Alaska Center for the Performing Arts starting at 7 p.m.  
 For information, call 552-3081.

**DEC. 7**  
**Merry Merchant Munch**  
 The businesses of Eagle River host this old-fashioned holiday competition, with sleigh rides, carolers, food and much more both days.  
 Get into the holiday spirit. For information, visit [www.cer.org](http://www.cer.org).

**A Christmas Carol**  
 The classic Dickens novel comes to life at the Alaska Center for the Performing Arts at 7 p.m.  
 The Alaska Theatre of Youth brings back Scrooge, Tiny Tim and all your favorites.  
 For information, call 263-2787.

**Winter Wonderland Walk**  
 Downtown Eagle River Commons hosts the annual tree lighting and features elementary school choirs.  
 Santa and his team of eight real reindeer headline, while sleigh rides and treats are also planned.  
 For information, visit [www.cer.org](http://www.cer.org).

**DEC. 15**  
**Christmas Village**  
 One of the newest holiday shows in Alaska happens at the Dena'ina Center from 10 a.m. to 6 p.m.  
 Buy and sell both Alaska-made and imported gifts.  
 For information, email [info@anchoragemarkets.com](mailto:info@anchoragemarkets.com).

**Reduced Shakespeare**  
 The Reduced Shakespeare Company takes viewers on an irreverent trip through the holidays with the Ultimate Christmas Show.  
 The "Three Wise Guys" celebrate familial dysfunction and slapstick merriment at the Alaska Center for the Performing Arts.

For information, call 263-2787.  
**ONGOING**  
**Discovery chapel classes**  
 Soldiers' Chapel hosts classes for all ages, from elementary school through adults, Wednesday evenings.  
 A free meal begins at 5:45 p.m.; classes last from 6:30 to 7:30 p.m. Nursery care is provided.  
 For information, call 384-1461 or 552-4422.

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

**Model railroading**  
 The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in basement Room 35 of Matanuska Hall, 7153 Fighter Drive.  
 Anyone interested in model railroading is invited.  
 For information about meetings, work days, and shows, call 952-4353, visit their site at [www.trainweb.org/msmre](http://www.trainweb.org/msmre) or email [bjorgan@alaska.net](mailto:bjorgan@alaska.net).

**Wildlife Wednesdays**  
 This science lecture series takes place at 7 p.m. the second Wednesday of each month at the Alaska Zoo Gateway Lecture Hall.  
 From October through April, learn about different wildlife topics and enjoy coffee or tea.  
 This series is aimed at older audiences, not children – university students and scientists especially.  
 For more information, call 341-6463 or email [slhartman@alaskazoo.org](mailto:slhartman@alaskazoo.org).

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

For information, call 580-4081.  
**Borealis Toastmasters**  
 Conquer your fear of public speaking with Toastmasters. This safe, friendly club helps build confidence through presentations, feedback and listening.  
 Meetings are every Thursday in Room 146 of the BP building from 7 to 8 p.m.  
 For information, call 575-7470.

**Road Warriors running**  
 Stay fit with a group who can help you stay motivated right here on JBER. Military, family members and civilians alike are welcome to train and get involved with running, biking and swimming events.  
 For events and information, check the Road Warriors (Alaska) Facebook page or call 384-7733 or 552-1361.

**Experience the Aurora**  
 It's the next best thing to the Alaska winter sky – and more comfortable than being out in a parka.  
 The Anchorage Museum's planetarium provides an immersive show that explains the science behind the Northern Lights.  
 For more information, call 929-9200 or visit [anchagemuseum.org](http://anchagemuseum.org).

**Scholarship opportunity**  
 The Air Force Aid Society is now accepting applications for the Arnold Education Grant for the 2012-2013 academic year. Applications will be accepted through March 9.  
 Eligible spouses will have an opportunity to receive up to \$2,000 to fund their college education.  
 To apply, please visit [www.afas.org/Education/ArnoldEdGrant.cfm](http://www.afas.org/Education/ArnoldEdGrant.cfm) or call 552-9647.

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

## Chapel services

**Catholic Mass**  
**Sunday**  
 9 a.m. – Soldiers' Chapel  
 10:30 a.m. – Elmendorf Chapel 1  
 11:40 a.m. – Soldiers' Chapel  
**Monday, Tuesday, Wednesday and Friday**  
 11:30 a.m. – Elmendorf Chapel Center  
**Thursday**  
 11:30 a.m. – Hospital Chapel

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

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

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

**Night at the Fights**  
 The Egan Center hosts boxing every Thursday night through early April in this 23-year Anchorage tradition with several fights each night. Doors open at 6:30 and fights start at 7.  
 For information, visit [thursdaynightfights.com](http://thursdaynightfights.com).

Join the Arctic Chill, Boss and Warrior Zone for

# Thanksgiving DINNER

Doors Open at 8 AM for football

## Food, fun and games all day long!

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## WIN A Thanksgiving TURKEY

November 17  
2 p.m.  
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Air Force Entertainment Presents

# TOPS IN BLUE

2012 WORLD TOUR  
December 3 & 4  
7:30 PM  
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# HILBERG SKI AREA

Opening November 23 • 12 - 8 p.m.  
Dependent on snow conditions

Hours  
Thursday and Friday • 4 - 8 p.m.  
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Starting at \$10 per piece.  
Includes shop time, glazes, and kiln firing  
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Check out the October Alaskan Adventurer (or go online) For a coupon and save at Information, Tickets & Travel coupon valid only at ITT, located inside the Arctic Oasis

# CHECK US OUT ONLINE!

http://www.elmendorf-richardson.com



## Filing claims for move damages

By Lavonne Taylor  
Office of the SJA

Although summer is the highest transition time for military members, there are winter moves – and with them comes the tension of moving everything you own.

The military has made changes in recent years to how claims for damage to household goods are filed.

Claims are now initially filed with the transportation service provider rather than the Military Claims Office.

The result is that the burden of filing and tracking the claim falls mainly to the member.

Although the claims process can be intimidating and seemingly labor intensive, it is not impossible as long as you follow a few insider tips described below:

Inspect as much of your property as possible on the day it is delivered.

1. Note any damage on the “Damages At Delivery” form given to you by the movers.

2. Make sure the driver acknowledges the notations with a signature on the form.

3. Notify the TSP of any damaged or missing items within 75 days of delivery. There are several ways to provide notice, listed below, and

4. File your claim directly with the TSP within nine months of delivery of your household goods.

Most claims are now filed directly with the TSP through the Defense Personnel Property System by logging into the secure Electronic Transporta-

tion Acquisition Portal at [www.move.mil](http://www.move.mil).

If you miss the nine-month mark, you may still file your claim up to two years after delivery by contacting the MCO for your branch of service directly.

### Giving notice

Giving timely notice of loss and damage is the single most important step you can take to insure a fair settlement of your claim.

Provide notice by mailing it yourself; use certified mail or other traceable means. You can also email the information to the TSP directly.

Make sure you identify the shipment and delivery date in the e-mail along with a list of items, the inventory number and the description of loss or damage for each item.

Ask for a confirmation of receipt from the TSP and select a “read receipt” before sending.

You can also fax your claim. Again, make sure you have identified all the items that are lost or damaged in the fax.

Obtain a confirmation that the fax transmitted successfully.

The DPS system can be used to submit notice. If timeliness is an issue, contact the MCO during duty hours or send notice via e-mail if it is during non-duty hours.

Those who need to file claims can also use the MCO in Bldg 600, Room 313/315, at 384-0330. The MCO will dispatch your notice for you.

Next, file your claim directly with the TSP within nine months using the DPS website at [www.move.mil](http://www.move.mil).

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If you need assistance with any aspect of the claims process, contact the MCO.

They will assist you in accessing the DPS and ETA websites, filing your claim, obtaining documents you may need, and inspecting your items.

They also mediate between the claimant and the TSP when necessary.

If any part of your claim is denied or you cannot agree with the TSP, you may transfer your claim to the MCO.

Soldiers should be aware the Army claims website located at [www.jagcnet.army.mil](http://www.jagcnet.army.mil) is not linked to DPS – and transferring your claim to the MCO in DPS does not file your claim with the Army.

Air Force personnel should file through DPS or contact the Air Force Claims Service Center at <https://claims.jag.af.mil> or email [AFCSC.JA@wpafb.af.mil](mailto:AFCSC.JA@wpafb.af.mil).

Coast Guard personnel should file through DPS or contact the USCG Finance Center at <http://www.fincen.uscg.mil/hhg.htm>.

Marines should file through DPS or e-mail at [hqmc.claims@usmc.mil](mailto:hqmc.claims@usmc.mil); Navy personnel may file through DPS or contact Navy JAG at [http://www.jag.navy.mil/organization/code\\_15.htm](http://www.jag.navy.mil/organization/code_15.htm); the email is [Norfolkclaims@navy.mil](mailto:Norfolkclaims@navy.mil).

If you have questions, no matter which branch of service you are in, contact the Army Claims Office in Bldg 600.



Checking over your household goods is an important step after moving. Ensure there are no damaged, missing or broken items – and if there are, be sure to report them to the transportation service provider, and file a claim for reimbursement. (U. S. Air Force photo/Sue Sapp)

## Satellite pharmacy to open Monday

By Air Force Lt. Col.  
Corey J. Munro  
Pharmacy Flight Commander

We are excited to announce the Satellite Pharmacy at the AAFES Exchange will open for all beneficiaries on Nov. 26 at 9 a.m.

This pharmacy will be the sole pickup site for all prescription refills. It will also be the pick-up site for all patients with paper prescriptions from civilian doctors.

The 673d Medical Group main pharmacy will provide prescription service for all patients that receive care at the JBER hospital.

The pharmacy is located in the space formerly occupied by Cin-

nabon, along the main walkway near the internal entrance to the commissary.

If you are seen at the JBER hospital and need a prescription, take a ticket at the main pharmacy.

There is no longer a pharmacy at the “Moose” entrance. Patients should continue to use the telephone refill system by calling 580-1170.

The satellite pharmacy will be open Monday through Friday from 9 a.m. to 6 p.m., with refill pick-up service on Saturdays from 9 a.m. to 1 p.m.

For more information about the pharmacy, call 580-3012 or 580-1170.

## Keeping weight off during the holidays can make a big difference

By Lara H. Smith  
TriWest Healthcare Alliance

Temps are dropping, holidays are approaching, stress levels are raising and, for many us, our weight starts increasing. In fact, the average American gains approximately two to five pounds between Thanksgiving and New Year's.

Is it really a problem if a person gains one to two pounds during the holidays?

According to TriWest Healthcare Alliance Registered Dietician Jackie Magyar, it can be.

“Most weight put on during the holidays is not lost after the season,” says Magyar. “Year after year, those few pounds can add up, moving an otherwise healthy person into an overweight or obese state.”

Being overweight or obese increases the risk of many diseases and health conditions including hypertension, Type 2 diabetes, heart disease, stroke, sleep apnea and respiratory problems, and some cancers.

This holiday season make sure the one thing you aren't adding to your plate is extra, unwanted pounds.

1. Drink plenty of water. You hear about the value of drinking plenty of water every day; the holiday season is no different. Drinking water throughout the day and between meals will keep you feeling full and fully hydrated.

2. Decorate your plate, not just your house. Filling the majority of your plate with colorful fruits and vegetables is a great way to keep calories down. Avoid heavy sauces and creams. Round it all out with lean protein and you will feel full in no time.

3. Good things come in small packages. When you watch your portion size, you can indulge in your favorite dishes and not feel

deprived. This is especially true for the days you sit down for the big meals (see tip 6).

4. Go for quality, not quantity. Don't waste your calorie budget on mindless snacking. Save up for the big ticket items like dinner and dessert – just be sure to watch your portion sizes. And leave some food on your plate at every meal. You'll be glad the calories you left behind didn't land on your own behind.

5. Try a food exchange. You exchange gifts, why not food? If you know you can't make it through Thanksgiving without Aunt Erma's famous sweet potato casserole, are you willing to exchange some time at the gym for it?

If you indulged in too much eggnog, how about heading out for a jog before hitting the sack? Making time for exercise on days you've treated yourself can help combat the number of calories you have taken in.

6. Pace yourself on the big days and you can still indulge. Eat light earlier in the day (breakfast, lunch and a small snack) so you're not starving by dinner. At dinner, have a small portion of everything served. This way you won't feel like you are missing out and can still enjoy all the great food.

7. Move it. Whether it's speed walking through the mall or taking a family walk after dinner, make it your goal to move every day.

Movement burns energy, which means you are burning calories. The decision to move a little every day could mean the difference between losing or maintaining your weight this holiday season.

8. Relax and enjoy. The holidays are supposed to be about connecting with family and friends. Take it easy and don't take too much on your plate, including unwanted pounds.

For more healthy eating tips, visit [TriWest.com/HealthyLiving](http://TriWest.com/HealthyLiving).











