October 2018

Community Action Council

Col Patricia A. Csànk- Commander
673 ABW
## Community Action Council

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<th>Time</th>
<th>Event Description</th>
<th>Presenter(s)</th>
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<td>Welcome/Award/Recognition Customer Service Awards</td>
<td>Col Patricia A Csánk</td>
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<td></td>
<td></td>
<td>Ms. Bernadette Simmons</td>
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<td>0940-1025</td>
<td>673 FSS/FSG</td>
<td>Mr. Mike Spann</td>
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<td>673 ABW Safety</td>
<td>Mr. David Spellman</td>
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<td>673 MSG-Weather</td>
<td>Col Caranta</td>
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<td>673 MSG-ASD</td>
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<td>JROC</td>
<td>LTC Thogmartin</td>
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<td>MEDDAC-AK</td>
<td>SFC Olson</td>
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<td>HAWC</td>
<td>Capt Lages</td>
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<td></td>
<td>Library</td>
<td>Ms. Pam Medolo</td>
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<td></td>
<td>Golf Course</td>
<td>Mr. Josh Cantrell</td>
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<td>Fitness Centers</td>
<td>Mr. Josh Grieser</td>
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<td>DFAC Meals</td>
<td>MSGt Tompkins</td>
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<td>FSS Bucks</td>
<td>Ms. Jessica Shaffer</td>
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<td>Aurora Housing</td>
<td>Ms. Rachel Hodgson</td>
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<td>VBOC</td>
<td>Mr. Cat Mason</td>
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<td>BOSS-S</td>
<td>SGT Folkes</td>
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<td></td>
<td>Commissary</td>
<td>Ms. Ermies Hernandez</td>
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<td>AAFES</td>
<td>Mr. Raymond Stewart</td>
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<td></td>
<td>ASYMCA</td>
<td>Ms. Brina Lynch</td>
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<td></td>
<td>RSC</td>
<td>Ms. Kristie Rigdon</td>
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<tr>
<td>1025-1027</td>
<td>Calendar Highlights</td>
<td>MSGt Steven Beck</td>
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<td>1027-1030</td>
<td>Comments/Open Forum &amp; Door Prizes</td>
<td>Leaders/Staff</td>
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<tr>
<td>1030</td>
<td>Closing</td>
<td>USARAK CG/673 ABW CC</td>
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JBER Monthly Customer Service Award
September 2018

INDIVIDUAL
A1C Emily Mailman
Aerospace Medical Technician, 673 MSGS/SGCG

Customer Comments

- A1C Mailman was amazing and very personable. She made the visits very pleasant.
- A1C Mailman was super productive, professional and informative. A pleasure to see.
- A1C Mailman is great! She always has a great attitude and makes centering fun.
- A1C Mailman is awesome! Thank you.
- A1C Mailman recognized, informative and delivers every topic with energy. Awesome and client oriented
- AIC Emily Mailman assisted in my completing this task. Her professionalism and knowledge was outstanding. I appreciated working with an Airman of her caliber and wanted to recognize her commitment to customer service and representing the Air Force in such a positive light.
- A1C Mailman was extremely nice and positive.
JBER Monthly Customer Service Award
September 2018

TEAM
Central Issue Facility

Customer Comments

- Really good customer service. Very friendly and informative.
- Service was excellent. Very helpful staff.
- Great service. I was seen almost immediately.
- Very friendly and worked effectively
- Easy turn in very smooth and quick. Best CIF ever.
- Out processing experience was awesome
- Quick good attitude, straight forward.
- Smooth and easy turn in. Keep up the good work.
- Great customer support and smooth transition. The best CIF in the Army
- Love the staff. Great people, love the service, keep in smiling
- Very polite. If possible more turn in hours would help.
- Quality staff
Community Action Council

673 FSS/FSG
Military & Family Readiness Flight

Mr. Mike Spann
384-1517
Volunteer Recognition Award
Action ★ Impact ★ Results

Volunteer of the Quarter
(July - September)

CONGRATULATIONS!

Paul Lambert
Volunteer Recognition Award

Action ★ Impact ★ Results

Call 384-1025 for more information and get your volunteer hours recorded

Date 20 September 2018

Pay to the Order of Joint Base Elmendorf-Richardson $ 645,953.40

Six Hundred Forty Five Thousand, Nine Hundred Fifty Three dollars and 40/100 DOLLARS

Community Volunteer Bank 600 Richardson Drive
645,953.40
Room A-115
Joint Base Elmendorf-Richardson, Alaska 99505

23,532 Volunteer Hours 591 JBER Volunteers
Community Action Council

673 ABW Safety

Halloween Safety
and
Winter Vehicle Preparation

Mr. David K. Spellman
DSN: 552-6850
Halloween Safety

See and Be Seen on Halloween:
• Use reflective material/tape to help be seen
• Costumes should allow full movement and visibility while being worn
• Refrain from distracted driving

Situational Awareness:
• Be mindful of pedestrians and vehicles around you during recreational activities
• Dress for the weather as it gets colder
• Beware of decorations that may create a tripping hazard
Winter Vehicle Preparation

Ready Your Vehicle
- Regular tune-ups/maintenance
- Consider snow tires and studs
- Check owner’s manual for winter specific vehicle information

Ready Yourself
- Leave earlier for work if needed
- Keep spare clothes in the vehicle

Ready for an Emergency
- Build a kit in case you get stuck or in a traffic jam containing: blankets, flashlights, jumper cables, shovel, phone charger and a first aid kit
- Keep a full tank of gas
Community Action Council

673 MSG
JBER Process for Inclement Weather Assessment and Notification

Col Caranta
Inclement Weather

673 Inclement Weather (Wx) and Road Condition Coordination Flowchart (Fall 2018)

0445
- B-Ops
- CP
- CEG & MSG
  Conference Call
  Determine Road Conditions
- NO
  Normal Operations
- YES
  MSG consolidates information
  CEG consolidates information
- APD → SFS

0455
- 0500 - 0515
  ASD → MSG/CC Coord with ASD & ABW/CC

0525
- 0525
  ABW/CC decision to delay or mission essential
  NO
  Normal Operations
  YES
  Inform CP
  CP immediately notifies PA
  PA advertises decision across all media

0530
- CP Run appropriate checklist

APD: Anchorage Police Department
ASD: Anchorage School District
B-Ops: Base Operations
CEG: Civil Engineering Group
CP: Command Post
MSG: Mission Support Group
SFS: Security Forces
UCC: Unit Control Center
673 MSG
Potential Closure of
Mt. Spurr Elementary School

Lt Col Benjamin Dainty
JBER School Consolidation

• Anchorage School District (ASD) is considering closing Mt. Spurr after the 2018-2019 school year
  • Mt. Spurr students would transfer to Orion & Aurora
  • No change to the level of strong academic standards and extracurricular opportunities

• How can you stay informed?
  • JBER Town Hall: 17 Oct, 1800-1900, Frontier Theater
  • ASD Board Meetings: 22 Oct Discussion & 5 Nov Decision
Community Action Council

JBER Chapel Community

Religious Operations

Chaplain (LTC) Greg Thogmartin
552-JROC (5762)
## Religious Services

### Catholic
- **Sunday Mass**
  - 0900 - Arctic Warrior Chapel
- **Daily Mass**
  - Mon/Wed 1140 - Arctic Warrior Chapel
  - Tue/Fri 1200 – Hospital Chapel
  - Thurs – no scheduled Mass

### Protestant
- **Traditional**
  - 1100 – Heritage Chapel
- **Gospel**
  - 0930 – Midnight Sun Chapel
- **Contemporary**
  - 1100 – Arctic Warrior Chapel
Ecumenical Youth Ministry

Club Beyond

Where Military Teens Belong

KEITH KLINGEN
JBER COMMUNITY DIRECTOR
201.244.9571
KKLINGEN@CLUBBEYOND.ORG

HIGH SCHOOL
MONDAY 7:07-8:27PM

MIDDLE SCHOOL
FRIDAY 7:07-8:27PM

younglife
Military - Club Beyond.

America’s Premier Joint Base
JBER Catholic Community
7-12th grade Youth Ministry
Presents:
Exploring the Catechism
The Churches Teaching On
October 7th: Abortion and Birth Control
October 21st: Death Penalty and Euthanasia

10:45 AM at the Chapel Activities Center
located at 714 First Street, JBER-R

Contact JBER Religious Operations Center for questions at 552-JROC (5762) POC: Cierra Houchins
Protestant Young Adult Ministry

Adult Game Night

The 2nd Saturday of every month beginning 13 Oct. 5:00pm–9:00pm at the Homestead
Bring a dish to share
POC (715) 575-6244

* JBER Protestant Community Event *
JBER Catholic Young Adult Ministry presents
Q & Apps!

It’s Fr. Reid’s birthday! Come ask questions, enjoy some appetizers and learn about his amazing vocation journey from an aspiring hip hop artist in Atlanta to priesthood. You don’t want to miss it!

Reservation is under JBER Catholic Community!
POC: Cierra Houchins 907-552-5762

October 16th at 6:30 pm
49th State Brewing Company
located at 717 W 3rd Ave
All women are welcome to join us for prayer, fellowship and faith study

Arctic Warrior Chapel Fellowship Hall
Tuesday Evenings
6:00-8:00pm

Children Welcome
Contact us jbercwoc@gmail.com or on FaceBook at JBERCWOC
MEDDAC-AK
JBER SOLDIER CENTERED MEDICAL HOME

SFC MELISSA R. OLSON
SCMH NCOIC
907-384-1061
BLDG 786 D Street
JBER, AK 99505
JBER SCMH

**Hours of Operation**
Clinic Hours 0630-1530
Clinic Closed the 3rd Friday of the month at 1200 for training,
Closed on all federal holidays

**Sick Call**
Garrison 0630-0700 at SCMH
4/25 IBCT(A) 0530-0615 at respective Battalion Aid Stations

**After Hours Care**
673d Medical Group Emergency Department
5955 Zeamer Ave
JBER, AK 99506
Emergency Room: 907-580-5555
Hospital Appt. Line: 907-580-2778

**Clinic Phone Numbers**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Primary Care</td>
<td>384-0600</td>
</tr>
<tr>
<td>Behavioral Health</td>
<td>384-0405</td>
</tr>
<tr>
<td>Physical Therapy</td>
<td>384-3694</td>
</tr>
<tr>
<td>Ancillary (Lab, Radiology, Hearing)</td>
<td>384-8184</td>
</tr>
<tr>
<td>Medical Records</td>
<td>384-3650</td>
</tr>
<tr>
<td>Dental Clinic</td>
<td>384-2483</td>
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</tbody>
</table>
# 673d Medical Group Contacts

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Appointment Line</td>
<td>580-2778</td>
</tr>
<tr>
<td>Referral Management</td>
<td>580-6900</td>
</tr>
<tr>
<td>Radiology</td>
<td>580-6741</td>
</tr>
<tr>
<td>MRI</td>
<td>580-6870</td>
</tr>
<tr>
<td>CT</td>
<td>580-6773</td>
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<tr>
<td>EFMP</td>
<td>580-4609</td>
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</tbody>
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GET ENROLLED!

local access to care
information here - after
hours care in addition to
NAL?

www.tolsecuremessaging.com

Scan the code and
bookmark the site!

HOW TO ACCESS
TOL PP Mobile can be accessed with any mobile device
including smart phones by following these steps:
1. Open your mobile device web browser
2. Go to www.TRICAREOnline.com
3. Log in using a DFAS Logon Premium or DFAS
myPay account
4. Tap the menu button
5. Tap “Add to Home Screen”

WHAT ARE MY CAPABILITIES?

Appointments
Make new MTF appointments
View current appointments
Receive notifications

Prescription Refill
Refill prescriptions
View prescription status
Receive notifications

Blue Button
View personal health care,
lab and radiology results, medications, allergies,
problem lists, encounters, vital signs, immunizations

REMINDER!
The Nurse Advice Line is available 24/7
1-800-TRICARE (874-2273) option 1
Community Action Council

Health Promotion

Capt Elena Lages
Several factors affect your risk of breast cancer:
- Starting your first menstrual period at an early age
- Not having children or being older at birth of first child
- Starting menopause at a later age
- Using hormone replacement therapy for long time
- Being overweight, particularly after menopause
- Changes in your breast cancer-relate genes (BRCA1 or BRAC2)
- Having close family relatives who have had breast cancer
- Getting radiation therapy to breast or chest
- Getting older
- Personal history of breast cancer
- Dense breast tissue

Symptoms of breast cancer:
- A lump in breast
- Thickening or swelling of part of the breast
- Irritation or dimpling of breast skin
- Redness or flaky skin on breast
- Pulling in of the nipple
- Fluid other than breast milk from nipple, especially blood
- A change in the size or shape of the breast

**These symptoms may be caused by something other than cancer, but the only way to know is to get checked.**
Breast Cancer Awareness Month

**Not Just about Women:** Men Against Breast Cancer is a non-profit for men suffering from breast cancer or for those caring for women with breast cancer.

http://www.menagainstbreastcancer.org/

**Lifestyle choices to reduce cancer risk:**

- Exercise regularly (at least 4 four hours/week)
- Limit alcohol (< one per day)
- Breastfeed your babies, if possible
- Maintain healthy weight
- If taking or have been told to take hormone replacement therapy or birth control pills, ask Dr about risks and if right for you
- Try to reduce exposure to radiation during medical tests (mammograms, X-rays, CT and PET scans)
Mammograms

Guidelines for getting a mammogram

- Age 40 or older
  - Haven’t had a mammogram in last year
  - No new problems/concerns with breasts
  - Call 580-6741 or go to radiology front desk

- If <40
  - Will get mammogram if they have a new problem or concern w/breast AND PCM must put in a diagnostic order
    (Exception: if individual’s mother or sister was diagnosed w/ breast cancer before the age of 50)

NOTE: if patient has new concern w/ their breasts, they must contact their PCM for an appointment to receive a diagnostic mammogram order
Community Action Council

673 FSS/FSDL
JBER Library

Pamela Medolo
JBER Library

Clothing Swap & Book Giveaway
15 Oct
1730-1900
Bring your unwanted, freshly laundered clothing with no rips or stains.
No shoes or accessories, please!
Books are FREE – take all you want.
Please bring your own bags!

Honoring Our Veterans
5th-9th Nov
All military veterans are invited to enter a contest to win an awesome “Alaska” prize.
Winner will be drawn and notified on Saturday, 10 Nov.

Paws To Read Program
3rd Anniversary Party
Saturday 20 Oct
1000-1300
Open house!
Drop in and see how the program works.
Meet the dogs and handlers.
Registration required for kids who will be reading to dogs.
Designed for kids K-5th grade.

America’s Premier Joint Base
JBER Library

Story Times

Tuesday and Thursday  1000-1100
Preschool Stories & Craft

Wednesday  1000-1030
Toddler Tales
Infants to age 3

Tuesday Evening  1830-1900
All ages

Science Clubs

Thursday Evening  1830-1900
School-age kids participate in fun
science projects with a focus on STEM
Closed on Thursday, 22 Nov
Community Action Council

Moose Run Golf Course

Josh Cantrell, PGA
Acting Golf Course Manager
Moose Run Golf Course

- **Group 1** - Active Duty Units and Squadrions, Directorate and Special Staff elements conducting official training classes or functions during normal duty hours. $40.00 per hour.
- **Group 2** - Active Duty Units and Squadrions, National Guard, and Reserve military units conducting non-training functions during non-duty hours. $60.00 per hour.
- **Group 3** - Active Duty Unit and Squadron personnel and their family members over age 21, and retirees and their family members over age 21. $100.00 per hour.
- **Group 4** - Individuals, or civilian organizations not covered by Groups 1, 2 or 3 above. $135.00 per hour provided:
America's Premier Joint Base

Community Action Council

673 FSS/FSVS
Josh Grieser
552-0610
Elmendorf Fitness Center

Costume Fun Run
October 26
5:30 p.m.
FREE
Open to all ages

Healthy Snacks

Spooky Fun Run
After the race, run through our Spooky Halloween to the Arctic Oasis!

Prizes
Top 3 finishers in each category win prizes!
1/2 Mile: Ages 1 - 10
1 Mile: Ages 11 - 16

Trunk or Treat
October 26
4 - 7 p.m.
$1 per person

Candy
Games
Contest

Decorate your trunk for a chance to win!
1st: $500 FSS Gift Card
2nd: $250 FSS Gift Card
3rd: $125 FSS Gift Card

Elmendorf Fitness Center
Bldg. 9510 • 552.5353

Bldg. 9497 • 552.8529
Elmendorf Fitness Center

November 1 - 30

Buckner Fitness Pool and Polar Paradise Pool will be under normal operations.
Thanksgiving Times & Prices

- **Iditarod Dining Facility:**
  - Date: Thursday, 22 Nov
  - Time: 1030-1330
  - À la carte pricing

- **Wilderness Inn Dining Facility:**
  - Date: Wednesday, 21 Nov
  - Time: 1100-1400
  - Discount Cash Rate - Immediate Family Members of E1-E4 or if on Field Duty with no per diem $6.80
  - All other Patrons $9.10

All Thanksgiving Meals are Open to EVERYONE with Base Access
Iditarod (JBER-E)
Thanksgiving Menu

• Shrimp Cocktail
• Salad, Barley, Orange & Cranberry
• BBQ Beef Brisket
• Roasted Turkey Breast
• Baked Honey Glazed Ham
• Maple Granola Sweet Potatoes
• Garlic Mashed Potatoes
• Cornbread Stuffing
• Glazed Carrots
• Roasted Corn
• Green Beans

• Cranberry Sauce
• Assorted Pies
• Assorted Cakes
• Salad bar
• Fruit Cup
• Strawberry Yogurt Parfait
Wilderness Inn (JBER-R)
Thanksgiving Menu

- Shrimp Cocktail
- Roasted Turkey w/ Gravy
- Steamship Round /w Au Jus
- Creole Pollock Fillet
- Baked Ham w/ Brown Sugar Glaze
- Sweet Potato Wedges
- Mashed Potatoes
- Savory Bread Dressing
- Herbed Broccoli
- Seasoned Collard Greens
- Roasted Buttered Squash
- Salad Bar w/ Assorted Salad Dressing
- Cranberry Sauce
- Assorted Fresh Fruits/Nuts
- Assorted Breads
- Assorted Holiday Desserts
Command Server Program

• Iditarod Dining Facility: 1015-1345
  • 30 minute increments
  • UOD: ABUs/OCPs

• Wilderness Inn Dining Facility: 1100-1400
  • 60 minute increments
  • UOD: Service Dress/Dress Blues

• POC: MSgt Edward Tompkins
  • DSN 384-7482

E-Mail invitation to serve will be sent to all Commanders
Community Action Council

673 FSS/FSK
FSS Bucks

Jessica Shaffer
552-8481
FSS Bucks

• FY19 FSS Bucks
  • $5 per assigned AD military & DoD civilian
  • Use them early!
  • Distribution at October Arctic Diamond First Sergeant Council, CSM Meeting, and Wing Stand Up
  • Pick-up available at JBER Life! Marketing Department, Bldg. 10480
  • 552-8481

• Unit Funds
  • $3 per AD military per year
  • POC: Sonia Snickers 552-3811
Stay Connected!

LAUNCH INTO FUN!
Stay connected with us in a NEW WAY!
Download our mobile APP today!

PERSONALIZED SAVINGS AND INFORMATION
AT YOUR FINGERTIPS!
Customize alerts from 8 categories!
- JBER Life Updates
- Fun
- Single Service Member Programs
- Family
- Fitness
- Food
- Force Support
- Contests

Register Online at: jberlife.com/text
552.5900

AMAZING FEATURES
DIRECTIONS
Find our facilities with an easy to use map of JBER!

CONTACT INFO
Facility information and click to call Rotations!

EVENTS
Find all our events at your fingertips!

SOCIAL MEDIA
All our social media accounts in one location!

Available for free
Available on the Google Play and Apple Store.
Community Action Council

Mrs. Rachael Hodgson
(907) 753-1023
To qualify, a military member must be deployed for 90 or more days, or be on a one year or more dependent-restricted, unaccompanied tour.

Or...the Military Unit may contact AMH when circumstances necessitate special support.

How to enroll:
- Complete the “Deployed Spouses Program” form
  - [https://www.auroramilitaryhousing.com/residents/dsp/](https://www.auroramilitaryhousing.com/residents/dsp/)
  - Drop by an AMH office, fax to 907.753.1095, or email to aurora@jlproperties.com
Winter Reminders
- Leaving home for long period? Have a responsible party check your home daily
  - Visit https://www.auroramilitaryhousing.com/residents/notice-of-absence/
- Run cold water in lower level sinks at pencil width, while home
- Do not open windows after first freeze
- Remove trampolines (no later than 15-Oct)
- Change furnace filters; 1-for-1 filter exchange at U-Fix-It for free
  - Check monthly, change no less than every 90-days
- Check/replace batteries in digital thermostats
- Ensure furniture or heavy drapes or window coverings not covering heating vents or registers (promote proper heat circulation in your home)
- Remove water hoses from outdoor faucets; place a hose bibb cover over the faucet: hose bibb covers available at U-Fix-It for free
- Keep food (human or pet) and grass seed sealed and secure (return grass seed to U-Fix-It; if unable to keep sealed/secure from rodents. Shrews are out in full-force; it’s cold and they are coming in from the cold)

Neighborhood Safety
- Avoid parking on residential streets or sidewalks during snow removal
- Do not put snow and ice into streets (more information: 3.6.6 AMH tenant handbook)
- Care for your common areas, removing snow and ice from driveway, sidewalks and mailboxes
- Slow down in residential areas; pay close attention to bus traffic patterns or at bus stops
- Sand aggregate and ice melt is at the U-Fix-It for free (1-Nov or time of first snow event)
Aurora Housing

- Snow Event = 2 inches or more accumulation
- 2 days to recover from a snow event
  - Under some circumstances, such as white-out conditions, excessive accumulation, or holidays (congested streets); snow removal may be deferred or take longer than 48 hours
- Additional snow event during recovery resets the clock
- Snow removal conducted between 0800 & 2200 (quiet hours observed)
- Report safety concerns to the Aurora Maintenance Line: 907-753-1091
- Priority 1
  - Open Main Traffic Routes
  - School Zones / Child Care
- Priority 2
  - High Traffic Streets
  - High Use Parking
- Priority 3
  - All other streets, lots and walks
2018 Halloween Carnival
Partnering with FSS “Trunk or Treat”
- Friday, 26-October from 4pm to 6pm
- Arctic Oasis, 9497 20th Street, JBER-E
- Halloween Tricks and Treats:
  - Games
  - Prizes
  - Candy
America's Premier Joint Base

Community Action Council

Cat Mason
Anchorage VBOC
(Veteran Business Outreach Center)
(907) 229-7726
• **Boots to Business (B2B)** is an entrepreneurial education and training program offered by the U.S. Small Business Administration (SBA) as part of the Department of Defense's Transition Assistance Program (TAP).

• **First Stage:** A two day program that provides participants with an overview of business ownership and is open to transitioning service members (including National Guard and Reserve) and their spouses.


• **B2B/Reboot** is an entrepreneurial training program designed for Veterans of all eras, Service members (including National Guard Reserve and their spouses) that have already made the transition back to civilian life.
Community Action Council

JBER BOSS-S
Upcoming Events

SGT FOLKES
BOSS-Events

- October 23 Volunteering at the Thrift Shop.
- October 11 Indoor Rock Climbing w/ODR.
- October 13 Pool Tournament 1400 @ Warrior Z.
- October 18 B.O.S.S Meeting 1500 @ Warrior Zone.
- October 21 Alcohol Ink Tiles w/Arts & Crafts.
- October 25 Volunteering with the Science Club
- October 27 Magic Tournament 1200@ Warrior Z.

For all or any information please
Contact the Office: (907)384-9023/406-4405
Community Action Council

Holiday Baking, Fixings and Turkey displays 15 October 2018 for your Thanksgiving and Christmas demand needs.

Sabras Tailgating Demo (Saturdays): 1-31 October 2018

Skippy & Marzetti Apple Grower’s Promotion 8-31 Oct

Poinsettias coming in November.
October is Energy Action Month – Many items will be available and on display that have the symbol HE (symbol may vary)

Health & Wellness Center doing demo “Think Pink” Parfaits Yogurts 15 October 18
In honor of cancer awareness month
Community Outreach

- JBER–SFC Eric Tysinger for Senior Religious Affairs NCO, MSgt Paul Matlock 1st Sgts Council Ms. Tisha Wright Grocery Manager met 24 Sep 18 to fine tune plans “the way-ahead” for the 2018 Thanksgiving and Christmas Food Basket distro for JBER,

- 15 Nov will be the first distribution
  - DOYON will sponsor 150 baskets
  - Industry will provide breakfast for the families
  - Commissary will open for those families participating at 0700-0830

- 18 Dec will be 2nd Distribution
  - Industry will sponsor 150 baskets
  - Industry will provide breakfast for the families
  - Commissary will open for those families participating at 0700-0830

- Jun- August 2017
  - Donated 694 bags, for 5,481lbs donated to the foodbank
- Sep – Oct 2018
  - Target 10% increase
    - 4 Weeks sold $3,590 = 359 bags
Community Action Council

Army & Air Force Exchange Service

Exchange News

Raymond S. Stewart III
TOYLAND GRAND OPENING

Saturday, October 20th
1100-1400

Come Out And Join The Fun
We Will Have
*Face Painter and Balloon Animals
*Two Drawings All Week To Win Toys
*Coloring Contest- Winners Will Receive A $25 Gift Card

Buy More, Save More
On Children's Clearance Price Clothing.
Buy 1-3 Clearance Items 25% Off
Buy 4-6 Clearance Items 35% Off
Buy 7 or More Clearance Items 50% Off
SMELL MY FEET!!!!

TRICK OR TREAT EVENT

Stop By The JBER Exchange, Any Express, Food Courts or Burger Kings On October 26 1400-1800 For An Indoor Trick or Treat Event
America’s Premier Joint Base
Armed Services YMCA
Program Update

Brina Lynch, Program Director
552-9622 | programs@akasymca.org
Children’s Waiting Room

- Two hours of supervision during hospital appointments
- Located inside JBER hospital
- Pre-registration recommended, walk-in on a first come basis

- Mon - Thurs 0745-1430
  Friday 0745-1330
- Last appointment one hour prior to closing
- **Phone:** 907-580-6455
  **Email:** TCW.jber@akasymca.org

Reservations are strongly encouraged!
Richardson Spouses’ Club
A community for all military affiliated spouses

POC-Kristie Rigdon
www.richardsonspousesclub.com
Facebook: Richardson Spouses’ Club
Richardson Spouses’ Club

Octoberfest

Thursday, October 18
11AM – 1PM

Join us for a luncheon of fun and Bunco

Location:
Silver Run Community Center
3748 Gray Loop

Please visit our website www.richardsonspousesclub.com for more information and to RSVP.
Richardson Spouses’ Club

40th Anniversary!

COUNTRY FAIR

Final Week for Vendor Applications!

New Vendor Referral Program: $25 off booth fees for registered vendors and the new vendor being referred. Earn up to $50 off per vendor!

Registration closes Oct. 6th. Spots are limited!

https://www.memberplanet.com/s/richardsonspousesclub/cfvendorapplication

Completely FREE ADMISSION to shop this year!!!
Richardson Spouses’ Club

Our NEW WEBSITE is up and running!

Visit www.richardsonspousesclub.com to see everything your Richardson Spouses’ Club has to offer this year. On our NEW site, you can see upcoming calendar events, buy memberships and RSC gear (coming soon!), sign-up to volunteer and much, much more. Here's what you need to do:

- Go to www.richardsonspousesclub.com
  - Our old website will redirect you to our new site
- Click on the Log In button or the Registration button.
- Select "Create Account" and fill in the name, email, and password information.
- Click "verify my email" and then check your email for a link to complete the process. The link expires in 2 hours. If you do not receive the email, check your spam or junk folders.
- Once you have verified your email address, log back in and finish the registration process.
Richardson Spouses’ Club

What Fills Your Cup?

Oct. 17th • Nov. 8th • Nov. 17th
Silver Run Community Center • 10:00am–2:30pm

This introductory expressive arts session, offered on three different dates, is designed to address self-care using mindfulness and creativity. With school starting, the PCS season over, and the holidays approaching what better time to reflect on ways you need to give to yourself so you can keep giving to others!

Made For You
Expressive Arts Workshops:
Self-care using Mindfulness and Creativity

Meet the facilitator Wendy Caldwell and register online at: WWW.IWILLWAITVS.COM

Presented by The Warrior's Spouse Project
In partnership with the JBER

America’s Premier Joint Base
Richardson Spouses’ Club

Richardson Thrift Shop

• Send questions to JoEllen at thriftshop@richardsonspousesclub.com

• Open for volunteering/set-up help only on Mondays 10-2

We are always in need of assistance. Volunteers as young as high school can help. Please contact via email above or stop by!
# USO Events Calendar

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>8 Did you know that you can use the WiFi FREE at the center and wellness center? Thank you to</td>
<td>4 Taco Thursday 1600</td>
<td>8</td>
<td>6 Hangar 5 Cross Fit Fun 10-1. Come see the USO here</td>
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<tr>
<td>7 NFL Football @ the Center</td>
<td>2 Tour De Food 1600</td>
<td>Biscuits and Gravy</td>
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<td>10 Volunteer Orientation 1730</td>
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<tr>
<td>8 Columbus Day</td>
<td>9 Tour De Food 1600</td>
<td>Mummy Dogs (Hotdogs and Toxic Waste (Man or Machine)</td>
<td>11 Taco Thursday 1600</td>
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<tr>
<td>14 NFL Football @ the Center</td>
<td>15 Clothing Swap 1730-1900 @ Library</td>
<td>16 Tour De Food 1600</td>
<td>17 Couples Paint Night 1730</td>
<td>18 Taco Thursday 1600</td>
<td></td>
<td>19 Jack Ryan 1600</td>
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<td>21</td>
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<td>22 Making Monday’s Great - Let us know if someone needs a visit from the USO. NFL Football @ the Center</td>
<td>23 Tour De Food 1600</td>
<td>24 Volunteer Orientation 1730</td>
<td>25 Oktoberfest Feast 1600</td>
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<td>20 Making Monday’s Great - Let us know if someone needs a visit from the USO. NFL Football @ the Center</td>
<td>Halloween Spaghetti</td>
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<td>29 Making Monday’s Great - Let us know if someone needs a visit from the USO. NFL Football @ the Center</td>
<td>Sign up at volunteers.uso.org</td>
<td>26 Jack Ryan 1600</td>
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<td>Kids Paint Night 1730: You must sign up on Facebook for the link</td>
<td>Octo beerfest Feast 1600</td>
<td>National Guard Armors Trunk or Treat 1600-1800</td>
<td>30 Trunk or Treat @ Texas Roadhouse South 1600-1800</td>
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<td></td>
<td>America’s Premier Joint Base</td>
<td>Art’s Oldest Trunk or Treat 1600-1800</td>
<td>Red Shirt Friday</td>
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</table>

**We have pop-up event surprises on Facebook - make sure that you like our page:** https://www.facebook.com/usojber/

*If you have questions/comments call Patti 907-385-9140*

**EVERY MEAL AND EVERY EVENT AT THE USO IS FREE**

*Have you looked at the UAA sports schedule? Military set a discount*
Calendar Highlights

October
19 Oct - ASD In-service Day
22 Oct - 3 Nov - POLAR FORCE
24 - 26 Oct - ASD 1/2 Days and In-service Day

November
8 Nov - Community Action Council
9 Nov - ASD In-service Day/USARAK Training Holiday
12 Nov - Veterans Day
22 Nov - Thanksgiving Holiday/ ASD In-service Day
23 Nov - PACAF Family Day/USARAK Training Holiday/ASD In-service Day
Community Action Council

Questions or Comments?
Community Action Council

Door Prizes

Door prizes donated by...

Thank you Mr. Raymond Stewart, AAFES General Manager, for the Starbucks coffee!
Leadership

Closing Comments
Thank You for Attending

Our next meeting will convene at **0930, 8 November 2018** in the JBER-Richardson Community Education Complex Bldg. 7.

**CAC slides are located at:**

http://www.jber.jb.mil/

We value and appreciate your comments. Please take a few minutes to give us feedback on our service by copy/pasting this URL into your browser and completing the Comment Card:

https://ice.disa.mil/index.cfm?fa=card&sp=131953&s=982&dep=*DoD&sc=1