

# ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

# FIRE!

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# MA AND THE SAW

## SFS Airmen train with M2, M249



**TOP:** Airman 1st Class Robert Boyer, assigned to the 673d Security Forces Squadron, picks up expended .50 caliber casings after conducting an M249 Squad Automatic Weapon, and M2 .50 caliber machine gun qualification range on Joint Base Elmendorf-Richardson Jan. 10. Security forces Airmen perform extensive training in law enforcement as well as combat tactics to protect U.S. military bases and assets both stateside and overseas. (U.S. Air Force photos/Justin Connaher)  
**ABOVE:** Senior Airman Joel McGlothen, a native of Battle Creek, Mich., uses binoculars to spot targets for Airmen assigned to the 673d SFS conducting an M249 Squad Automatic Weapon, and M2 .50 caliber machine gun qualification range.  
**ABOVE RIGHT:** An M249 Squad Automatic Weapon is locked and loaded, ready for the next shooter, at JBER's Grzelka range Jan. 10.  
**RIGHT:** Airman 1st Class Kaylon Thomas, a native of Conway, Ark., assigned to the 673d Security Forces Squadron, fires an M249 Squad Automatic Weapon.  
**ON THE COVER:** Airman 1st Class Benjie Duenas, a native of Saipan, assigned to the 673d SFS, fires at a target with an M249 Squad Automatic Weapon.



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# ARCTIC WARRIOR

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# Be safe out there: use iSportsman system

By **AIRMAN 1ST CLASS CRYSTAL JENKINS**  
*JBER Public Affairs*

Conservation, along with fish and wildlife management, for the more than 80,000 acres Joint Base Elmendorf-Richardson occupies is no small feat.

Programs such as iSportsman provide the public with tools necessary for undeveloped areas on base to be used for recreation opportunities, while also keeping both the public and military operations safe and thriving.

With the cooperation of state and federal agencies, the installation's fish and wildlife management program has continued to expand its knowledge of the resident wildlife populations and has become better capable of managing those populations.

Prior to any recreation on the base's undeveloped

areas, individuals 16 years and older must register in the iSportsman system.

Those wishing to recreate must purchase a recreational pass for a fee of \$10; passes are valid Jan. 1 through Dec. 31, and can be purchased at either of the JBER Visitor Center kiosks or by visiting [jber.isportsman.net](http://jber.isportsman.net).

Recreation on JBER includes: hiking, cycling, picking/harvesting, sightseeing, running and photography.

"Other activities such as camping and boat rental through Morale, Welfare and Recreation or picnicking at Otter Lake are exempt from iSportsman requirements," said Mark Sledge, JBER's senior conservation law enforcement officer. "However, hunting and fishing require an iSportsman recreational permit as well as a state-issued hunting or fishing license, even when conducted at an MWR facility or event."



It is important permit holders sign in and out of the iSportsman system prior to entering the areas normally open for recreation, because most of these areas are used for both recreation and training purposes.

"People should keep in mind that although some areas bountiful with berries for picking may also be restricted access or closed areas," Sledge said. "For example, portions of JBER up Arctic Valley Road are used regularly for training purposes. It is your responsibility to know where you are and are not allowed to be."

Photographing wildlife and natural areas is a popular

activity on JBER. However, photographing military aircraft, vehicles, buildings, personnel or anything else associated with the military is strictly prohibited.


"Using the iSportsman system allows users to know what areas are off limits for training purposes and is updated every day," said Adam Dubour, research associate for Colorado State University Center for Environmental Management of Military Land. "Obviously it's a safety issue for the recreational user if they are in a place they shouldn't be, but it is also a very expensive issue for the military unit that is trying to conduct training if someone

goes out there because they didn't bother to sign in and check that an area is open."

All major routes heading toward recreation areas have notification signs posted. There are signs at Fairchild and Tally Road as well as at the beginning of Route Bravo and Pole Line Road indicating that a permit is required when recreating in designated areas outside of MWR facilities, such as Otter Lake.

Fees collected from iSportsman pay for the system and go right back into the preservation of natural resources on JBER.

Recreation permits are not base access passes; a pass from security forces must still be acquired if an individual does not already have base access.

For more information on registering for iSportsman or obtaining a permit, call 552-8609. 

# Don't forget mental health when completing PHA

By **AIRMAN 1ST CLASS CRYSTAL JENKINS**  
*JBER Public Affairs*

A significant change was made to the Department of Defense-mandated Periodic Health Assessment affecting most military members in August.

An additional step is now required after the completion of the annual PHA questionnaire screening tool – a mental health assessment.

“The MHA gives authorized providers the ability to have person-to-person contact with the patient, and must now be completed for the annual PHA to be met,” said Air Force Staff Sgt. Adam Branham, Preventive Health Cell noncommissioned officer in charge for the 673d Aerospace Medicine Squadron. “Once the questionnaire portion is completed online, the

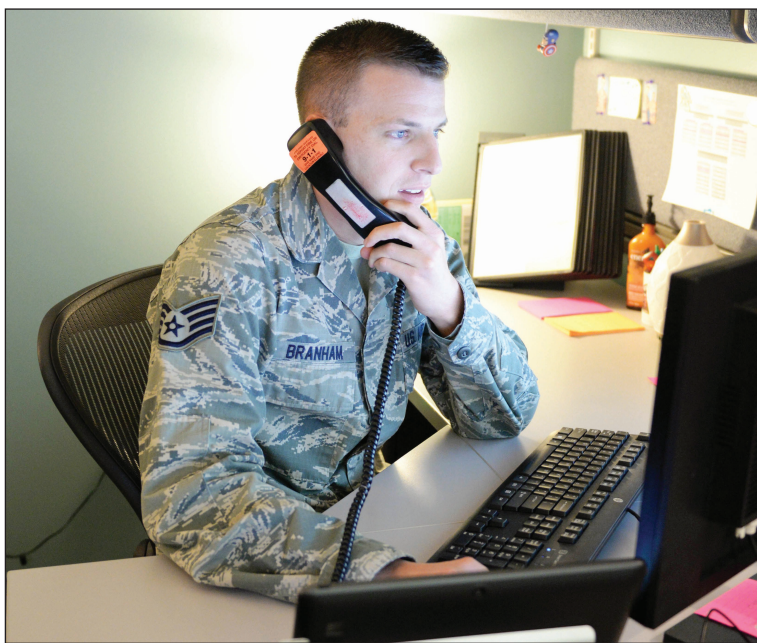
individual must call 580-2778 to schedule the MHA with their family health provider.”

The appointment is done over the phone and generally lasts five to 10 minutes.

It is important the military member includes a working phone number on the PHA questionnaire and when they schedule their appointment to ensure the MHA can be completed, Branham said.

Although each military branch is implementing the DoD PHA online, the MHA is being executed differently from base to base.

“At Joint Base Elmendorf-Richardson, the PHA cell monitors and tracks those who have completed the PHAQ and is notified when the MHA is scheduled and completed,” Branham said. “Currently, many individuals are following through with



**Air Force Staff Sgt. Adam Branham, Preventive Health Cell, 673d Aerospace Medicine Squadron, assists a caller. (U.S. Air Force photo/Airman 1st Class Crystal A. Jenkins)**

the pre-established PHAQ process, but not scheduling or completing the MHA.”

The numbers are likely due to a lack of knowledge, so the PHA cell is reaching out to make contact with those past due.


In addition to the individual contact, all unit deployment managers were briefed about the requirement.

“Although the change was notated in the PHAQ instructions, we realize people are creatures of habit,”

said Air Force Capt. Becca Hardy, flight commander of Aerospace Flight Medicine. “Military members who have completed their PHAQs are probably following the steps from prior years and may not know. With any new process, there is always a learning curve.”

The PHA is a screening tool used to evaluate individual medical readiness of service members, so the annual requirement directly effects deployment status.

“The squadron’s unit deployment manager will notify the military members first, and if steps are not taken to complete the MHA, appropriate leadership will then be notified according to each unit’s policies and procedures,” Hardy said.

For more information, call 551-4026 or visit <https://imr.afms.mil>. 

# JBER's Wheel and Tire Shop has a threefold mission

By **AIRMAN 1ST CLASS CRYSTAL JENKINS**  
*JBER Public Affairs*

At Joint Base Elmendorf-Richardson, the Wheel and Tire Shop is responsible for far more than meets the eye.

Thirty-one active duty Airmen and four National Guardsmen make up this unique shop, filling the supply and demand for all aircraft wheels and tires – heavy or fighter – working side by side to ensure the C-17 Globemaster III, F-22 Raptor, and E-3 Sentry can fly at all times.

The shop consists of three specialty areas: wheel and tire repair, the crash recovery team, and aero repair.

For the wheel and tire portion of this shop, crew chiefs are trained for the three types of aircraft used here. They inspect, assemble and disassemble all wheels and tires for repair.

“During pre-flight and post-flight inspections we look for numerous things; tires and wheels are absolutely something we pay close attention to,” said Airman 1st Class Clark Albers, C-17 Globemaster III crew chief and aerospace maintenance journeyman. “Depending on how hard the landings are in conjunction with how much tire and wheel wear there is, a tire may be replaced.”

During basic pre-flight and post-flight inspections, every wheel and tire is looked at for defects, damage and tread wear.

“As soon as a plane lands or prepares for take-off, every aircraft has crew chiefs who inspect on it,” Albers said. “At our shop we get the wheels that are bad and need to be rebuilt as well as inspect all inventory of our war-ready equipment.”

The first thing a crew chief looks at is the removal due date tag. If the tag indicates the wheel is within a certain timeframe of needing replacement, it will be repaired in the shop. If it is in really bad shape, the wheel will be sent to depot-level



**Airman 1st Class Clark Albers, C-17 Globemaster III crew chief and aerospace maintenance journeyman, sets up lugs using a wheel and tire assembly fixture in the Wheel and Tire Shop at Joint Base Elmendorf-Richardson Dec. 18. (U.S. Air Force photo/Airman 1st Class Crystal A. Jenkins)**

maintenance. Bad tires have to be sent to Dunlop to be refurbished.

After the removal due date tag is checked, the tires and wheels have to be cleaned, washed and visually inspected.

“We are looking for heat damage, missing paint, gouging, and dents in the wheel. Discrepancies determine where the repair is done or who will do the repair,” Albers said. “After we do our visual inspection, we make a job order for the non-destructive inspection team to use their X-ray equipment to check for stress fractures and more. Once the NDI is completed, the last step is to put a new tire on the wheel. This process takes 30 minutes to an hour, depending on the circumstances.”

The Wheel and Tire Shop also covers military aircraft in the case of in-flight or ground emergencies. This additional facet is the crashed downed disabled aircraft recovery team.

“In our daily duties we run a 24/7 operation that covers in-flight and ground emergency events for the JBER airfield,” said Tech.

Sgt. Danny L. James III, wheel and tire shop noncommissioned officer in charge. “Our CDDAR is notified via land mobile radio or the crash phone located in our shop. We then use the LMR to establish and maintain contact with Air Traffic Control to gain access to the aircraft in distress.”

An example of an emergency could be a fighter aircraft with inoperative brakes having to use the aircraft restraint system, catching the aircraft tail hook onto a barrier cable across the runway, James said.

Emergencies can range from component failures, such as landing gear, to flight control failure that can impede safe take-offs and landings.

“Our response time is especially important because its reestablishes safe paths for other aircraft landings,” James said. “When on shift, we must maintain the ability to immediately respond to reported emergencies once dispatched.”

The CDDAR team works in tandem with the JBER battalion fire chief to declare the scene and aircraft safe to

approach, and then clear to be removed from the runway.

“In the unlikely event of an asset going down within the JBER area of responsibility, our team and other agencies on base will be tasked with recovery and transport of that downed asset,” James said. “We have a wide range of equipment that gives us the ability to travel to the site of the aircraft. This equipment can lift and maneuver partial or complete units onto flatbed trucks – given the terrain – disassemble and airlift via helicopter.”

The team also has to account for the possibility of extreme Alaska weather they may encounter while on a recovery mission.


“We equip our personnel with cold weather survival skill courses, specialized self-aid and buddy care, as well as climbing, rappelling, mountaineering skills, and equipment hauling systems,” James said. “We take pride in our abilities and in the training we go through. We’re confident that we are prepared to take on all challenges when it comes to protecting and recovering Air Force operations here at JBER.”

To stay current on training the CDDAR team has been known to perform lifts of the static aircraft on display at Heritage Park just across from the 3rd Wing headquarters building.

The team has also worked closely with Pacific Air Forces and the state of Alaska to recover wreckage during the ongoing Colony Glacier mission.

The third specialty part of the shop is aero repair. Within the shop, each mechanic specializes in maintaining a particular airframe, but sometimes they are called to assist with other aircraft on the ramp as needed when there is a high-volume of work to be done.

If the aircrews notice an issue with the aircraft or the crew chiefs identify an issue during their inspections, they will notify them to fix the component.

At JBER Airmen have a unique opportunity to learn all three aircraft in one shop as well as crash and recovery operations. This is cost-effective for the Air Force and allows Airmen to receive training they wouldn’t ordinarily have access to. 

**Friday**

**Snow Sports School**

Youth Programs and Hillberg Ski Area provide transportation, rental, and lessons for skiing and snowboarding.

For information, call 384-2514.

**Saturday**

**Street Fighter tourney**

The Warrior Zone hosts this competitive Playstation 4 tournament starting at 2 p.m. for prizes.

For more information, call 384-9006.

**Saturday and Sunday Mushing at Hillberg**

Come to Hillberg Ski Area and experience the thrill of dog sledding from noon to 5 p.m.

For more information, call 552-4838.

**Monday**

**Ice fishing tournament**

Head to Hillberg Lake for this competitive tournament from noon to 3 p.m.

For more information, call 552-4599.

**School's Out Special**

Nothing says fun like a special at the Polar Bowl; catch deals on games by the hour.

For more information, call 753-7467.

**MLK Jr. Day meal**

The Iditarod Dining Facility hosts a special meal to celebrate the great Martin Luther King Jr. from 11 a.m. to 1 p.m.

For more information, call 552-3114.

**Tuesday**

**Snowmachine safety**

Head to Eagleglen Fitness Park for this basic safety and

operation class about snowmachines from 5:30 to 7:30 p.m. and get a coupon for your first rental.

For information, call 552-4599.

**Wednesday**

**Kayak Safety**

Learn the basics of kayaking, including rolling over, in the Elmendorf Fitness Center pool from 6 to 8 p.m. The class is required before renting kayaks on JBER.

For information, call 552-4599.

**Cross-country skiing**

Always wanted to try but didn't know where to start? Move over to the Eagleglen Fitness Park and learn a new sport to stay active this winter.

For information, call 552-4599.

**Key Spouse Training**

If you feel called to be a Key Spouse or Key Spouse Member, this training is for you. This nine-module course at the Log Cabin from 8:30 a.m. to 4 p.m. fulfills the requirements for being a key spouse, and teaches effective communication skills.

To register or for more information, call 552-4943.

**Thursday**

**After School at Hillberg**

Youth ages 6 to 13 can learn to shred at Hillberg Ski Area, from 4 to 5:30 p.m. or 6 to 7:30 p.m. Lessons include lift tickets and equipment rentals.

For information, call 552-4838.

**Ongoing**

**Surprise Squad**

Through March, Jay Bear and his squad will be giving

away cash and gift cards; just look for the people in yellow T-shirts.

For information, visit [facebook.com/JBERLife](https://www.facebook.com/JBERLife).

**Civil Air Patrol**

Adult members of the Civil Air Patrol meet at the Aero Club Hangar the first and third Tuesdays of each month. Cadets meet every Saturday.

For information, call 350-7951.

**Science club**

Each Thursday, youth are invited to the JBER Library to experiment and think about science subjects from 6:30 to 7 p.m.

For information, call the library at 384-1640.

**Library Story Times**

The JBER Library hosts Story Times Tuesdays and Thursdays from 10 to 11 a.m. and Tuesdays 6:30 to 7 p.m.; Toddler story time is Wednesdays from 10 to

10:30 a.m.

For more information, call 384-1640.

**Model railroading**

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesday and 1 p.m. Saturday in the basement of Matanuska Hall.

Anyone interested in model railroading is invited.

They host an open house every third Saturday from 10 a.m. to 5 p.m.

For information, call 552-4353, or visit [trainweb.org/msmrre](http://trainweb.org/msmrre).

**Wildlife Education Center**

Learn more about Alaska's wildlife and natural resources at this free on-base museum, with interactive displays for kids.

The center, at Building 8481, is open Mondays through Fridays, from noon to 4 p.m., subject to museum personnel availability.

For more information, call 552-0310.

**Chapel services**

**Catholic Mass**

**Sunday**

8:30 a.m. – Arctic Warrior Chapel

11:30 a.m. – Midnight Sun Chapel

**Monday and Wednesday**

11:40 a.m. – Arctic Warrior Chapel

**Tuesday**

11:30 a.m. – Midnight Sun Chapel

**Thursday**

12:00 p.m. – Hospital Chapel

**Confession**

Confessions are available anytime by appointment or after any mass. Call 552-5762.

**Protestant Sunday**

**worship services**

**Liturgical**

9 a.m. – Heritage Chapel

**Gospel**

9:30 a.m. – Midnight Sun Chapel

**Contemporary**

11 a.m. – Arctic Warrior Chapel

**Religious Education**

For schedules, call the Religious Operations Center at 552-5762.



Joint Base Elmendorf-Richardson service members and families participate in Winterfest at the Hillberg Ski Area Dec. 21. Winterfest is over, but the JBER ski area still offers plenty of winter activities – from snowboarding to ice fishing tournaments, dog sled rides, and much more – to keep residents active and engaged all year round. (U.S. Air Force photo/Airman 1st Class Caitlin Russell)

# New year, new you – how to make it happen

By **AIR FORCE CHAPLAIN (CAPT.) THADDAEUS J. WERNER**  
*JBER Chaplain*

The new year has arrived, and with the new year come new goals, right?

Often, as we think about the new year, we sketch out the things we would like to accomplish in the next 365 days.

However, according to an article published by Forbes in 2013, only eight percent of us complete our New Year's resolutions.

You might be asking, "what gives?"

What causes us to stop going to the gym, drinking smoothies and meditating for 10 minutes daily right around the third week in January?

Why do we fail to see our resolutions through? While there are multiple reasons for this from a chaplain's perspective, there is one we often overlook – a lack of purpose.

Purpose is one of the aspects of our spiritual domain, one we often set and forget.

According to Webster, purpose

is "the reason something exists or is done, made or used."

When it comes to our life each of us has a belief or understanding of why we do what we do.

Somewhere, some time ago, we thought about why we would want to be American warriors.

At some point we decided why we would be friends with someone, remain connected with our families, and pursue a particular hope or dream.

Purpose is what gets us out of bed, ready to live another day. If it has been too long since we have evaluated or connected with our purpose, it cannot give us the drive we need.

When I enlisted 17 years ago, I had a few reasons for signing up; the GI Bill, tuition assistance, leaving my hometown to see the world, finding direction with a low opportunity cost, and patriotism.

These reasons all motivated me to

serve my country, and these are the same reasons many of our newest warriors have volunteered to serve.

As you can imagine, a few years down the road, a change of family situation, a new faith tradition, a completely different job, Operation Iraqi Freedom, Operation Enduring Freedom, and the Global War on Terror have altered my reasons for serving.

Though some of these things have changed, they still give me the purpose I need to serve during this tense time in history.

I mention all these reasons to point out that we often have different sources of purpose which vary in importance at particular seasons in our life.

We must be aware of these sources and cultivate them so they can provide us direction.

We each have a purpose that motivates us in our work and our family, and helps us navigate the world as a whole.


If we can connect with those things that give us meaning, they can give us purpose and guidance in our life.

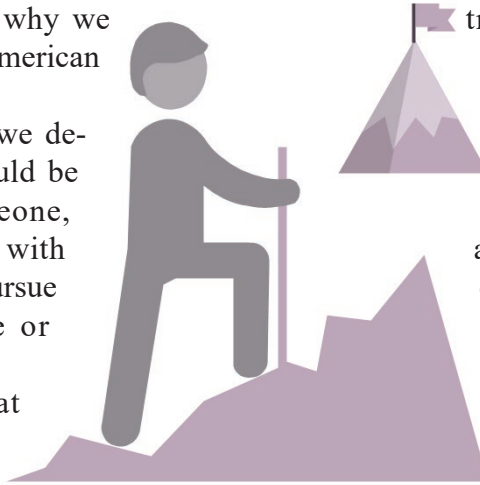
So as you strive toward your goals for the year, don't forget to evaluate what motivates you to get up in the morning and serve.

What is it you care about and reminds you why you are here? What gives you value and reminds of your worth?

Once you have an idea what provides this purpose, find a way to remind yourself of it daily.

There are many things that can do this such as a family photo, a symbol of faith, or a scene from nature. Perhaps it is a souvenir from an event with a close group of friends, a monument, a sacred text, or a defining document.

Let us contemplate our source of purpose and find a way to remind ourselves of this as we move through this new year. 



**Disposition of effects**

Army 1st Lt. Maxwell Cormier, of Headquarters and Headquarters Company, 3rd Battalion, 509th Parachute Infantry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, is authorized to make disposition of personal effects of Army Staff Sgt. David Brabander, of B Company, 3-509 INF, as stated in Army Regulation 638-2.

Any person or persons having claims for or against the estate of the deceased should contact Cormier at 384-9152.

**Main Pharmacy hours**

The main JBER pharmacy, on the first floor of the JBER hospital, near the Bear entrance, is open from 7:30 a.m. to 4:30 p.m.

The satellite pharmacy at the Exchange is open from 9 a.m. to 6 p.m. Mondays through Fridays for civilian prescriptions and refills, and on Saturdays from 9 a.m. to 1 p.m. for refills only.

**Special victim counselor**

The victims of sexual assault are entitled to legal assistance services. Communication is protected by attorney-client privilege. The SVC ensures the victim's rights are protected.

These include being treated with fairness and respect; being reasonably protected from the accused offender; being notified of court proceedings; being present at all public court proceedings related to the offense; being able to confer with the prosecutor; receiving restitution; and receiving information about the conviction, sentencing, imprisonment and offender release.

Eligible clients include active duty of all branches of service, mobilized Reserve Component members, retirees (and dependents of these sponsors) who report sexual assault. For information, call 353-6507.

**iSportsman enrollment**

Anyone choosing to rec-

reate in JBER training areas must obtain an iSportsman permit and sign in and out using the iSportsman system prior to recreating.

A pass costs \$10; \$5 for those 60 and older and disabled persons. Passholders may also need an installation access pass.

For more information, visit [isportsman.jber.net](http://isportsman.jber.net), or call 552-945, 552-8609 or 384-6224.

**Reserve 'Scroll'**

Officers wanting to transition to the Air Force Reserve must have their commission transferred to a list called "the Scroll" and approved by the Secretary of Defense.

The process averages 120 days, but can take longer, and must be approved before participating in the Reserve, which may mean a break in service.

Even if you're unsure about transitioning to the Air Force Reserve, the process can be initiated.

For more information, call 552-3595.

**Priority placement**

The Priority Placement Program and Executive Order 13473 provide appointment for spouses of active-duty service members, including full-time National Guard and Reservists, who are relocating to accompany their service member.

Spouses can register for Department of Defense positions and be considered for jobs offered internally.

Spouses are matched with jobs based on qualifications and preferences, are eligible for up to two years from the date of the PCS orders, and are in the program for one year. Spouses can register at JBER personnel office. For information, call 552-7588.

**ASYMCA Bargain shop**

The ASYMCA Bargain Shop, 8515 Saville Ave. on JBER-E, is open Tuesdays, Wednesdays and Fridays from 10 a.m. to 2 p.m. and the first Saturday of the month from 9 a.m. to noon.

For more information, call 753-6134.

**Richardson Thrift Shop**

The JBER-Richardson Thrift Shop, Building 724 on Quartermaster Drive, is open Tuesday and Thursday from 10 a.m. to 2 p.m., Wednesday from noon to 6 p.m., and first and third Saturdays from 11 a.m. to 2 p.m. For more information, call 384-7000.

**U-Fix-It Store**

The U-Fix-it stores, open to all Aurora Military Housing tenants, issue home maintenance items. Availability is subject to change and limits; some items may have a cost.

The JBER-E location, at 6350 Arctic Warrior Drive, is open 8:30 a.m. to 5 p.m., Tuesday through Friday, closed from 1 to 1:30 p.m. for lunch, and Saturday, 9 a.m. to noon and 1 to 4 p.m.

The JBER-R office, at 338 Hoonah Ave., is open 8:30 a.m. to 5 p.m., Monday through Friday, and closed from 1 to 1:30 p.m. for lunch.

A blind-cleaning machine is available at the JBER-E location. For information, call 375-5540.



# Flight equipment shops ensure safety in the air

By **AIRMAN 1ST CLASS  
CAITLIN RUSSELL**  
*JBER Public Affairs*

For every pilot in the air, Airmen on the ground are ensuring their gear is well-maintained and operable.

At JBER, aircrew flight equipment shops are responsible for maintaining, inspecting and servicing all equipment aircrew require while performing their duties.

“One of our slogans is ‘We’re the last to let you down,’” said Senior Airman Kade McCammon, 3rd Operations Support Squadron AFE journeyman. “Pilots depend on the AFE team to guarantee their equipment is working properly for any operation.”

Helmets, masks, harnesses, anti-G force suits and communication equipment are all under the AFE team’s responsibility.

AFE Airmen also prepare parachutes, ejection seats and survival kits. Each survival kit includes a tourniquet, fire sticks, compass, head lamp and night vision goggles.

Included in the equipment are items specific to Alaska—cold weather gear and survival radios.

“Our team performs pre and post-

flight, daily and weekly inspections of all the equipment,” McCammon said. “During the inspections we ensure equipment is functional, not expired, and has no rips or tears.”

Every piece of equipment used by aircrew members has requirements for how often it needs to be inspected.

While maintaining normal operations during duty hours, AFE Airmen also rotate around-the-clock shifts to perform pre and post-flight inspections for pilots flying night operations.

Included in the daily work is providing customer service to the pilots and other aircrew members. AFE Airmen work to answer questions or concerns, or assist with equipment.

“The gear we service is vital to aircrew safety,” said Air Force Staff Sgt. Darius Clarke, 3rd OSS AFE assistant noncommissioned officer in charge. “While the majority of pilots will never experience the need for their flight and survival equipment, it is still the number one priority that it work every time.”

With properly maintained gear being a major priority for the AFE team, there can be challenges for Airmen.



**Airman 1st Class Conner Scott, an aircrew flight equipment journeyman with the 3rd Operations Support Squadron, inspects the vests worn by pilots to ensure no wear or tears at Joint Base Elmendorf-Richardson Jan. 5. (U.S. Air Force photo/Airman 1st Class Caitlin Russell)**


“Challenges AFE Airmen can face involve adjusting to the different equipment they handle, performing timely inspections, and staying updated on training,” Clarke said.

With step-by-step instructions on how to inspect and maintain gear, while learning how to balance training and work, the AFE team is able to overcome any obstacle.

Duties for Airmen can vary depending on the flyer squadron they are attached to. Each flying squadron

has an AFE unit attached to provide support to that specific squadron’s mission.

However, even with the various duties, the mission for AFE Airmen remains the same – to ensure equipment safety for all aircrew.

“We’re in the business of saving lives,” said Senior Airman David Texada, 3rd OSS AFE journeyman. “We want to make sure everyone makes it home to their families at the end of the day.” 

# Partners in perfect pet health



**ABOVE LEFT:** Emma Williams, Joint Base Elmendorf-Richardson Veterinary Clinic veterinarian technician, performs a routine check-up on Nanook at Joint Base Elmendorf-Richardson Jan. 8. The JBER vet clinic advises pet owners to bring their pets in for annual exams to ensure long-term health. (U.S. Air Force photos/Airman 1st Class Caitlin Russell)

**ABOVE:** Pets wait with their owners for treatments or routine check-ups at the Veterinary Clinic. All pets on JBER must be registered with the clinic.

**LEFT:** Air Force Tech. Sgt. Carl Haynes, F-22 Raptor aerospace ground technician inspection noncommissioned officer in charge with the 3rd Maintenance Squadron, holds his dog during an examination with Dr. Howard Spalding, a veterinarian with the JBER Veterinary Clinic. While the clinic mostly treats military working dogs, they also provide care for the pets of JBER service members and families.

# The invisible killer: carbon monoxide at home

By **SENIOR AIRMAN CHRISTOPHER MORALES**  
*JBER Public Affairs*

Carbon monoxide, or CO, is a byproduct of burning fuel like coal, oil, gas and wood. It has the potential to kill if not taken seriously.

“Normally, houses are pretty well-ventilated, but here, they are more sealed to keep the heat in, but also any CO that builds up,” said Air Force Staff Sgt. Erik Bernyk, Joint Base Elmendorf-Richardson Fire Prevention Office fire inspector. “November to February is the most prevalent time for CO poisoning, due to the weather. This year hasn’t been quite as bad, but this time of year is danger-

ous because people use their heaters more.”

To prevent CO buildup, do not keep a vehicle running in a garage and no matter how cold it gets outside, do not use a grill indoors. If a fuel is burning indoors, crack the window or assure the ventilation is working properly.

“We have responded to smoke and fire in a house, and found them trying to cook hamburgers in the basement,” Bernyk said. “Before using anything that burns, stop and ask yourself, ‘is this safe?’”

Even though CO has the potential to kill, it is not immediate. The process of replacing oxygen in the blood

stream with CO takes time depending on the amount of CO inhaled; some of the early signs and symptoms are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. The later signs are loss of consciousness and death.

“It would take a shorter amount of time to feel those effects for children or elderly people older than 70, or smokers because they have a higher baseline of CO in their bloodstream,” Bernyk said. “Intoxicated individuals are at risk because they wouldn’t be able to identify their symptoms as easily, and a pregnant woman’s child is more at risk because it would take the mother longer to


notice, and effect the child directly.”

To prevent these symptoms, the National Conference of State Legislatures and Alaska Statute state every dwelling requires a carbon monoxide detection device with an alarm installed and maintained in a manner approved by the state fire occupancy.

“First and foremost, never just ignore your CO detector and assume it needs a change in batteries,” Bernyk said. “Always check it, and if you think it needs new batteries, replace the batteries. Once it goes off, and you’ve determined it is not the batteries, evacuate the house, then call the fire department.

“If it is still going off, don’t ventilate the house,” Bernyk said. “It makes it harder for us to find out what the source of CO is.”

Most homes have smoke detectors, and recent ones have dual smoke and CO detectors, but if not CO detectors usually cost around \$10 to \$40 and last 10 years.

Each year, more than 400 Americans die from unintentional CO poisoning not linked to fire. More than 20,000 visit the emergency room, and more than 4,000 are hospitalized, according to the Centers for Disease Control and Prevention. So be proactive by knowing if your detector works and how it alerts. 

# Water system to be upgraded this year

By **TIM JONES**  
*Doyon Utilities*

Doyon Utilities, in conjunction with Joint Base Elmendorf-Richardson's 673rd Air Base Wing, is planning a substantial renovation and upgrade of the installation's water treatment and storage system. The Arctic Valley water treatment plant will receive a multi-million dollar infrastructure upgrade to increase the base's water storage capability, followed by another significant renewal and replacement plan to refurbish and upgrade the plant's central piping system. This project continues the utility upgrades which began when Doyon became the owner and operator of Fort Richardson's utilities under the Department of Defense Utilities Privatization program in 2008.

As Doyon Utilities' engineers and water treatment

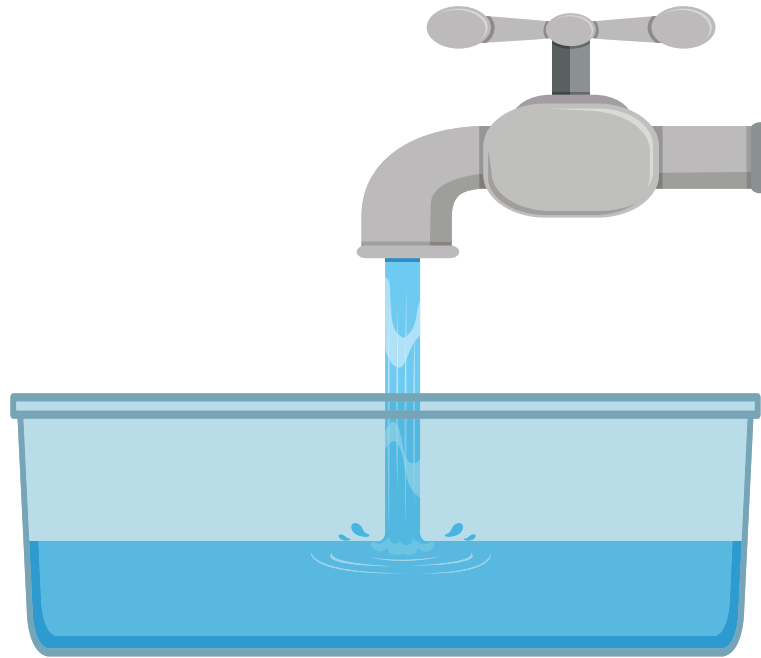
specialists prepared for the upgrade, they conducted sampling of paint and materials in the plant that will be disturbed during construction.

The survey revealed polychlorinated biphenyls, commonly known as PCBs, in paint throughout the building.

Prior to 1979, PCBs were a common component in corrosion-resistant paint.

"The federal government and the DoD have strict laws and guidelines on how to manage PCB-contaminated material," said Kathleen Hook, Doyon Utilities' director of environmental affairs. "Doyon Utilities will operate in compliance with the law and follow those guidelines with JBER oversight to ensure PCBs will not be a risk to the community."

Current and historical sampling data has shown no trace of PCBs in JBER's



drinking water, Hook added.

Rich Holladay, DU's director of utility services at JBER, said the utility is hard at work on the upcoming project and the mitigation plan for removing the affected paint. "We are working closely with [the Alaska Department of Environmental Conservation] and the [Environmental Protection

Agency] to ensure any issues are appropriately addressed," Holladay said.

Though the Doyon plant is the primary source of water for the base, water can be drawn from the Municipality of Anchorage if necessary.

"At no point will the health of JBER's residents be at risk," Holladay said.

The water treatment plant

was originally constructed in 1952, and is the primary source of treated water for JBER. Water from the reservoir behind a dam on Ship Creek is piped to the plant, where it is treated before being distributed throughout the joint base. The dam and its interior plumbing was refurbished and upgraded in 2012. The installation of the two additional storage tanks known as clearwells and other plant upgrades are the next phase in a series of improvements to the base's utilities. The clearwells will add three million gallons of treated water storage capability to the base.

Steve Hatzis, the Doyon Utilities project manager responsible for the project, said he expects one of the clearwells to be completed before the end of 2018.

The remainder of the work should be completed in 2019 and 2020. 