

# ARCTIC WARRIOR

JOINT BASE ELMENDORF-RICHARDSON'S SOURCE FOR NEWS

# BATTLE ON ICE

**Air Force, Army  
face off at 3 p.m.  
Saturday**

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# Weather call: Who decides and how

By **SENIOR AIRMAN RICHY HAYES JR.**  
JBER Public Affairs

On Jan. 25, 2019, AtHoc put out a message to base personnel stating “Mission Essential Reporting for Joint Base Elmendorf-Richardson.” Whether you received it at your desk, or at home, you may have wondered how the decision was made.

The decision-making process for changing the road or reporting condition is actually quite complex. Like an iceberg, the AtHoc and Public Affairs messages are easily visible to the base community, but below the surface, several on and off-base entities are working early in the morning to inform the best decision possible.

The inclement weather and road condition decision process begins at 4:45 a.m. with the 673d Mission Support Group and the 673d Civil Engineer Group consolidating information that will be brought to the group commanders.

“Base operations provides current and planned operations as well as current and future weather,” said U.S. Air Force Col. John Caranta III, 673d MSG commander. “Meanwhile, the 673d Security Forces Squadron coordinates with the Anchorage Police Department to get on-and-off-base driving conditions and motor vehicle accident levels, and with command post for any base-wide issues that might affect or influence the decision.”

From there, the 673d CEG and 673d MSG commanders have a conference call.

“[We discuss] road conditions on JBER and the safety of travel,” said U.S. Air Force Col. Michael Staples, 673d CEG commander. “If the conditions dictate, we would discuss if traffic is hampering snow removal activities on priority roads or if parking lots are able to open. It typically takes five minutes or less.”

Afterwards, the 673d MSG commander coordinates with Anchorage School District.

“We notify ASD if the decision is to delay or go to mission-essential personnel only,” Caranta said. “Additionally, they contact us if they are going to cancel school due to weather.”

Finally, the 673d MSG commander contacts the installation commander to inform them of the information they have.

“The conversation begins with a combined recap, followed by a recommendation,” Caranta said. “It takes just a few minutes unless there is something that [U.S. Air Force] Col. [Patricia] Csank, [JBER and 673d Air Base Wing commander] would like us to dig into a bit more.”

The installation commander then makes the final call.

“It is an informed and risk based decision,” Staples said. “The base personnel travel from a large radius, and the conditions can vary greatly from South Anchorage to the Matanuska-Susitna valley. Unit commanders retain discretion to handle unique situations with their personnel, and can mitigate some of



**When bad weather hits, the decision-making process regarding whether to delay reporting or require only mission-essential personnel starts early – about 4:45 a.m. – and involves many leaders around JBER. (File photo)**

those hazards.”

At this point, the decision can be called off. If the installation commander decides that the information provided isn’t sufficient enough to delay reporting, or require mission-essential personnel only, then personnel should report as normal

“Snowfall has to exceed the local municipality and the on-base capacities to remove the snow [to delay reporting or report mission-essential personnel only],” Caranta said. “Both capacities are very robust, so it would have to be significant snow fall over a short period of time. For ice events, it’s similar to snow but [involves] whether or not there is capacity to lay down gravel or treatment.”

If a decision to delay or report mission-essential personnel only is made, the 673d MSG and installation commanders will notify the command post, who run

the appropriate checklists and notify Public Affairs to advertise it across all media.


“We have checklists with procedures for everything, including notifying the base of reporting and road conditions,” said Senior Master Sgt. Adam Collins, operations superintendent at the 673d ABW Command Post. “Once the information is approved, it only takes about five minutes to push out since AtHoc is always open. It’s a very quick process.”

Why was Friday, Jan. 25 declared “Mission Essential Personnel” reporting only?

Icy roads throughout the city and on the Glenn Highway made commuting extremely dangerous; there were multiple reports of accidents on and off the installation, and Anchorage School District was closed – which limits child-care options.

There isn’t a coin machine that pops out a capsule with

reporting condition, or a fortune cookie that gives the road condition. One cannot Google the answer, and it isn’t on one almighty person to decide. Several highly-trained individuals work hard to ensure whatever decision is made is the proper one.

“Each major mission partner makes their decision regarding reporting based on their mission and training requirements,” Caranta said. “The 673d ABW establishes the road conditions for the installation and determines the status of its members. Base personnel should always rely on their chain of command to determine whether or not they are mission-essential and whether or not their unit is going to delay reporting or go mission essential only. At the squadron, battalion and below, their higher headquarters will likely make that decision for them.” 

**Joint Base Elmendorf-Richardson/  
673d Air Base Wing Commander**  
Col. Patricia A. Csank (USAF)

**Joint Base Elmendorf-Richardson/  
673d Air Base Wing Vice Commander**  
Col. Adam W. Lange (USA)

**Joint Base Elmendorf-Richardson/  
673d Air Base Wing Command Chief**  
Chief Master Sgt.  
Charles C. Orf

**Joint Base Elmendorf-Richardson/  
673d Air Base Wing Sergeant Major**  
Sgt. Maj. Jerry H. Byrd Jr.

## ARCTIC WARRIOR

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# A one-stop shop for newcomer's briefings

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

Joint Base Elmendorf-Richardson newcomers must participate in a briefing created to streamline in-processing, with just over a year of successful operations.

The ‘Day One’ initiative was started through Task Force True North and goes beyond the typical in-processing to ensure active-duty service members and civilians, have easy access to answers for questions they may have.

Family members are also welcomed and encouraged to attend.

In previous years, newcomers would need to visit several different offices and attend various briefings to complete the in-processing checklist.

Now personnel can attend the ‘Day One’ briefing that offers a one-stop experience

for JBER information. “The process begins when we work with the sponsors to ensure that inbound personnel have everything they need, and to answer any questions they may have,” said Barbara Hopkins, 673d Force Support Squadron human resources specialist. “We share a SharePoint with each unit’s commander’s support staff, so when they gain new personnel, they can register them for the briefing.”

Briefings are held every Tuesday and Thursday, from 7:30 a.m. to 2:30 p.m. at the Log Cabin, Bldg. 8535, Wewak Drive.

“Personnel can feel better leaving the briefing knowing that they have the majority of in-processing taken care of,” Hopkins said. “We show them where to locate information, and really work to welcome them to the JBER community. The goal of the initiative is to enhance the



**Joint Base Elmendorf-Richardson newcomers participate in an in-processing briefing at Feb. 14. The ‘Day One’ initiative was started by Task Force True North and includes not only the Military and Family Readiness Center and housing, but also one-on-one sessions with the finance, legal, equal opportunity, sexual assault prevention and response, and inspector general offices. (U.S. Air Force photo/Airman 1st Class Caitlin Russell)**

readiness of our personnel, and to normalize help-seeking behavior. By building that resiliency, we’re ensuring that our community is fully mission capable.”

Hopkins also said the feedback thus far has been great, and that participants have appreciated a streamlined process.


The briefings include not

only the military and family readiness center and housing, but also one-on-one sessions with the finance office, legal, equal opportunity, sexual assault prevention and response, and inspector general offices.

The one-on-one with finance covers filing travel vouchers, reviewing pay and allowance issues, changing

the state of residence, and addressing other questions.

‘Day One’ also features a sign-up sheet for the First-Term Airmen Center, the 673d Medical Group Health Mart and the Joint Newcomers Orientation.

For questions or concerns, contact the TFTN Welcome Center at [673ABW.CVB.TFTN@us.af.mil](mailto:673ABW.CVB.TFTN@us.af.mil). 

# Army takes on Air Force in hockey game

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

Army and Air Force skaters will take to the ice at the Sullivan Arena in Anchorage Feb. 16 to face off in the sixth annual Army vs. Air Force hockey game.

Doors open at 2:30 p.m. and the puck will drop at 3:30. Admission is free and the game is open to the public.

The Air Force enters the game as champions, having won last year's game 11-1.

"We know that this game will be tougher than last year," said Bobby Dubinsky, Air Force hockey team captain. "As a team, we're trying to stay focused and not come into this game thinking we're going to have an easy victory. Since we have a lot of new players this year, we've also

been working on learning how to play as a team, and it's made us a tight-knit group."

While each team has its own methods of preparation for the hockey game, both team captains said that practices have been filled with consistent and arduous training.

"We've been preparing for this game by skating hard and conducting rigorous on-ice sessions to build up stamina," said Cody Ikkala, Army team captain. "We've implemented several new hockey systems and worked to teach our new players the reasons behind those systems. Our team's expectations coming into this game is to reclaim the trophy we lost last year. While last year's loss was hard, it just adds more fuel to the fire."

Dubinsky said to prepare for the upcoming game, the



**Air Force goalie Neil Gottschall blocks an Army shot on goal in the 5th Annual Army vs Air Force Hockey Game Jan. 13, 2018, at the Sullivan Arena in Anchorage. Although Army scored first to start the game, Air Force took a 3-2 edge in the series with a commanding 11-1 shellacking of the Army skaters. (U.S. Army photo/John Pennell)**


team participated in weekly practices, drills, scrimmages and a tournament in Eagle River.

"We've been practicing since early November," Dubinsky said. "We know the competition will be pretty

intense, but we've had a lot of fun thus far. We're excited to see what happens."

With competitive fire between the teams, both sides have geared up for this year's brawl.

"A lot of our players are

excited to reclaim the win and get back our winning streak," Ikkala said. "This year, we have all of our teammates back and they are ready for this awesome game between the Air Force and us." 



# ACC officials see 176th Wing capabilities

By **DAVID BEDARD**  
JBER Public Affairs

Alaska Air National Guardsmen briefed Air Combat Command senior officers during a Feb. 12 tour of 176th Wing rescue units at Joint Base Elmendorf-Richardson.

ACC is the primary provider of air combat forces for the Air Force and is located at Joint Base Langley-Eustis, Virginia.

Representing ACC were Air Force Maj. Gen. Kevin Huyck, director of operations; Maj. Gen. Scott Pleus, director of plans, programs and requirements; and Brig. Gen. Aaron Prupas, director of intelligence.

Alaska Air National Guard Brig. Gen. Darrin Slaten, 176th Wing commander, said he and his leadership advocated for ongoing improvements to the wing's HC-130J Combat King II and HH-60G Pave Hawk fleets.

"We were happy to host ACC's leadership from A3, A5 and A2 to discuss requirements in the Arctic," Slaten said. "Specifically, we talked about the ongoing challenges with the modernization and conversion of the HC-130J and the HH-60G."

The Combat King II, the Air Force's only dedicated fixed-wing personnel recovery platform, replaced older 211th Rescue Squadron HC-130N aircraft in 2017.

The HH-60G entered service in the early 1980s and is scheduled to be replaced in the 210th Rescue Squadron by the HH-60W Pave Hawk II in the coming decades.

Slaten, a Pave Hawk pilot, told the ACC officers it is becoming more difficult to source replacement parts because the G-model is based on the Army's older UH-60L, which has largely been replaced by the Army's M-model – so there are fewer parts in circulation.

The ACC generals also visited the warm storage facility for the wing's Arctic Sustainment Package, which is a rapidly deployable air-droppable package,



**Alaska Air National Guard Maj. Brock Roden, 212th Rescue Squadron combat rescue officer, speaks with senior officers from Air Combat Command during their Feb. 12 visit to Joint Base Elmendorf-Richardson. Airmen of the 176th Wing are responsible for civil search-and-rescue support of mainland Alaska as well as combat search and rescue in their federal capacity. (U.S. Air National Guard photos/David Bedard)**

**BELOW: Senior officers from Air Combat Command tour a 210th Rescue Squadron HH-60G Pave Hawk, the Air Force's combat search and rescue platform.**



including combat rescue officers and pararescuemen, that can provide shelter, heat, transportation, fuel and food for 28 people for up to six and a half days in extreme Arctic conditions.

Airmen representing several wing units and career fields designed, resourced and built the ASP. Aircrew Flight Equipment Airmen said they put in extra time to ensure the ASP is always


ready to deploy at short notice.

During the ACC visit to the 212th Rescue Squadron, combat rescue officers and pararescuemen briefed the generals on the benefits of having health and fitness professionals embedded in the unit as part of Special Operations Command's Preservation of the Force and Family initiative. Pleus said he agreed the cost of employ-

ing the professionals was negligible when weighed against increased unit readiness and the cost savings associated with preventing acute injuries and chronic conditions that can lead to disability compensation.

Airmen of 212th Rescue Squadron talked about several search-and-rescue missions they carried out across Alaska, which demonstrated the unique challenges of

operating across the vast distances of the state while combatting inclement weather.

Slaten highlighted a 2006 mission rescuing 23 crewman from the Singapore-flagged Cougar Ace cargo vessel that had severely listed to one side. HH-60G crewmen and pararescue flew more than 1,000 miles over ocean waters to execute the mission, refueling several times to make the distance. 



**Friday**

**Designer bag bingo**

The Arctic Oasis hosts this bingo event for ages 21 and older, with refreshments provided. For tickets or information, call 552-8529.

**24-hour swim challenge**

Cheer on the teams as they compete in this challenge from 6:30 a.m. to 6:30 p.m. at the Buckner Physical Fitness Center pool. For information, call 384-1301.

**Saturday**

**Paws to Read**

The JBER Library invites children in kindergarten through 5th grade to read to a service dog from 10 a.m. to noon. For information, call 384-1640.

**Army vs. Air Force hockey**

The Army and Air Force teams go head-to-head at Sullivan Arena for the sixth annual game. Doors open at 2:30 p.m.; puck drops at 3:30. For information, visit [facebook.com/JBERAK](https://facebook.com/JBERAK).

**Salute to the military**

The Armed Services YMCA hosts this event at the Egan Center from 6 to 9 p.m., honoring all branches of the military. For information, visit [asymca.org/alaska-salute](http://asymca.org/alaska-salute).

**Saturday and Sunday  
Dog sledding at Hillberg**

Experience the quintessential Alaska activity – dog sledding – at Hillberg Ski Area from noon to 5 p.m. For information, call 552-4838.

**Monday**

**Snow camp**

Children ages 6 to 13 can participate in this fun show camp which includes ski or

snowboard rental from 1 to 4 p.m. at Hillberg Ski Area. For information, call 552-4838.

**School's out bowling**

Head to the Polar Bowl for some family bonding from 11 a.m. to 4 p.m. with deals on bowling and shoes. For information, call 753-7467.

**Tuesday**

**Bounce Tween Talk**

2Rivers Youth Center hosts this fast-paced, interactive workshop to boost youth ages 13 to 18 to adapt during tough times from 4 to 6 p.m. with pizza. For information, call 384-1508.

**Wednesday**

**Indoor rock climbing**

Singles can scale the wall at the Outdoor Adventure Program from 5:30 to 7:30 p.m. and get a belay certificate to use at Buckner Physical Fitness Center. For information, call 552-2023.

**Thursday**

**School's out bowling**

Head to the Polar Bowl for some family bonding from 11 a.m. to 4 p.m. with deals on bowling and shoes. For information, call 753-7467.

**Feb. 22 – March 3**

**Fur Rondy**

Alaska's biggest winter festival kicks off the Iditarod, and includes carnival rides, races, auctions, contests and much, much more. For information, visit [furrondy.net](http://furrondy.net).

**Ongoing**

**Winter reading challenge**

Adults can register to win prizes in this JBER Library challenge through March 15. For information,

call 384-1640.

**Family skate series**

Skate at the Westchester Lagoon every Saturday through the end of February with warming barrels, free hot chocolate, and music from 3 to 5 p.m.

**Fit to Fight skiing**

Cross-country skiing at Eagleglen Fitness Park is open every day except federal holidays. Bring your own gear or check out free equipment from 10 a.m. to 2 p.m. For more information, call 552-2023.

**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 Saturdays. For more information or to join, call 350-7951.

**Thursday science club**

Youth are invited to the

JBER Library to conduct experiment and think about science from 6:30 to 7 p.m. For information, call 384-1640.

**Library story times**

The JBER Library hosts preschool story times Tuesdays and Thursdays from 10 to 11 a.m.

Toddler Tales is Wednesdays from 10 to 10:30 a.m.

All-ages story time is Tuesdays from 6:30 to 7 p.m.

For more information, call 384-1640.

**Model railroading**

The Military Society of Model Railroad Engineers meets at 7 p.m. Tuesdays and 1 p.m. Saturdays in the basement of Matanuska Hall. They also host an open house every third Saturday through April; everyone is invited. For more information, call 552-5234, e-mail [msmrre@gmail.com](mailto:msmrre@gmail.com) or visit [facebook.com/msmrre](https://facebook.com/msmrre).

# Chapel services

**Catholic Mass**

**Sunday**

9 a.m. – Arctic Warrior Chapel

**Monday and Wednesday**

11:40 a.m. – Arctic Warrior Chapel

**Tuesday**

Noon – JBER Hospital Chapel

**Friday**

Noon – JBER Hospital Chapel

**Confession**

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

**Protestant Sunday worship services**

**Gospel**

9:30 a.m. – Midnight Sun Chapel

**Contemporary**

11 a.m. – Arctic Warrior Chapel

**Traditional**

11 a.m. – Heritage Chapel

**Religious Education**

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

## Morning muscle



Sgt. 1st Class Teddy Thelwell, a native of Brooklyn, assigned to Headquarters and Headquarters Company, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, smiles as he lifts weights during a physical training session at the Buckner Physical Fitness Center on Joint Base Elmendorf-Richardson Feb. 14. Soldiers begin the day conditioning for tasks ahead. (U.S. Air Force photo/Justin Connahey)



# Are you taking care of yourself?

By **AIR FORCE CHAPLAIN (CAPT.) BRENT MULDER**  
*JBER Hospital Chaplain*

I'm a recovering workaholic. My parents were workaholics and, as a result, I was too. I had a paying job since I was in seventh grade.

After high school, I didn't think anything of being newly married, taking eighteen credits at college, and working thirty hours a week to pay the bills.

Everything was going fine, or so I thought, until I started having medical problems.

The doctor pretty much told me, "If you don't start taking care of yourself, you will soon be dead."

My doctor didn't realize I wasn't an ordinary patient.

He didn't know that I had super-human powers and could do everything. What did he mean that I didn't take care of myself? I did.

On most days, if there wasn't too much work, I slept at least three hours a night.

What more did he expect of me?

Then, in my graduate program, I started to learn what self-care really was. I learned. I practiced what I learned. I made lots of mistakes, but I learned from them too.

It was very hard changing course on something that was so ingrained in me. It felt like I was trying to change my DNA.

However, I saw the end result. I understood how self-care would enable me to be healthier overall and to give my clients the very best care I could.

At my first assignment the rubber met the road on this subject. In counseling sessions, I heard crazy stories about illegal activities, war trauma, and relationship failures...over and over again.

I saw things that no person should ever have to see when I deployed to Afghanistan as a hospital chaplain.

At the same time, the full effect of my grandparents' military service in Korea and World War II was coming to fruition – and it wasn't pretty.

All the memories and trauma they had bottled up for a lifetime was sud-

denly coming out at the end of life.

It's weird seeing a person who was unemotional his whole life suddenly cry all the time.

One of them was my only mentor for several years. It turns out he received a Purple Heart, and I don't know why.

I would like to say that everything went well for me and I rose above the difficulties of life, but I didn't. I kept to myself. I cried a lot too.

One day my wife said I needed help, and I followed her advice.

I was scared. I didn't want to end up like my grandparents, and it was ultimately my final memories of them which compelled me to seek help for myself. I didn't want to end up like that.

I started by addressing my mental health – and then moved on to my spiritual, social, and physical health.

I realized that these four areas of fitness work together, and they all need attention.

Additionally, I started to create a healthier work-family balance. Family was now a priority.

I'm a recovering workaholic. I could blame my parents, but that wouldn't change the future.

Only I can change my future. I still feel the pull back to my destructive lifestyle, so I regularly monitor my efforts and evaluate my life. I often have to remind myself to slow down. I am the tool. If I'm not healthy and well, I cannot help others.


Life has gotten easier, but it's taken a lot of work. It was well worth it though. Life is much more satisfying and enjoyable than before.

That's enough about me.

What about you? How are you doing? What areas of fitness are you neglecting? What are you doing well? Do you have a healthy work-family balance? What does your spouse, child, or friends say about your lifestyle?

Feel free to look me up on the global, or speak to your unit chaplain.

We would love to talk about your answers to these questions and walk alongside you as you move in a healthier direction.

We're here for you. 



Hospital Family Day hours

The 673d Medical Group is open on Pacific Air Forces family days to ensure patients have access to acute care and several other services. Specialty care, surgical services, the laboratory, pharmacy and radiology will be open. For information, call 580-2778.

Firewood permits

Firewood is \$35 per cord or \$17.50 per half-cord. To receive a permit, an iSportsman permit is required. For information, visit <https://jber.isportsman.net>.

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

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 information, visit [isportsman.jber.net](https://jber.isportsman.net) or call 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 information, call 552-3595.

Pothole repair

The 773d Civil Engineer Squadron encourages all

Joint Base Elmendorf-Richardson personnel to report potholes. For holes in housing areas, contact Aurora Housing at 753-1051. Other requests are tracked by 773d CES. Note the location, including cross-streets or building numbers. Then email [773ces.ceoh.potholerepair@us.af.mil](mailto:773ces.ceoh.potholerepair@us.af.mil) or call 552-2994 or 552-2995. Include contact information for crews.

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 is at 338 Hoonah Ave., open from 8:30 a.m. to 5 p.m., Monday through Friday, and closed from 1 to 1:30 p.m. A blind-cleaning machine is

available at the JBER-E location; priority goes to those PCSing. For information, call 375-5540.

DLA Document Services

Defense Logistics Agency Document Services duplicates and prints documents, including color, large-format photos, engineering drawings, sensitive materials, manuals and training materials. They design, print and distribute business cards, letterhead, invitations and programs, and provide devices to print, scan, copy and fax, and provides maintenance and ink cartridges. They offer document automation and content services for building digital libraries. To register, go to <https://www.dso.documentservices.dla.mil>. For information, visit [document-services.dla.mil](https://documentservices.dla.mil) or call (808) 473-1699 or (315) 473-1699.

OTC pharmacy counter

The pharmacy at the JBER hospital has over-the-counter medication for DoD beneficiaries from 7:30 to

10:30 a.m., Monday through Friday. Flyers and those on personnel reliability program status, pregnant, or under the age of 2 are not eligible.

The clinic offers pain relievers; cough, cold and allergy medications; ointments; constipation and diarrhea medications, and others.

For information, visit JBERPharmacy on Facebook.

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 10 a.m. to 2 p.m. For information, call 753-6134.

Richardson Thrift Shop

The JBER-Richardson Thrift Shop, Building 724 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 information, call 384-7000.



# PACAF commander visits JBER, talks readiness

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

Air Force Gen. C.Q. Brown Jr., Pacific Air Forces commander, and Chief Master Sgt. Anthony Johnson, PACAF command chief, visited Joint Base Elmendorf-Richardson, Alaska, Feb. 11 to 12, to thank Airmen for their dedication to the command’s mission, and emphasize the importance of JBER’s operational readiness.

During the visit, the PACAF leaders toured facilities throughout the installation to meet Airmen and get a first-hand look at the broad spectrum of JBER mission sets.

The tour included the Air Traffic Control tower, the 517th Airlift Squadron and the 962nd Airborne Air Control Squadron.

Each part of the visit featured briefings on what made the unit unique and how its mission affects PACAF.

Brown also held an all-call to speak to Airmen about several topics including leadership philosophies, command priorities, and operationalizing our mission strategies.

“As I’ve come into command, there are several key parts I’ve been looking at,” Brown said. “The national defense strategy and the PACAF strategy, and how these drive what we do as a command. The national defense strategy is simple; we want to be a more lethal force while strengthening our relationships with allies and mission partners. The key focus to these strategies is taking them from just talking, to executing.”

The PACAF strategy outlines the same goals for allies and mission partners, while also increasing lethality and interoperability when it comes to how we operate and exercise, with new operational concepts.

During the all-call, Brown



**Air Force Gen. C.Q. Brown Jr., Pacific Air Forces commander, answers questions from Joint Base Elmendorf-Richardson personnel during a tour of facilities Feb. 12. During the all-call, Brown emphasized key points to maintain the lethality and readiness of PACAF’s mission. (U.S. Air Force photo/Airman 1st Class Caitlin Russell)**


also emphasized the importance of readiness, and both operational and personal resiliency.

“When I think about readiness, it’s about not only being ready to fight tonight,” Brown said. “But being able to fight tonight, tomorrow, next week, next year. We need to be constantly ready,

because you never know when the balloon is going to go up.

“Secondly, how the operational and personal resiliency of our Airmen effects our mission readiness. If we’re not taking care of our Airmen, all the equipment and aircraft are just static displays. No matter how smart

our technology is, it still requires the work of strong Airmen and families to get the mission done.”

The general and command chief concluded their visit by thanking the Airmen of JBER for their continued hard work and urged everyone to take care of their fellow Airmen. 



# Dailey: Readiness tied to quality of life

By **SEAN KIMMONS**  
Army News Service

WASHINGTON — While funding for quality of life initiatives, among other efforts, led to a historic retention rate last year, Sgt. Maj. of the Army Daniel A. Dailey told lawmakers Thursday that more can still be done.

Sufficient, predictable funding from Congress, he said, is required to improve upon those initiatives and, in effect, further build readiness -- the Army's top priority.

"America's Army remains in high demand across the world because of our leadership, professionalism and ability to constantly evolve to meet the security needs of our defense partners as well as our own," Dailey said.

Testifying before the House Appropriations Committee's Subcommittee on Military Construction, Veterans Affairs and Related Agencies on Capitol Hill, Dailey told lawmakers that every dollar spent on quality of life programs is essential.

During his travels to Army

installations last year, Dailey said he saw progress in those programs that helped the service see over 90 percent of eligible Soldiers re-enlist.

"We've seen more improvements based upon our investment and due to the help of this committee," he testified. "We continue to make great strides across the board to meet the needs of our ever-growing formations.

Ongoing issues, however, still present challenges to ensure Soldiers and families are safe and happy.

## Childcare

Dailey reiterated the importance of adequate childcare, which he and other senior leaders discussed at an Army family readiness forum Tuesday in Arlington, Virginia.

As the Army's largest single investment in family programs, childcare accounted for about \$485 million in last year's budget, he said.

"It's a force multiplier and we do very well at it, but we could use more," he testified.

Policy changes are being

developed so childcare providers can be hired quicker to reduce backlogs, particularly at overseas installations. There are also efforts to see if it is possible to build more child development centers.

At Tuesday's forum, Army Secretary Mark T. Esper supported the idea of having more spouses run childcare businesses at home as another option.

## Housing

With about 40,000 pre-1978 homes on Army installations, about \$4 million was spent last year to inspect older homes for lead paint and other hazards, Dailey said.

Several town halls have also informed families of the possible dangers.

"Bottom line is, we are concerned," Dailey told lawmakers. "I think we can do a better job."

Army leadership recently ordered the Army inspector general, he said, to investigate the service's privatized housing in order to find the best way forward.

The problem with hazards

in older homes is not just an Army issue, he added, but a nationwide problem.

By 2021, plans call for the Army to eliminate its lowest level of military housing, known as Q4. Only 190 families are currently living in Q4 housing, Dailey said.

"We have issues and we've attacked them ruthlessly as leadership when they occur," he said, "and we will continue to do that."

## Credentialing

Last fall, the Army launched a limited user test for a credentialing assistance program.

The program, which has similar rates and eligibility as tuition assistance, will provide Soldiers up to \$4,000 each year to pay for credentials that will prepare them for life after the military.

The pilot has already seen success at Fort Hood, Texas, and there are now plans to begin expanding it to the entire service by the end of fiscal year 2019, Dailey said.

"The Soldiers are excited about this," he said, adding


officials still need to hash out the details and ensure education partners are properly vetted.

Many of the credentials offer promotion points and are recognized by civilian industry, including jobs in healthcare, plumbing, information technology and aviation repair.

Despite having over 150 military occupational specialties that directly translate to highly-skilled jobs in the civilian sector, many Soldiers still must pay for credentials when they get out.

"What they lack is the civilian credentials in order to obtain those jobs," Dailey said.

Credentials are also important for Soldiers in positions not linked to civilian jobs, such as combat arms, so they can gain the skills to be productive in their communities, he said.

"These are valuable young men and women who can fill the voids in some of those jobs," he said. "All we [have] to do is give them the tools necessary to do it." 



# University, DoD team up for innovation

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

During an intensive workshop recently hosted by the 673d Air Base Wing, 40 innovators were given the opportunity to join the largest collaborative community of national security visionaries in the world.

From Feb. 4 to 7, Airmen and civilians from Joint Base Elmendorf-Richardson and Eielson Air Force Base attended an “MD5 Boot Camp.”

“MD5’s mission is to build the largest collaborative community of national security innovators in the world,” said Matt Gratias, MD5 Pacific region program director. “We help Department of Defense customers respond to unmet, operational needs from our Soldiers, Sailors, Airmen, Marines and civil servants.”

The DoD and the University of California, Berkeley, partnered to offer this workshop, which focused on generating new ideas, nurturing talent and finding novel applications of technology.

“Because of the course’s interactive lecture series and unique design, attendees are able to strategize viable solutions addressing one of the commander’s top priorities in less than four days,” Gratias said. “These are the same concepts and methods being taught at leading technical and business schools across the country.”

Participants in this workshop focused on the commander’s local priority of improving gate efficiency.

“Our presenters incorporated some common mistakes of intellectual processing which compelled us to take all the steps necessary to not only weigh out the problem, but think concretely and abstractly about who is affected by it,” said U.S. Air Force Master Sgt. Justin Forsgren, a participant and 673d Security Forces Squadron noncommissioned officer in charge of operations. “I think so often we are pressed to come up with bandage-style fixes, producing temporary results. This week, having subject matter experts divided throughout all of the working groups allowed us to collaborate and reach solutions while exposing all of us to a higher level of learning.”

By the end of the first day, attendees were encouraged to not focus on having a solution to the problem, but rather to challenge themselves on changing the process of arriving



**Participants work together during an MD5 Boot Camp at Joint Base Elmendorf-Richardson Feb. 7. The intensive workshop hosted by the 673d Air Base Wing gave 40 Airmen and civilians from JBER and Eielson Air Force Base an opportunity to focus on generating new ideas, nurturing talent and finding new applications of technology. (U.S. Air Force photos/Airman 1st Class Crystal A. Jenkins)**

**RIGHT: David Charron, a lecturer with the Haas School of Business at the University of California, Berkeley, speaks during the camp. The interactive lecture series and unique design let attendees strategize solutions to one of the commander’s top priorities.**



at the solution. Strategic thinking and creativity were also a part of the lessons, pushing individuals to think about gate users in abstract and concrete ways. Day two included specific lessons outlining what innovation looks like, what teaming should consist of, and learning how to apply diverse traits and individual learning styles to address actual customer needs. To address the base’s gate security and efficiency needs, students were taught how to take simple ideas that were forming and turn them into a set of problem and solution questions to ask themselves. On the third and fourth day, participants began each morning with a challenge area, asking a question opening with, “how might we...?” At the end of every day, individuals affected by the gate issues or solutions were interviewed, contributing data to the next

day’s processes.

“Because we combine all of these methods, it allows commanders to capitalize on the talent in their organization and receive an initial framework of how a solution might be viable outside the classroom,” Gratias said. “Participants can then use the tools gleaned through the process of information gathered, turn it into a viable product with the ability to capture and present their ideas.”

The course concluded with seven teams pitching potential solutions to the commander and a leadership team. During this time, commanders and the evaluation panel have the option to ask questions of the UC Berkley team and the DoD MD5 representative and dig a little deeper into the ideas produced by the boot camp.

“Our mission is to create new communities of innovators that solve

national security problems,” Gratias said. “As an education portfolio program, MD5 Boot Camp has trained more than 200 service men and women in advanced problem framing and hypothesis generation/testing. This training serves to not only find viable solutions to an immediate problem area of the command sponsor, but to also provide the skills necessary to solve concurrent and future problems within our participant’s home organization.

“Armed with new processing methods, participants now have a way of pressing problems within their own organizations,” he said. “This empowers them to move their ideas generated from the boot camp into actual and workable outcomes, ultimately reaching the warfighter.”

For more information about MD5, visit [MD5.net](http://MD5.net). 



# SecArmy: Soldiers are like pro athletes

By **GARY SHEFTICK**  
Army News Service

WASHINGTON — The Army may soon place nutritionists, physical therapists and sports trainers at the unit level to improve individual readiness, said Secretary of the Army Mark T. Esper.

The idea is “to really start looking at Soldiers as professional athletes,” Esper said Friday morning while speaking at the Center for Strategic and International Studies.

The athletic trainers and therapists are slated to be assigned to brigades and some battalions later this year as part of a pilot program under the Army’s holistic health and fitness system.

The H2F system is overseen by the Center for Initial Military Training and a spokesperson there confirmed that 130 military authorizations will be allocated to units by the end of fiscal year 2019 to “enhance personnel readiness.”

Occupational therapists may also be in that mix, Esper said.

While most of the positions will

go to brigades, some will be assigned to the 30 maneuver battalions that Army Forces Command selected last fall to train with health and fitness professionals in hopes of reducing Soldier injuries.

“In the future, once these take place and really take hold, we’ll have a more deployable and more capable force,” Esper said.

In 2016, the Army began placing athletic trainers at its initial-entry training centers. That year, 20 of them went to Fort Benning, Ga., to work with Soldiers at all five of the post’s training battalions. One goal was to prevent musculoskeletal injuries.

Athletic trainers were also brought into basic combat training sites at Fort Jackson, South Carolina; Fort Sill, Oklahoma; and Fort Leonard Wood, Missouri.

The sports trainers not only educated Soldiers on injury prevention,

they also provided treatment to Soldiers following injuries to reduce their recovery time. Instead of sending injured Soldiers to hospitals, they were treated at their units and this saved a significant amount of training time, officials said.

The Army is also extending infantry initial-entry training to improve personnel readiness. A pilot program last year at Fort Benning, Georgia, extended the infantry one-station unit training, or OSUT, from 14 to 22 weeks.

Esper visited Benning to observe the extended OSUT training and said the results were dramatic.

“You’re seeing Soldiers with much higher physical fitness scores,” he said, adding that the infantry graduates were “much more competent, tactically and technically.”

The Army has also developed a new fitness test that Esper said better

prepares Soldiers for the rigors they will face in combat.

The Army Combat Fitness Test with its six events “for the first time really links physical fitness with the demands and rigors of the battlefield,” he said.

In October, the Army selected 63 battalion-sized units to try out the ACFT as part of a pilot program. Mobile training teams went to the battalions to train NCOs how to conduct the tests. Now these 63 units will begin “field-testing” the ACFT.

Each of the battalions will need to conduct two ACFTs before October and space them about six months apart, according to the Center for Initial Military Training. The field tests will provide data to possibly adjust the ACFT grading standards before the test is adopted by the entire Army.

In October 2020, when the ACFT is implemented across the Army, officials expect it to further decrease injuries, improve personnel readiness and combat effectiveness.

“The Army is a people business,” Esper said, “and people are our most important asset.” 