

December 2017

Community Action Council



Col George T.M. Dietrich III - Commander
COL Adam W. Lange - Vice Commander
673 ABW



Administrative Notes



SLIDES – Link to access and print today's CAC slides:

QUESTIONS & ANSWERS – An opportunity to ask questions will be offered after each briefer presents their information

RESTROOMS – Located on the right as you enter the North entrance of the building

– Please turn-off or place on vibrate





JBER Monthly Customer Service Award November 2017



ICE

TEAM

ICE

JBER Hospital - Dental Clinic



Customer Comments

- ❖ I had my wisdom teeth removed last week and my experience was excellent. They made sure that I was comfortable with the procedure and had no questions. My husband was also impressed with how fast the procedure was completed. I could tell they enjoyed working as a team, and enjoyed their job. Kudos to you guys and thank you for the awesome service !
- ❖ Thank you for fitting me in space available retiree. I appreciate everyone's attention/help/time/service. Every single person I interacted with was so kind/professional and awesome at what they do. I am very proud to have people like you serving in the Air Force. Blessings to all and God's speed.
- ❖ Very attentive and friendly thank you!.
- ❖ The front desk staff was so kind and courteous. Thank you for being so efficient!
- ❖ Excellent customer service, great patient care, extremely professional and friendly!
- ❖ Thorough, BEST attitude, nice and gentle, very accommodating!
- ❖ Highly recommended, fantastic attitude and extremely professional!



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Safety



Three D's for Holiday Safety

■ Driving

- Check the weather forecast before heading out on road trips
- **Have a "BACKUP" plan for yourself and friends if alcohol is involved**
- **Remember: DON'T DRINK AND DRIVE!**

■ Decorations

- Keep candles away from drapes, live trees, and other flammable
- Check your holiday lights for fraying, bare spots, or excessive kinking in the wire

■ Dinner

- **Don't leave cooking unattended**
- Keep small children and animals out of the kitchen while cooking



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Safety



Vehicle Operations



- **Don't be complacent behind the wheel**
- Reduce your speed and allow more spacing
- Limit distractions
- Drive defensively
- Use extra caution in parking lots. Watch for pedestrians and backing of vehicles



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Community Action Council



Outdoor Recreation

Ms. Erica McDaniel

552-3812





Hillberg Ski Area



Open for the Season!

Thurs & Fri 1600-2000

Sat, Sun 1200-2000

Dec 24 & 31 1000-1400

Closed Dec 25 & Jan 1

Winter Break Hours (Dec 22-Jan 7)
1200-2000

Lodge Mainline: 552-4838

Lesson Center Mainline: 552-5026

Lesson Center

Ski & Snowboard School

Thurs & Fri 1530-1830

Sat, Sun 1130-1830

Closed Dec 24, 25, 31, & Jan 1

Winter Break Hours (Dec 22-Jan 7)
1130-1830

Snow Sport School

Sunday Fun Day Series

After School Program

Epic Snow Camp



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Winterfest



WINTER FEST 2017

December 21
12 - 6 p.m.
FREE

Rentals, skiing,
snowboarding & tubing!

Hillberg Ski Area • Bldg. 23400 • 552.4838
SHUTTLES WILL BE AVAILABLE



Santa Pictures &
Reindeer Farm
2 - 5 p.m.
12 - 6 p.m.



Ice Fishing
12 - 5 p.m.



Dog Mushing
12 - 5 p.m.



Snowmachine
Rides
12 - 5 p.m.



Gingerbread
House Building
12 - 6 p.m.
**While supplies last*



Face-painters
12 - 6 p.m.



Ornament
Decorating
12 - 6 p.m.
**While supplies last*



Music & food all day!



FREE special
activities for
Single Service
Members:
6 - 8 p.m.

Sponsored in part by:



No federal endorsement of sponsors intended.



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673 MDG/SGST

Take
COMMAND
☆☆☆ Enhance Your TRICARE Experience

Ms. Kira Sanchez
TRICARE Contract Liaison
580-0152



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TRICARE



MHS THE FUTURE OF TRICARE®

Questions?





Winter TBI in Garrison: Causes



- **#1: Slips and falls**
 - #1 overall in DoD
 - #1 in Alaska in winter
 - average, all populations
- **#2: Motor vehicle collisions**
 - #1 in ages 18-24
 - DoD and all Alaska
- **#3: Sports/recreational accidents**
 - Most injuries are preventable



Photos: jber.us.af.mil



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Preventing TBI



- **Slips and falls**

- Wear flat-soled footwear with traction
 - “yak tracks”
- Prepare walkways and stairs
 - Adequate lighting
 - Free of clutter
- Sprinkle ice melt on icy patches on driveways and sidewalks
- Watch for icy patches, ice covered with snow
- Take short steps



Photo courtesy: Footsteps Photography

- **Motor vehicle safety**

- Install studded or all-weather tires
- Slow down, brake gradually
- Leave extra room between your vehicle and others



Photo: cdc.gov



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Preventing TBI



- **Sports/recreational activities**
 - Wear a helmet (and make sure children wear helmets)
 - Snow machining (snowmobiling)
 - Alpine (downhill) skiing
 - Snowboarding
 - Sledding
 - Ice hockey
 - Follow all safety rules
 - Take a class
 - Know your limits (and your children's)



Photo courtesy: worldofsportsgear.com



Photo: jber.us.af.mil



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Health Promotion

Ms. Lisa Schuette
552-5006





Operation Supplemental Safety (OPSS)



- FDA does NOT approve dietary supplements for safety and effectiveness
- Stick with brands that have undergone “third party certification” (e.g. *USP*)
- Avoid “*Stacking*”! Using multiple similar-acting supplements (including energy drinks) is especially hazardous
- Most common reasons for using supplements: build muscle, lose weight, increase energy



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Common Myths

"I can safely drop 25 lbs in a week."

"It's sold at the Exchange, so it must be safe."

FACT: FDA doesn't validate safety of supplements

"If one dose (or drink) is good, then 2 or 3 are even better."

"Proper nutrition and physical activity now comes in pill form."

"If it's on the label, it must be true."

"Supplements won't cause me to have a positive drug test."

FACT: Supplements may be adulterated with prescription and illegal drugs!



OPERATION SUPPLEMENT SAFETY



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Website: OPSS.org



OUR MISSION: YOUR READINESS

WHAT IS OPSS?

Operation Supplement Safety is a Department of Defense dietary supplement resource for the military community, leaders, healthcare providers, and DoD civilians.

OPSS FOR WARFIGHTERS & FAMILIES

FITNESS & PERFORMANCE

DIETARY SUPPLEMENT INGREDIENTS

WEIGHT LOSS

GENERAL HEALTH

FEATURED

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OPSS.org



Most authoritative resource available on dietary supplements, natural medicines, and complementary alternative and integrative therapies

Filter By Type

- Any -



Apply



Bacopa monnieri: Is it safe to take in the military?



Dietary supplement "ingredients" prohibited by the Department of Defense



Stimulants found in dietary supplements



Garcinia cambogia: What is Garcinia cambogia? Is it effective for weight loss, and is it safe to take?



Creatine supplements



Is whey protein the way to go?



Is DMAA coming back?



Dietary Supplements and Other Commercial Products Containing SARMs

Important Links

OPSS HIGH-RISK SUPPLEMENT LIST

Which supplements are on the list?

[FIND OUT](#)

trc NATURAL MEDICINES: FIND OUT HOW YOUR SUPPLEMENT RATES >

REPORT AN ADVERSE EVENT >

IS YOUR SUPPLEMENT CLEAN?

[FIND OUT >](#)

APPS



OPSS High-Risk Supplement List



OPSS/NMCD for Warfighters



NSF for Sport



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673 SFS

Real ID Act of 2005 and UBER/Lyft operations

MSgt Jerimiah Brock





Real ID Act



- Congressional Law passed in 2005:
 - Prohibits Federal agencies from accepting State issued DL's or ID's unless they meet minimum security requirements
 - Approximately 14,000 contractors and local service providers may be negatively impacted and required to have alternative forms of identification by 10 Oct 2018
 - The Real ID Act will not impact those with current Federal credentials for accessing the installation ie CAC/DoD cards
 - VISITORS who do not possess a REAL ID Act credential may be escorted by a DoD sponsor via the Trusted Traveler program
 - Additional Real ID information: <https://www.dhs.gov/current-status-states-territories>





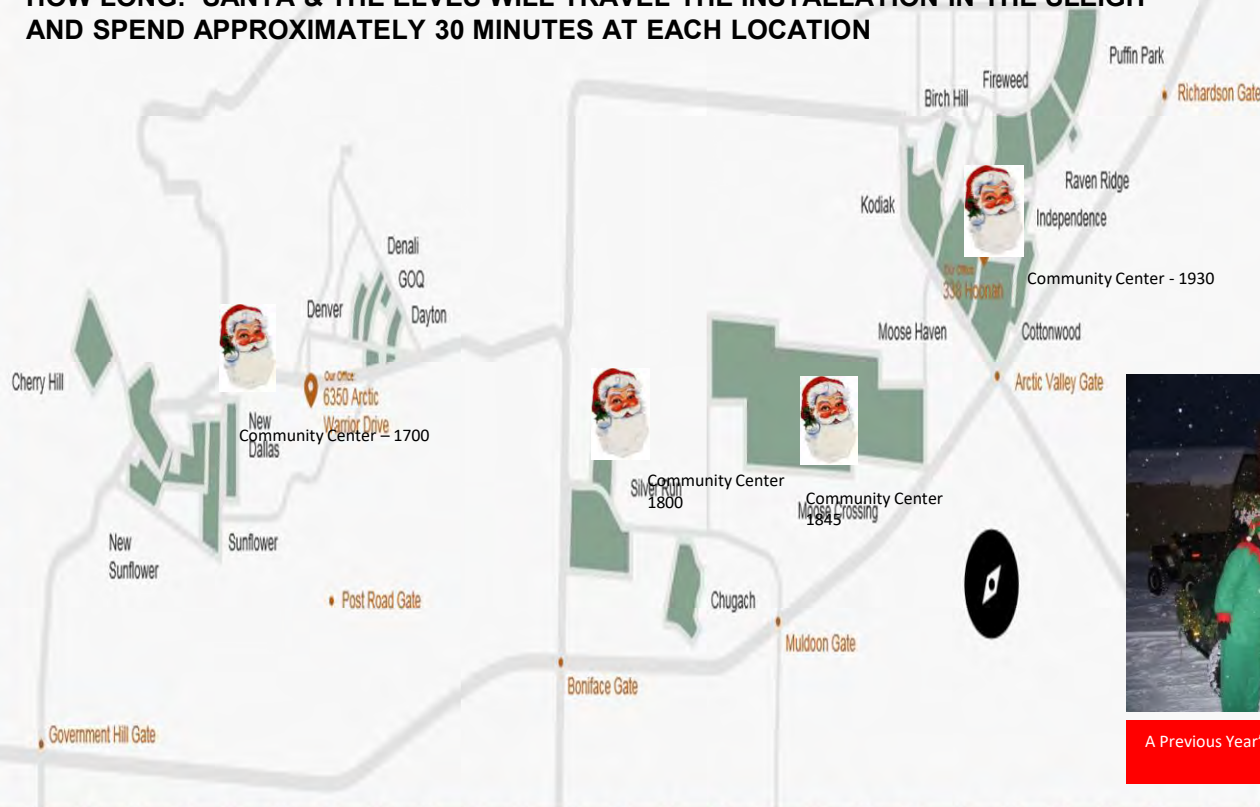
673 SFS Brings Santa to JBER Housing



WHEN: FRIDAY, 22 DECEMBER 2017

LOCATION/TIME: SEE MAP COMMUNITY CENTER LOCATIONS FOR TIMES

HOW LONG: SANTA & THE ELVES WILL TRAVEL THE INSTALLATION IN THE SLEIGH AND SPEND APPROXIMATELY 30 MINUTES AT EACH LOCATION



A Previous Year's Visit



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- **Roasted Pork Loin w/ Cranberry Glaze**
 - **Roast Turkey Breast**
 - **Prime Rib**
 - **Home Style Turkey Gravy**
 - **Sweet Potato Casserole**
 - **Cornbread Dressing**
 - **Roasted Garlic and Scallion Whipped Potatoes**
 - **Sautéed Green Beans with Toasted Almonds**
 - **Carrot, Broccoli, Cauliflower Sauté**
 - **Home Style Mac and Cheese**
 - **Assorted Cookies, Cakes and Pies**
 - **Eggnog**
- 





Times & Prices

Iditarod Dining Facility: Bldg. 8088

- Date: Monday, 25 December
- Time: 1030-1330
- À la carte Pricing

Wilderness Inn Dining Facility: Bldg. 647

- Date: Thursday, 14 December
- Time: 1100-1400
- Immediate Family Members of E1-E4 \$6.80
- All other Patrons \$9.05

All Christmas Meals are Open to EVERYONE with Base Access



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Volunteer Recognition Award

Action ★ Impact ★ Results



Volunteer of the Quarter

(October - December)

TBA

- **Selection Committee convenes on 8 Jan 2018 at 9 a.m., Bldg. 600, JBER-R, room A-37**
- **Need three volunteers to serve on the committee**
- **For more information, contact your Unit Volunteer Manager (UVM) or Mr. Michael Spann**





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673d Force Support Squadron FSS/FSDL JB ER Library

Pamela Medolo





JBER Library



Paws To Read Program

Saturday, Dec 16th

Saturday, Jan 20th

1000-1200

Registration is required for
FREE program.

For kids K-5th grade.

Story Time Hours

Tue. – preschoolers 1000-1100

Tue. – all ages 1830-1900

Wed. – toddlers 1000-1030

Thu. – preschoolers 1000-1100

Science Club

Thu. – school age 1830-1900

Story Times & Science Club on hiatus
19 -29 December

Regular schedule resumes 02 January



Special Holiday Story Time

December 21st

1000-1030

Free craft included

All ages welcome



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BFC Aquatics Events



Tug of Oar Competition:

- 10 February: 1300-1600hrs. Team check-in at 1200hrs
 - Teams of 6 rowers will dual to out row and pull the opposing team's boat
 - Roster deadline is Feb 5th by COB
 - All authorized users 16 y/o +. Registration is req'd. Cheer section encouraged!
 - Prizes for top 3 teams!



24 Hour Swim Challenge:

- 16 February @ 6am – 17 February @ 6am.
 - Teams of 6-8 swimmers swim for 24 hours
 - Limited to 6 teams max, roster due by 8 Feb COB: 18 y/o and up. Registration is required. Spectators encouraged!
 - \$500 Cash Prize for 1st Place!



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Push / Pull Competition



6 JAN 2018 @ BUCKNER

- 1000 HRS
- Bench Press & Deadlift
- 8 Weight classes in each gender

384-1308

January 6

6th Annual Arctic Warrior Push/Pull Competition

Located at Buckner FC

- Lifters Meeting (mandatory) at 9 a.m.
- Lifting begins at 10 a.m.

Sign-Up deadline - January 5!

- Mandatory weigh-in: Jan. 5 from 3 - 6 p.m.
- Weigh-in will be conducted in the sports office
- Open to DOD ID Card Holders ages 18 & above

PLEASE DETACH AND BRING TO MANDATORY WEIGH-IN ON JANUARY 5

Sign up

Name: _____

Bench Press Opener: _____

Deadlift Opener: _____

Weight Class: _____

Branch: _____

Mandatory:

Weigh in will be conducted in the sports office on the 5th of January between 3 - 6 p.m. Bring this paperwork with you when you come to weigh in. For any questions, call 384-1308.



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FY2018 Class Schedule



Couples Communication

Make your marriage stronger!



0930-1130 (4 sessions)

Oct 16, 23, 30 & Nov 6, 2017
Bldg 600, A37, JBER-R

Jul 9, 16, 23 & 30, 2018
Bldg 7076, USO-Alaska,
JBER-E

All About BABIES

Expecting a baby soon? Looking for extra support for an upcoming deployment?

Please call **580-5858** for an **exclusive** one-on-one class with a **New Parent Support Nurse**



Call **580-5858**
to register for these
FREE classes!



**Open to anyone
with base access!**



Jennifer Frysz 384-2999
Suzette O'Donnell 384-6181
Gwen Nieberlein 384-2932

ANGER MANAGEMENT

Nov 6, 13, 20, & 27, 2017
Jan 9, 16, 23 & 30, 2018

Bldg 7076, USO-Alaska,
JBER-E

Apr 25, May 2, 9, 16, 2018
Bldg 7, Ed Center, JBER-R

Sept 6, 13, 20, & 27, 2018
Bldg 600, A37, JBER-R



1300-
1500
(4 sessions)

Parenting with love and logic

Oct 4, 11, 18 & 25, 2017
Bldg 600, A37, JBER-R

0930-1130

Apr 2, 9, 16, & 23, 2018 (4 sessions)
Bldg 7, Ed Center, JBER-R



Turn struggles into win-win situations!

Active Parenting of Teens :)



Increase cooperation & reduce risky behaviors!

0930-1130 (4 sessions)

Feb 5, 12, 19, & 26
Bldg 600, A37, JBER-R

DADS 101

Kids don't come with
instruction manuals!

1300-1500 (3 sessions)

Dec 5, 12, 19, 2017 & May 16, 23, 30, 2018

Bldg. 600, Rm A37,
JBER-R

**Taught by men,
for men ONLY!**



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Next Classes...



ANGER MANAGEMENT

Learn new tools for
everyday communication!

Nov 6, 13, 20 & 27, 2017

Jan 9, 16, 23, & 30, 2018

1300-1500 (4 sessions)

USO Alaska, Bldg. 7076

(snacks & beverages generously provided by
USO Alaska)



Sponsored by: Family Advocacy Program

Hosted by: USO Alaska



DADS 101

Kids don't come with
instruction manuals!

Dec 5, 12, & 19, 2017

May 16, 23, & 30, 2018

1300-1500 (3 sessions)

JB ER-R, Bldg. 600, Rm A37



**Taught by
men, for
men ONLY!**



Sponsored by: Family Advocacy Program



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DeCA

Anchorage Area Commissary

DIRECTOR'S AWARD BEST COMMISSARY FY16: UNITED STATES SUPER STORE



Ermies Hernandez

Store Director



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DeCA Commissary



- Scholarships Program re-opens December 15, Details to follow; be on the lookout on our web page www.commissaries.com
- Annual Turkey Bowl 16 Dec 11:00
 - The children and parents throw a frozen turkey down the aisle and try to knock over as many 2 Liters as possible
 - Entry Box located by Display
 - Prizes awarded to winning teams
- Holiday Items & Candy on Display; many stocking stuffers included
- The Red Ribbon Plant promotion
 - Poinsettias and holiday floral are great for seasonal décor and gifts
- Christmas Eve 24 Dec, Commissary will close at 1600hrs
- Christmas Day 25 Dec, Commissary will be closed
- New Years Day 1 Jan, Commissary will be closed
- The next wave of commissary store brand items, including cheese, rice and dry beans, plastic plates, canned vegetables & tomatoes, have arrived.
 - Varieties of commissary brand products will differ from store to store depending on store size and location



TopCare®



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DeCA Commissary



Community Outreach Commissary Express Line Newsletter



Store Ambassadors

- Monthly E-Mail Distribution
- Highlights Upcoming News Events & Promotions
- Privacy Email Setting
- WIFI Available In-Store
- Commissary website is mobile-friendly



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Army & Air Force Exchange Service

Exchange News

Raymond S. Stewart III





DON'T MISS THE SAVINGS!



**SAVE
10¢
PER GALLON**



APPLY INSIDE OR AT MyECP.com

OUR HONOR
TO SERVE YOU

DEC - 17-24 ONLY!



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CALLING ALL PETS!!!



ENTER FOR A CHANCE TO WIN **HOLIDAY PET** Photo Contest



scan to enter



Grand Prize
\$1,000
EXCHANGE GIFT CARD
2 LUCKY WINNERS!
IT COULD BE YOU!

Runner-up Prize
\$500 EXCHANGE
GIFT CARD - 8 WINNERS

Submit your photos
of your pet either dressed in holiday
attire or with Santa. Entries must
be sent as a jpg, png, or pdf.



DECEMBER 1-22, 2017

Entry information: shopmyexchange.com/sweepstakes

Sponsored by the Purina, JBER Smucker's Army & Air Force Exchange Service (X Exchange). Official entry period is CSOC (COT) December 1, 2017 - 2359 (COT) December 22, 2017. All entries must be received by closing deadline. Visit shopmyexchange.com/sweepstakes for complete contest rules and regulations.



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IT'S EASY...JUST ENTER!



Enter for a chance to win an
Exchange Gift Card!

\$1,000 Grand Prize
1 Winner

Second Prize
\$500
2 Winners

Third Prize
\$250
3 Winners



Enter to win at shopmyexchange.com/sweepstakes
Nov 10-Dec 24, 2017

Scan to Enter



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BE A WINNER!



THE BIG GAME PARTY

ENTER FOR A CHANCE TO
WIN ONE OF FIVE BIG SCREEN TVs

*TV winners will be given a \$1000 EXCHANGE Gift Card for their purchase

GO TO WWW.SHOPMYEXCHANGE.COM/SWEEPSTAKES TO ENTER

December 1 - 31, 2017

EXCHANGE

1. Sweepstakes ends 12/31/17 at 11:59 PM (PST).
2. Winner must be a U.S. resident at the time of purchase.
3. Winner must be at least 18 years old at the time of purchase.
4. Winner must provide a valid email address and phone number.
5. Winner must be a member of the JBER community.
6. Winner must be a resident of Alaska.
7. Winner must be a member of the JBER community.
8. Winner must be a resident of Alaska.
9. Winner must be a member of the JBER community.
10. Winner must be a resident of Alaska.



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Military Society of Model Railroad Engineers

Gerald Forsyth

240-5492

and / or

Randy Bjorgan

952-4353





North Star Railroad



2018 Calendar of Events 1st Quarter

Saturday, Jan 20th ~ Saturday Open House

Saturday, Feb 17th ~ Saturday Open House

Friday, Feb 23rd ~ The Great Train Show ~ ARRC Depot
thru Saturday, Mar 3rd ~ 9:00 a.m. to 6:00 p.m. *

Saturday, Mar 17th ~ Saturday Open House



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Richardson Spouses' Club

A community for all military affiliated spouses



Katie Noll, RSC Publicity

POC-Kate McCray

(931) 302-3263

www.richardsonspousesclub.com

Facebook: Richardson Spouses' Club



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Richardson Spouses' Club



Next RSC Social is 6:30 PM, 18 January at the Polar Bowl for White Elephant Bowling.



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Housing Office (s) 2017 Christmas Holiday Closures



Aurora Housing	Fri	22 Dec 17	Family Day	Closed	Both Sides
Housing Office (GOV)	Fri	22 Dec 17	Family Day	Closed	Elm Side
Housing Office (GOV)	Fri	22 Dec 17	Family Day	Closed	Ft Rich Side, Building 600
FMS (Furnishings)	Fri	22 Dec 17	Family Day	Open	offices, but open at the Warehouse. Building 724, Door 35, Quartermaster Dr. Ft Rich Side (behind the Post Office)

Aurora Housing	Mon	25 Dec 17	Christmas Day	Closed	Both Sides
Housing Office (GOV)	Mon	25 Dec 17	Christmas Day	Closed	Elm Side
Housing Office (GOV)	Mon	25 Dec 17	Christmas Day	Closed	Ft Rich Side
FMS (Furnishings)	Mon	25 Dec 17	Christmas Day	Closed	Elm, Ft Rich & Warehouse



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Housing Office (s) 2017/2018 New Year's Holiday Closures



Aurora Housing	Fri	29 Dec 17	Family Day	Closed	Both Sides
Housing Office (GOV)	Fri	29 Dec 17	Family Day	Open	Elm Side
Housing Office (GOV)	Fri	29 Dec 17	Family Day	Open	Ft Rich Side, Building 600
FMS (Furnishings)	Fri	29 Dec 17	Family Day	Open	
Aurora Housing	Mon	1 Jan 17	New Years Day	Closed	Both Sides
Housing Office (GOV)	Mon	1 Jan 17	New Years Day	Closed	Elm Side
Housing Office (GOV)	Mon	1 Jan 17	New Years Day	Closed	Ft Rich Side
FMS (Furnishings)	Mon	1 Jan 17	New Years Day	Closed	Elm, Ft Rich & Warehouse
Aurora Housing	Tue	2 Jan 17	Family Day	Open	Both Sides
Housing Office (GOV)	Tue	2 Jan 17	Family Day	Open	Elm Side
Housing Office (GOV)	Tue	2 Jan 17	Family Day	Closed	Ft Rich Side
FMS (Furnishings)	Tue	2 Jan 17	Family Day	Open	Elm & Warehouse



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Aurora Housing – 2017/2018 Holiday Refuse Schedule



Holiday Trash & Recycling Schedule 2017



	Normal Pickup Day	Modified Pickup Day
 Christmas	Monday Tuesday Wednesday Thursday Friday	Tuesday, 12/26 Wednesday, 12/27 Thursday, 12/28 Friday, 12/29 Saturday, 12/30
 New Years	Monday Tuesday Wednesday Thursday Friday	Tuesday, 1/2 Wednesday, 1/3 Thursday, 1/4 Friday, 1/5 Saturday, 1/6

Special Christmas tree disposal will be located at 6350 Arctic Warrior Drive & 338 Hoonah Avenue on Tuesday, 26-December



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Calendar Highlights



December

20 Dec - JWAC

21 Dec - Winterfest

22 Dec - PACAF Family Day

22 Dec - 7 Jan - Anchorage School District Winter Break

25 Dec - Christmas Holiday Observed

26 Dec - USARAK Training Holiday

January

1 Jan - New Year's Holiday Observed

2 Jan - PACAF Family Day/USARAK Training Holiday

11 Jan - January CAC

17 Jan - JIPT



