

September 2018

Community Action Council



Col Patricia A. Csànk- Commander
673ABW



Community Action Council



0930-0940	Welcome Award/Recognition Customer Service Awards	Col Patricia A Csank Ms. Bernadette Simmons
0940-1025	673 MDG – FEDVIP 673 SFS - REAL ID 673 CES – Planned Electrical Outage JROC – Religious Operations BOSS HAWC – Health Promotions Moose Run Golf Course Library Outdoor Recreation 673 FSS/FSV – Fitness Centers 673 FSS/FSR/FSK – SMWF & FSS Bucks 673 FSS/FSWP- Arctic Oasis Aurora Housing Family Advocacy Program Richardson Spouses' Club MSMRRE – Northstar Railroad DECA – Commissary AAFES 673 MDG – Trick-or-Treat ASYMCA	Mrs. Julie Murphy MSgt Villalpando LTC Vhance Valencia Chaplain Haltom SGT Folkes Ms. Lisa Schuette Mr. John Cantrell Ms. Pam Medolo Mr. Karl Lavtar Cpt Andrew Zimmer RaeDene Turner/J.Shaffer Ms. Seante Banks Mr. Jody Kuhns Ms. Suzette O'Donnell Ms. Kristie Rigdon Mr. Randy Bjorgan Ms. Ermies Hernandez Mr. Raymond Stewart III TSgt Smith & SSgt Feven Ms. Brina Lynch
1025-1027 1027-1030 1030	Calendar Highlights Comments/Open Forum & Door Prizes Closing	MSgt Steven Beck Leaders/Staff USARAK CG/673 ABW CC



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Community Action Council



673 ABW Customer Service Awards

Ms. Bernadette Simmons



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JBER Monthly Customer Service Award August 2018



ICE

INDIVIDUAL

Mr. Juan Casiano

Human Resource Associate, 673 FSS/FSMP-R

ICE

Customer Comments

- ❖ Mr. Casiano is one of the most professional persons I have met during my in processing in my Army career. He was thorough, polite and made me feel welcomed.
- ❖ Mr. Casiano was able to help me get the necessary documents needed to clear this installation, while my unit was off on a four day weekend. . Mr. Casiano was very professional in both appearance and performance.
- ❖ Mr. Casiano was very professional and willing to work with my S1 needs and clearing this post. He has great customer service and appearance.
- ❖ Mr. Casiano is a true professional with excellent customer service and made me feel assured that I was going to clear the installation on time.
- ❖ Mr. Juan Casiano was exceptionally helpful when I needed to switch around my briefing schedule for Army In-Processing. .
- ❖ Mr. Casiano made my clearing experience so much better and the ARMY needs more HR Representatives like him to serve.



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JBER Monthly Customer Service Award August 2018



ICE

TEAM

ICE

Mobility Ops and WRE

Customer Comments

- ❖ Excellent service rendered every time I visit.
- ❖ Everyone are great!
- ❖ Outstanding, friendly, expedient service. Answered all questions.
- ❖ Personnel are always pleasant and helpful. .
- ❖ The mobility team was extremely polite and professional. Returning IPE went very smooth and efficiently. Thank you for making my experience painless.
- ❖ I returned IPE gear for out processing @ BLDG 4251. The 3 civilian staff (1 lady/2 gents) were kind, sincere, and responsive to my IPE return. I usually cringe when doing business with this agency from a variety of bases in my career, but these 3 treated me with dignity & respect. I'm happy they are here at JBER.
- ❖ They did it with a smile! Just wanted to tell them Great Job and thank you for all the hard work!!



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FEDVIP



- The TRICARE Retiree Dental Program (TRDP) is ending Dec. 31, 2018.
- Eligible TRICARE beneficiaries can:
 - Enroll in FEDVIP during Federal Benefits Open Season for dental and/or vision coverage, effective Jan. 1, 2019.
 - Federal Benefits Open Season runs from Nov. 12–Dec. 10, 2018.
 - Choose from 10 dental carriers and four vision carriers.
- Visit **<https://tricare.benefeds.com>** for more information.



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FEDVIP Dental Coverage Eligibility



FEDVIP Dental Coverage Eligibility

TRICARE Status	Eligible FEDVIP Dental Coverage?
Enrolled in the TRDP	• Yes (sponsor and family members)
Eligible for the TRDP	• Yes (sponsor and family members)
Retired member of the uniformed services	• Yes (sponsor and family members)
Member of the Retired Reserve—including those eligible for or enrolled in TRICARE Retired Reserve	• Yes (sponsor and family members)
Survivor—surviving spouse or eligible children	• Yes; however, spouse must remain unremarried.
TRICARE For Life beneficiary	• Yes; however, you or your sponsor may not be on active duty for more than 30 days.



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FEDVIP Vision Coverage Eligibility



FEDVIP Vision Coverage Eligibility

TRICARE Status	Eligible for FEDVIP Vision Coverage?
Enrolled in a TRICARE health plan, including: • TRICARE Prime (ADFMs) • TRICARE Select (ADFMs) • TRICARE Reserve Select (TRS)	• Yes (active duty family members enrolled in Prime or Select and sponsor and family members enrolled in TRS)
Entitled to TRICARE For Life	• Yes (sponsor only)
Enrolled in TRICARE Young Adult	• No



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Transitioning from TRDP to FEDVIP



- Eligible beneficiaries must take action to enroll in FEDVIP. There is no automatic enrollment for current TRDP enrollees.
 - You may enroll during Federal Benefits Open Season, which runs from Nov. 12–Dec. 10, 2018 for coverage starting on Jan. 1, 2019.
- The current TRDP contractor, Delta Dental, will continue to process eligible claims for services under TRDP received through Dec. 31, 2018.
- The last premium allotment for TRDP coverage will be paid by the November retirement pay date.
 - For electronic funds transfer or credit card payments, your last payment will be made on Dec. 5, 2018.



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Prepare Today!



- Prepare for the changes now by:
 - Updating your contact information in the Defense Enrollment Eligibility Reporting System (DEERS) for you and your family
 - Go to **www.dmdc.osd.mil/milconnect**
 - Call **1-800-538-9552** (TTY/TDD: **1-866-363-2883**)
 - Fax updates to 1-831-655-8317
 - Signing up for email updates at FEDVIP website
 - Go to **<https://tricare.benefeds.com>** and sign up for email updates
 - Visiting the **TRICARE website**
 - Go to **www.tricare.mil/changes**
 - Sign up for email alerts about the changes to get an email anytime this page is updated



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673 SFS

MSgt Villalpando
Base Access NCOIC
552-4029



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REAL ID ACT

What is the REAL ID Act?

- Passed by Congress in 2005
- Executed by the Department of Homeland Security
- 9/11 Commission recommended the Federal Government “set standards for identifications, such as driver's licenses”
- Established minimum security standards for state-issued driver's licenses and identification cards and prohibits Federal agencies from accepting ID cards from states that do not meet those standards



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REAL ID ACT



PRIOR LICENSE;
VALID IN 2018



Minor's in vertical format.



REAL ID Non-Compliant Example

CURRENT LICENSE;
VALID IN 2018*

(front and back)

Minor's in vertical format.

*If issued on or after
1/01/17, either has gold
circle/star cutout to show
REAL ID compliance or
reads "NOT FOR FEDERAL
IDENTIFICATION."



REAL ID Compliant
Example



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REAL ID ACT



- Enforcement Phases
 - **REAL ID Extension State-based Enforcement (Effective 5 Feb 2018)**
Residents from states that are non-compliant with REAL ID, but are on an extension, may continue to use their current state driver's license and identification cards for accessing federal facilities, including military bases.

... Alaska extension expires 10 Oct 18 and may not be renewed ...
 - **Extension Not Renewed/Card-based Enforcement (Effective 1 Oct 2020)**
Every traveler will need to present a REAL ID compliant card or another acceptable form of identification to access federal facilities, military bases, or for domestic air travel.



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REAL ID ACT



- What does this mean for JBER?
 - Personnel in possession of a valid Department of Defense issued identification card are not affected because these forms of ID are REAL ID compliant.
 - DoD Card holders that forget their DoD ID will need go to a Visitor Center to verify base access privileges in DBIDs. A short term pass will be issued.
 - Visitors seeking access to JBER using their state-issued driver's licenses or identification cards must present proper identification that is REAL ID Act compliant.



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Visitors, Contractors, Vendors, Service Providers, Business Partners with identification cards or driver's licenses from the non-compliant states/territories will have the following options:

- ☐ Provide a REAL ID Act compliant vetting credential (next slide)
- ☐ Be sponsored for escorted base access by a DoD ID card holder
- ☐ Be denied base access



REAL ID ACT



Alternative REAL ID Act Compliant Credentials

- a. Federally-issued PIV-1 Cards (Personal ID Verification Cards issued by Fed Govt.)
- b. PIV-I cards (issued by non-Federal Government entities)
- c. U.S. Passport
- d. U.S. Passport Card
- e. PIV or Federally issued Personal Identification Verification Cards
- f. Border Crossing Card (Form DSP-150)
- g. DHS “Trusted Traveler” Cards (Global Entry, NEXUS, SENTRI, FAST)
- h. Veterans Health Identification Card issued by the Dept of Veterans Affairs
- i. U.S. Permanent Resident Card (Form I-551)
- j. U.S. Certificate of Naturalization or Certificate of Citizenship (Form N-550)
- k. Employment Authorization Document issued by DHS (Form I-766)
- l. U.S. Refugee Travel Document (Permit to Re-enter Form I-327 & Refugee Travel Document Form I-571)
- m. Transportation Worker Identification Credential (TWIC)
- n. Merchant Mariner Card issued by DHS/United States Coast Guard (USCG)
- o. A driver’s license or id card issued by a state that meets the REAL ID standards or has an extension
- p. State-issued Enhanced Driver’s Licenses (EDLs) (Washington and Minnesota)
- q. Foreign government-issued passport with a temporary (I-551) stamp or printed notation
- **** THESE IDs DO NOT GET YOU BASE ACCESS – YOU MUST STILL OBTAIN A JBER DBIDS PASS**



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Base Access Points of Contact

NCOIC, Base Access

TSgt Padilla

Asst NCOIC, Base Access

552-5960





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673 CES Annual Planned Electrical Outage

Lt. Col. Vhance Valencia
907-384-3089



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- Schedule: 5 October 2018 (Friday before Columbus Day)
- Duration: Two outages, approximately 1 hour each.
 - Proposed schedule:
 - Outage One – 0900
 - Outage Two – 1300
- Impact: 100% Electrical Outage for JBER-Richardson. (No impact to JBER-Elmendorf).
- Purpose: Annual resiliency test of the JBER-Richardson electrical grid, including “black” start capabilities of the Landfill Gas Generation Plant and emergency diesel generation at D Street Substation. System operators will be able to test recovery during an emergency scenario and assess the existing electrical system during this time.



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JB ER Chapel Community

Religious Operations

Chaplain (Maj) Haltom
552-JROC (5762)



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Religious Services



Catholic Sunday Mass

0900 - Arctic Warrior Chapel

Daily Mass

Mon/Wed 1140 - Arctic Warrior

Tue/Fri 1200 – Hospital Chapel

Thurs – no scheduled Mass

Protestant Traditional

1100 – Heritage Chapel

Gospel

0930 – Midnight Sun Chapel

Contemporary

1100 – Arctic Warrior Chapel



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Ecumenical Youth Ministry



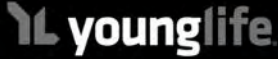


Club Beyond.

Where Military Teens Belong



KEITH KLINGEN
JBER COMMUNITY DIRECTOR
201.248.9571
KKLINGEN@CLUBBEYOND.ORG



Military - Club Beyond.

HIGH SCHOOL
MONDAY 7:07-8:27PM

MIDDLE SCHOOL
FRIDAY 7:07-8:27PM



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Catholic Community Youth Ministry



JBER Catholic Community 7-12th grade Youth Ministry presents: Exploring the Catechism

Sunday, September 9th: What is the Catechism?
Sunday, September 23rd: How should Catholics pray?

1300 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



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Protestant & Catholic Religious Education Programs



Chapel Religious Education Programs

Protestant / Discovery Family Religious Education

Arctic Warrior Chapel Starts Sept. 12 @ 1745

Veritas (Catholic Religious Education - Family Catechesis)

Frontier Theater Starts 9 Sept. @ 1100

POC - Mr. Wayne Yeaw at 907-552-JROC (5762)



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JB ER BOSS-S Upcoming Events

SGT Folkes



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BOSS-Events



- September 15th Ice Climbing, Matanuska Glacier
- September 15th Corn Hole Tournament
- September 18th Volunteering at the Thrift Shop
- September 19th Intro to winter
- September 24th Mountain Bike Riding
- September 23th Pick and Paint Ceramics
- September 27th Volunteer with the Science Club
- **September 28th BOSS Breast Cancer Awareness 5K run.**
- September 29th Mortal Kombat XL.



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



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Health Promotion

Lisa Schuette

552-5006



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September is Fruits and Veggies...More Matters Month



88% of Americans don't consume adequate fruits and vegetables

- ½ plate fruit and vegetables at every eating occasion including snacks
- All forms count – fresh, frozen, canned, dried

Website for recipes/meal planning:
Fruitsandveggiesmorematters.org

Servings/Day	Male	Female	Children
Fruits	2 – 2½ cups	1½ - 2 cups	1½ - 2 cups
Veggies	2½ - 4 cups	1½ - 3 cups	1½ - 3 cups



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National Childhood Obesity Awareness Month



23 million US children/teenagers are obese or overweight (about 1 of every 3 children). These kids risk grown-up health problems such as diabetes, high blood pressure, heart disease, stroke and cancer.



Effort begins at home...Model healthy eating/a physically active lifestyle to set our children on the road to a lifetime of good habits.

	Fruits & vegetables - more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% juice.
	Cut recreational screen time to 2 hours or less a day (TV, computers, video games, smartphones, tablets). No screen time for kids under 2.
	Be physically active at least 1 hour every day.
	No sugar-sweetened drinks. Instead, drink more water and non-fat or 1% milk.



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Josh Cantrell, PGA Assistant Manager



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Moose Run Golf Course



**10TH ANNUAL
PAR 3
TOURNAMENT**

**SEPTEMBER 16
9 A.M. SHOTGUN START**

**4-person Scramble
Held on the Hill Course**

PRICING
\$45 for E1 - E4
\$55 for E5 - Up
\$65 for Civilians

Sign-up online at:
www.mooserungolfcourse.com
Sign-up deadline:
September 15

MooseRunGolfCourse
27000 Arctic Valley Rd. • 428.0056

Sponsored by:
 LITHIA KIA OF ANCHORAGE
No Federal endorsement of sponsor is intended.

Moose Run Golf Course
27000 Arctic Valley Rd. • 428.0056
www.mooserungolfcourse.com

**2ND ANNUAL
IRONMAN
TOUGH DAY**

**SEPTEMBER 29
9 A.M. SHOTGUN START**

Held on the Creek Course
It is time for the staff to take revenge. Come play in this season-ending tournament that will test your patience. It will be all the course you want to play!

\$25 Entry FEE per player
Includes lunch & prize fund. Applicable greens & cart fees will apply.

GROSS & NET Prizes Awarded
Those without an official USGA GHIN handicap will play scratch
Sign up at the golf shop or online at: www.mooserungolfcourse.com

MooseRunGolfCourse

Sponsored by: LITHIA KIA OF ANCHORAGE
No Federal endorsement of sponsor is intended.



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673d Force Support Squadron
FSDL
JBER Library

Pamela Medolo



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Library Events

Story Times

Tuesday and Thursday 1000-1100

Pre-school Story Time

Wednesday 1000-1030

Toddler Tales

Tuesday Evening 1830-1900

Open Story Time

Science Club

Thursday Evening 1830-1900

School-age kids participate in fun science projects with a focus on STEM



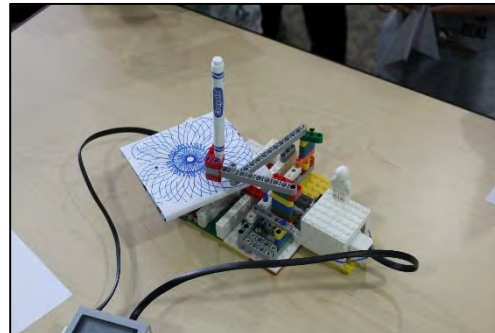
Paws To Read Program

Saturday, 15 Sep

Saturday, 20 Oct

1000-1200

Registration is required for
FREE program.
For kids K-6th grade.

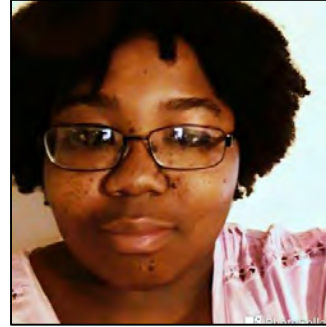
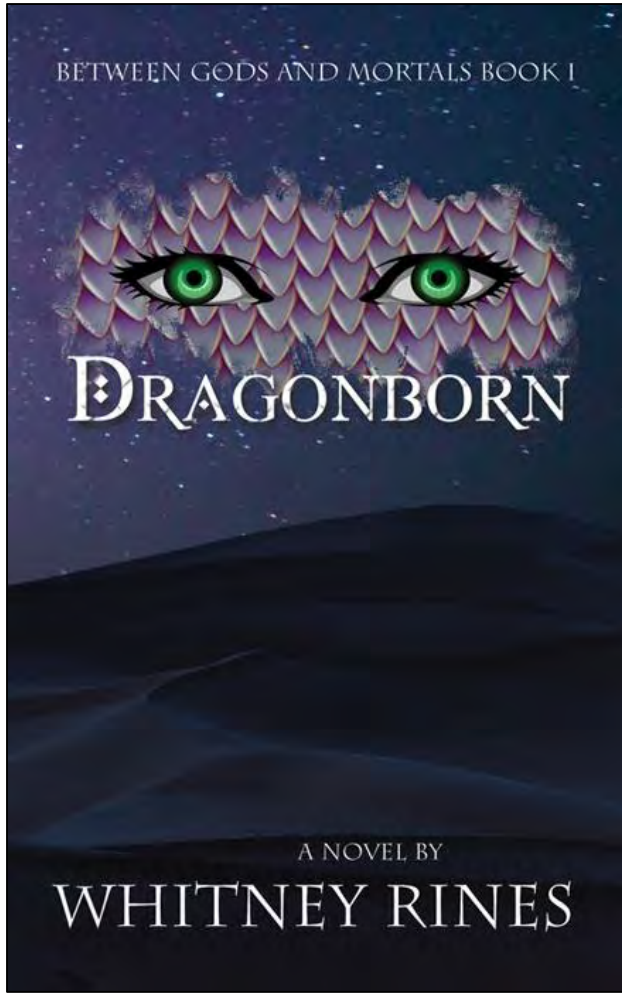


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Library Events



Teen Read Week Event

Friday, 12 Oct

1800-1930

Meet guest author Whitney Rines

Teens design bad art!!!

Clothing Swap & Book Giveaway

Monday, 15 Oct

1730-1900

Kick off fall cleaning!!

Bring clean, gently used clothing to swap with others.

FREE book giveaway!!!

Bring your own bags!



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673d Force Support Squadron FSWO Outdoor Recreation

Mr. Tyler Glenn
552-3812



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Outdoor Recreation/OAP





**JBER
OUTDOOR
RECREATION
Center**
JBER, ALASKA



SEASONAL CHANGEOVER

scan for more rental items!

We will begin putting the summer toys away soon. Some of the winter seasonal rental items will be available mid to late September. Look out for our **fat-tire bikes** this upcoming season for a fun winter ride!

Bldg. 7301 • 552.2023



jberlife.com/rentals



BLDG. 7301 • 552.2023

OUTDOOR ADVENTURE PROGRAM

PLAN YOUR NEXT **ALASKAN ADVENTURE** WITH US! PICK UP OR DOWNLOAD A COPY OF OUR OUTDOOR ADVENTURE GUIDE **TODAY!**





SEPTEMBER ADVENTURES

Must register prior to trip/class date. Minimum and maximum sign-ups apply to all trips and classes. Class and trip locations vary.

ATVING

HILLBERG ATV TRIP
September 13 • 5 - 7:30 p.m.
\$35 drivers; \$10 riders
Ages 16 & up for drivers; 10 & up for riders

JIM CREEK ATV TRIP
September 15 & 29 • 8 a.m. - 5 p.m.
\$149 drivers • Ages 16 & up for drivers

BIKING

MOUNTAIN BIKE TRIP
September 6 • 5 - 9 p.m. • \$35
Ages 14 & up • Location TBD

CLASSES

ATV SAFETY CLASS
September 5 • 5 - 9 p.m. • \$50 ATV Provided
• FREE if you bring your own ATV
Hillberg Ski Area

KAYAK SAFETY TRAINING
September 7 • 6 - 8 p.m. • \$35
Ages 14 & up
Elmendorf Fitness Center Pool • Bldg. 9510

COLD WEATHER SAFETY
September 12 • 5:30 - 7 p.m. • FREE
Eagleleg Fitness Park

WINTER HIKING & CAMPING 101
September 19 • 5:30 - 7:30 p.m. • FREE
Eagleleg Fitness Park

MOOSE PROCESSING
September 23 • 12 - 4 p.m. • FREE
Bldg. 7301 • Not a field dressing class

CLIMBING

INDOOR ROCK CLIMB
September 26 • 5:30 - 7:30 p.m. • \$10
Ages 12 & up • OAP • Bldg. 7301

WOMEN IN THE WILDERNESS

MATANUSKA ICE CLIMB
September 8 • 8 a.m. - 5 p.m. • \$99
Ages 14 & up

EKLUTNA ATV TRIP
September 23 • 8 a.m. - 4 p.m.
\$99 drivers; \$30 riders
Ages 16 & up for drivers; 10 & up for riders

**REC*ON ILABLE!
C*ON**
AOL*FLASH





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Otter Lake/Warrior X Paintball



WE'VE EXTENDED OUR SEASON!

NOW - SEPT. 30
Saturdays & Sundays
10 a.m. - 6 p.m.

**Otter Lake**
Phone: 384.6245

Enjoy a little more time out on the water!

BOAT & CABIN RENTALS AVAILABLE

- Lake Log Cabins: \$50
- Upper Otter Lake Cabins: \$45
- Spillway Cabins: \$35 • Rustic Cabins: \$25

Open to ages 10+



Upper Otter Lake Rd. • 384.6245



WE ARE EXTENDING OUR SEASON!

During the month of September, we will be open weekends. Reservations are required. To reserve, please call Otter Lake at 384.6245 during business hours.

SEASON ENDS SEPT. 30

Paintballs must be purchased on site.



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Skeet, Trap and Archery Range



SINGLE SERVICE MEMBER FRIDAYS

Receive **2 FREE** rounds & **2 FREE**
boxes of ammo with a valid ID.
Available every Friday, space is limited.



SKEET, TRAP *and* ARCHERY *Range*

Bldg. 45-100 • Phone: 384.1480
Thurs. - Sun.: 11 a.m. - 7 p.m.

WE WILL OPEN FOR YOU!

Available for special range openings
for groups of 10 or more. Propane
grill is available for groups
upon request.



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673d Force Support Squadron FSV

SSgt Brush



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Elmendorf Fitness Center



- 3x3 Basketball Tournament
- 28 Sep @ 5pm
 - Sign up in-person at EFC by COB on 27 Sep
 - Prizes!



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JBER Fitness Centers



- 100% ID Checks upon entry, starting 1 Sep
- EFC & BFC
- Military In Uniform Exempt

HEY, JBER!

JBER Government AUG2021

Affiliation **Bear**

Base **JBER**

BEAR, JAY

Polar Bear Identification Card

ID Check: 100%

Work Out: 110%

Starting September 1 JBER Fitness Centers will conduct 100% ID checks during staffed hours of operation. All patrons and guests must present an authorized ID to access a Fitness Center. Military personnel in uniform are exempt from this requirement.

ELMENDORF-RICHARDSON **FORCE** SUPPORT SQUADRON

JBER FITNESS



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Ms. Jessica Shaffer
552-9769, 552-8481



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- **Change of Command**
 - Squadron/Battalion NTE \$200
 - Group NTE \$350
 - WG/Brigade NTS \$700
 - Requests must be submitted to NAF Accounting NLT 3 weeks prior to the event
 - POC: RaeDene Turner 552-9769
- **Memorial Observances (limited basis)**
 - Flowers or Wreaths (conservative amount)



FSS Bucks



- FY18 FSS Bucks
 - Expire 30 Sep
- FY19 FSS Bucks
 - Will become available in Oct 18'
 - Use them early!
 - \$5 per assigned AD military & DoD civilian
 - Distributed in beginning of FY to unit representatives base wide
- Unit Funds
 - \$3 per AD military per year
 - POC: Sonia Snickers 552-3811 & RaeDene Turner 552-9769



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Ms. Seante Banks
552-8529



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Arctic Oasis



Wine Glass Paint Party- Alaskan Birch Trees 5 Oct from 6:00-8:00pm. Cost is \$45. includes 2 wine glasses to paint, 2 glasses of wine, cheese, expert art instruction and all materials. Only 12 spots are available you must pre-register. Participant must be 21 years or older with a valid photo ID.



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Community Action Council



Mr. Jody Kuhns
(907) 753-1023



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Aurora Housing



<https://www.auroramilitaryhousing.com/utility/>



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Aurora Housing









United States
Environmental
Protection Agency



United States
Consumer Product
Safety Commission



United States
Department of Housing
and Urban Development

Protect Your Family From Lead in Your Home

September 2013

Disclosure of Information on Lead-Based Paint and/or Lead-Based Paint Hazards

Lead Warning Statement
 Housing built before 1978 may contain lead-based paint. Lead from paint, paint chips, and dust can pose health hazards if not managed properly. Lead exposure is especially harmful to young children and pregnant women. Before renting pre-1978 housing, lessors must disclose the presence of known lead-based paint and/or lead-based paint hazards in the dwelling. Lessees must also receive a federally approved pamphlet on lead poisoning prevention.

Lessor's Disclosure
 (a) Presence of lead-based paint and/or lead-based paint hazards (check (i) or (ii) below):
 (i) _____ Known lead-based paint and/or lead-based paint hazards are present in the housing (explain): _____
 (ii) _____ Lessor has no knowledge of lead-based paint and/or lead-based paint hazards in the housing.
 (b) Records and reports available to the lessor (check (i) or (ii) below):
 (i) _____ Lessor has provided the lessee with all available records and reports pertaining to lead-based paint and/or lead-based paint hazards in the housing (list documents below): _____
 (ii) _____ Lessor has no reports or records pertaining to lead-based paint and/or lead-based paint hazards in the housing.

Lessee's Acknowledgment (initial)
 (c) _____ Lessee has received copies of all information listed above.
 (d) _____ Lessee has received the pamphlet *Protect Your Family from Lead in Your Home*.

Agent's Acknowledgment (initial)
 (e) _____ Agent has informed the lessor of the lessor's obligations under 42 U.S.C. 4852d and is aware of his/her responsibility to ensure compliance.

Certification of Accuracy
 The following parties have reviewed the information above and certify, to the best of their knowledge, that the information they have provided is true and accurate.

Lessor _____	Date _____	Lessor _____	Date _____
Lessee _____	Date _____	Lessee _____	Date _____
Agent _____	Date _____	Agent _____	Date _____



<https://www.auroramilitaryhousing.com/about/safety-and-sustainability/>



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Aurora Housing



Up to 17
\$100 Cash Prizes!
Awarded Monthly

**Yard of the
Month Contest**

Contest Runs June to September



How To
**Nominate
Online**

- 1** Visit AuroraMilitaryHousing.com/Contact
- 2** Select "Yard of the Month" as subject
- 3** Nominate your neighbors (or yourself)



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Community Action Council



Family Advocacy Program

Ms. Suzette O'Donnell



America's Premier Joint Base





Domestic Violence Awareness Month



PLEASE JOIN US!

OCTOBER IS

DOMESTIC VIOLENCE ACTION MONTH

ONE ACTION CAN CREATE CHANGE

OPENING CEREMONIES
TUESDAY, OCTOBER 2ND
BP ENERGY CENTER

DOORS OPEN & REFRESHMENTS 5:30PM
CEREMONY 6:00-7:00PM

PLEASE RSVP TO REBECCA AT
REBECCA_P@AWAIC.ORG



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Domestic Violence Awareness Month



Learn the warning signs of abuse. Talk to us. Help is available.



FAMILY ADVOCACY PROGRAM
Main Phone: 580-5838
24/7 On-Call Domestic Abuse Victim Advocate Phone Line: 907-519-9993
Military OneSource 800-342-9647 | www.MilitaryOneSource.mil
The National Domestic Violence Hotline 800-799-7233 | www.TheHotline.org

**MILITARY
ONE SOURCE**



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Domestic Violence Awareness Month



Learn the warning signs of abuse. Talk to us. Help is available.



FAMILY ADVOCACY PROGRAM
Main Phone: 580-5858

24/7 On-Call Domestic Abuse Victim Advocate Phone Line: 907-519-9993

Military OneSource 800-342-9647 | www.MilitaryOneSource.mil

The National Domestic Violence Hotline 800-799-7233 | www.TheHotline.org

**MILITARY
ONE**SOURCE



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Domestic Violence Awareness Month



Learn the warning signs of abuse. Talk to us. Help is available.



FAMILY ADVOCACY PROGRAM

Main Phone: 580-5858

24/7 On-Call Domestic Abuse Victim Advocate Phone Line: 907-519-9993

Military OneSource 800-342-9647 | www.MilitaryOneSource.mil

The National Domestic Violence Hotline 800-799-7233 | www.TheHotline.org

**MILITARY
ONE SOURCE**

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



America's Premier Joint Base





JBER Family Thrive Drive



JBER Family Thrive Drive

Help Stock the ASYMCA Food Pantry



Thrive Drive Wish List:

Diapers & Pull-ups (all sizes)

Formula

Wipes

Baby Food

Diaper Rash Cream

Non perishable food items

Canned Fruits & Vegetables

Boxed Dinners & Meals

Canvas/Cloth Shopping Bags

Anything you can donate will help keep our JBER families healthy and fed this year!

DONATIONS CAN BE DROPPED OFF AT:

- JBER Hospital
- Bldg 600
- People Center
- ASYMCA Welcome Centers
- Base Exchange

If you have any questions,
please call Family Advocacy
Program at 907-384-2999.



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Fall Workshop Schedule



Parenting with Love & Logic

An interactive and strengths based approach to parenting. Learn how to turn daily struggles and frustrations with your children into win-win situations!

Best suited for parents with children between ages 2 - 12.

Nov 21st, 28th, Dec 5th & 12th
Call 384-0503 for details

New Parent Support Program

Are you an expectant or new parent??

NPSP provides educational and supportive services to assist you in your role as a parent.

Call 580-5858 to schedule a visit with a NPSP Nurse

The baby is on its way... come find out what **YOU** need to know!

Dad's 101: The Basics

(taught for men, by men)

Wednesday's 1300-1500

Nov 7th, 14th, & 21st
Call 384-0503 to Sign up!

Anger Management

Want to learn how to better control your reactions & identify triggers that relate to anger?

We can help. Sign up now!

Nov 19th, 26th, Dec 10th & 17th
0930-1130, Monday
Call 384-0503 to sign up!

Workshops Hosted by Family Advocacy Program

Jennifer Frysz 384-2999
Maria Hejl 552-0693

Active Parenting of Teens

Increase cooperation, provide clear guidance, and increase your insight into teen issues.

Oct 15th, 22nd, 29th & Nov 5th Mondays 0930-1130

Unlock your relationship potential

Couples Communication

Oct 24th, 31st, Nov 7th, 14th
0930-1130 (Wednesdays)
Call 580-5858 for location

Call 384-0503 for more information

FAP Main:
580-5858

JBER – R
Bldg 600, Rm A127
Jennifer Frysz
384-2999

JBER – E
Log Cabin, Rm 1
Maria Hejl
552-0693



America's Premier Joint Base





Ongoing Recruitment



DAD's: The Basics

WE NEED YOUR HELP!

1. Teach new dads how to bathe, dress and diaper an infant
2. How to best support the new mom
3. Help prepare first time fathers become experienced dads
4. Speak to men about feeling more confident
5. Help new dads learn how to handle a child safely

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

**RECRUITING
INSTRUCTORS
NOW!**

Call 384-2999 or 552-0693

And let us know if you can help!



America's Premier Joint Base





Community Action Council



Richardson Spouses' Club

A community for all military affiliated spouses



POC-Katie Knoll

www.richardsonspousesclub.com

Facebook: Richardson Spouses' Club



America's Premier Joint Base





Richardson Spouses' Club



The Richardson Spouses' Club
INVITES YOU TO JOIN US FOR A LUNCHEON OF FUN AND
RELAXATION AS WE PAMPER OURSELVES AND EXPLORE WAYS TO HELP
OUR SKIN THRU AN ALASKAN WINTER.

The Alaskan Glow

When: SEPT. 20TH
11AM-1PM

Where: ARCTIC WARRIOR
EVENTS CENTER
9387 KUTER AVE. JBER-E

PLEASE VISIT OUR WEBSITE WWW.RICHARDSONSPOUSESCLUB.COM
FOR MORE INFORMATION AND TO RSVP.



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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.**



America's Premier Joint Base





Richardson Spouses' Club



NOV 3RD
10AM-5PM
BUCKNER GYM
JBER



40th
Anniversary!



COME SEE ALASKA'S FINEST HANDMADE CRAFTS, DÉCOR, ART,
GIFTS, AND SO MUCH MORE!

\$1 ADMISSION ~ 12 & UNDER FREE

<https://www.memberplanet.com/s/richardsonspousesclub/cfvendorapplicati>

on



America's Premier Joint Base





Community Action Council



Military Society of Model Railroad Engineers

Gerald Forsyth

240-5492

Randy Bjorgan

952-4353



America's Premier Joint Base





North Star Railroad



**Headquarters: Matanuska Hall
Building 7153 on Fighter Drive,
Basement Room 35**

Hours of Operations:

Tuesdays: 1900 hrs. to 2130 hrs.

Saturdays: 1300 hrs. until ?

***Club facilities are available
24 / 7 / 365 for members.***



America's Premier Joint Base





North Star Railroad



Calendar of Events:

- Friday, Sep 28 ~ Chiefs Orientation
1100 to 1300, Club open until 1900
- Saturday, Oct 20 ~ Saturday Open House
- Sat & Sun, Nov 17 & 18 ~ Fall Expo
- Saturday, Dec 16 ~ Saturday Open House
- Tuesday, Dec 19 ~ MSMRRE Christmas Party



America's Premier Joint Base







Community Action Council



- ✓ Hispanic Heritage Month (starts 15 Sep)
Displays & Special Themes event at the commissary from 15 Sep – 15 Oct
 - ✓ Help us win the Mango Contest
- ✓ US Air Force 71st Birthday – 18 September
 - ✓ Come celebrate with us
 - ✓ Cake Sponsored by S&K Brokerage



- ✓ JBER Special Observance group will have booths set up at the AWEC 20th Sep 1430hrs - All invited
 - ✓ Booths to be sponsored by Commissary Vendors
 - ✓ Sample specialty dishes prepared by individual groups and gain awareness

- ✓ 24 Sep: Anchorage Area Commissary 18th Birthday
 - ✓ Cake Sponsored by S&K Brokerage
 - ✓ Come celebrate with us
- ✓ JBER–SFC Eric Tysinger for Senior Religious Affairs NCO, MSgt Paul Matlock 1t Sgts Council Ms. Tisha Wright Grocery Manager and Ms. Hernandez, Store Director met 4 Sep to discuss the way-ahead for the 2018 Thanksgiving and Christmas Food Basket distro for JBER,.
 - ✓ Goal- Establish a common operational picture across JBER for the 2018 Holiday Assistance effort.
 - ✓ Next meeting – 24 Sep 10:00AM
- ✓ Oktoberfest Sale: 17-24 September



America's Premier Joint Base





Community Action Council



Community Outreach

FOCUS GROUP
1ST MONDAY OF EVERY MONTH
0930-1030

COMMISSARY CONFERENCE
ROOM
MAIN ENTRANCE TO THE RIGHT



Community Opinions and Needs
YOUR FEEDBACK IS VALUED

Have smart phone? Connect with your store
Our website is mobile-friendly

Over half our patrons use their mobile
devices for accessing our website,
www.commissaries.com.



- **Jun- August 2017**
 - Donated 694 bags,
for 5,481lbs
donated to the
foodbank
- **Sep – Oct 2018**
 - Target 10%
increase
 - 3 Weeks sold
\$1,640 = 164 bags

Proud, Committed & More



America's Premier Joint Base





Army & Air Force Exchange Service

Exchange News

Mr. George Main





MAKE THE GRADE!



EXCHANGE YOU **MADE** the **GRADE** you get the REWARDS!

It pays to make the grade! Show us your report card with a "B" average or better and receive a REWARDS! gift card, plus a chance to win up to a \$2,000 REWARDS! gift card! See an Associate for details and entry forms.

Enter for a chance to win a
\$2,000, \$1,500 or \$500 REWARDS! gift card!



american greetings



America's Premier Joint Base





STARTS SEPTEMBER 1

SOME RESTRICTIONS APPLY:

* \$3 service fee waived if layaway picked up in full.

³\$5 cancellation fee applies

* Limited Time Only





Happy 71st Birthday U.S.A.F.!



HAPPY 71ST BIRTHDAY UNITED STATES **AIR FORCE**

ONE DAY SALE

SEPTEMBER 18, 2018

10% OFF Air Force logo souvenirs any tender

OR

20% OFF Air Force logo souvenirs with **MILITARY STAR** *
Case sensitive online code: MILPRIDE18

SAVE 10¢ per gallon of gas with **MILITARY STAR** *

15% OFF any food purchase at participating Exchange restaurants with **MILITARY STAR** *

\$10 OFF Exchange concessions purchase of \$25 or more with **MILITARY STAR** * (coupon required)

*Valid: September 18, 2018 at participating Air Force Exchange Stations, on-site retail outlets and on-line. Not valid for MEX, CAN or MEX/US sales. *See customer contract for restrictions and details.

EARN 2 POINTS PER \$1
2000 POINTS=\$20 REWARDS CARD

APPLY NOW
AND START EARNING REWARDS TODAY

OUR HONOR
TO SERVE YOU



America's Premier Joint Base





Community Action Council



673d MDG Trick-or-Treat

DATE:

26 October 2018

TIME:

1300-1400 - Special Needs Admittance

1400-1600 - General Admittance

LOCATION:

Bear Entrance - JBER Hospital

If you would like to donate candy, please drop off at the Orthopedic Clinic front desk, and include your contact information.

POCs: TSgt Natalisa Smith & SSgt Brianne Feven





Community Action Council



Armed Services YMCA Program Highlight

Brina Lynch, Program Director
552-9622 | programs@akasymca.org



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Happening NOW! Father Daughter Gala



Open to all families who are currently serving



America's Premier Joint Base





Armed Services YMCA



Happening NOW! Cupboard Cuisine

THE ASYMCA FOOD PANTRY PRESENTS:

CUPBOARD CUISINE

Master the Art of Creative Cuisine from your Kitchen Cupboard

The ASYMCA of Alaska offers Food Pantries to help military families struggling with food insecurity. It's a great start—now it's time to take it a step further. We are proud to introduce CUPBOARD CUISINE; a guide for families who just aren't sure what to do with shelf-stable foods and limited time and resources.

Each month, we will provide cupboard-friendly recipe cards, ideal for all levels of kitchen crusaders; from those learning the art of home cooking, to seasoned pros looking for fresh ideas. These menu cards will be available at our Food Pantry locations, on our website, and in our E-news on the first week of each month. Each recipe will feature ordinary, shelf-stable foods, designed to help you maximize your food budget, or better utilize Food Pantry items.

Learn more at www.asymca.org/alaska-pantry
or by calling the location nearest you.



America's Premier Joint Base







USO Events Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Alaska 2 Sunday Football	USO JBER Hours 1200-2000 Building 7076 Chennault Ave Wellness Center Open 24/7		 5 New Volunteer Orientation 1730-1830 <u>Mid Week Meet N Greet/Coffee 1400</u>	6 Taco Thursday 1600 UAA Volleyball vs Northwest Nazarene 7pm @ Alaska Airlines- military tickets are \$6 @ door	7 Red Shirt Friday's <u>Stroller Mom's SLAM - 0930 @ USO Wellness Center</u> Movie Night 1700- Jack Ryan	1 Movie Night 1700 8 Pancake Breakfast 0900-1100 @ Richardson Community Center 338 Hoonah Ave Thank you Starbucks for always bringing the coffee and snacks. <u>Game Board Day</u> UAA Volleyball vs Central Washington 7pm @ Alaska Airlines- \$8.00 @ door
	3 Labor Day	4 Tour De'Food 1600- Chicken and Rice				
9 Sunday Football	10 Monday Football <u>Making Monday's Great- Do you want to help us? Call and find out how!</u>	11 Tour De'Food 1600- Hotdogs and Cherry Pie 	12 Come Watch the live stream of the <u>USO Worlds Biggest Tour</u> - Chili Cook Off 1500 Everyone is Invited	13 Taco Thursday 1600	14 Red Shirt Friday's <u>Movie Night 1700- Jack Ryan</u>	15 Game Board Day
16 USO Special Delivery- Baby Shower 1100-1400 You must be registered to attend. <u>Center will be closed during this time.</u>	17 Monday Football <u>Making Monday's Great- Do you want to help us? Call and find out how!</u>	18 Airforce Birthday <u>Tour De'Food 1600- Chicken & Waffles</u> September Birthdays 1600	19 New Volunteer Orientation 1730-1830 <u>Mid Week Meet N Greet/Coffee 1400</u>	20 Taco Thursday 1600	21 Red Shirt Friday's <u>Movie Night 1700- Jack Ryan</u>	22 JBER 9k Run-0900 @ PME Come see the USO
23 Sunday Football	24 Monday Football <u>Making Monday's Great -Do you want to help us? Call and find out how!</u>	25 Tour De'Food 1600- Chicken Stir Fry	26 Thank you to our Volunteers Dinner 1700 <u>Mid Week Meet N Greet/Coffee 1400</u> Stuffed Animal Sleepover 1400	27 Taco Thursday 1600	28 Red Shirt Friday's <u>Movie Night 1700- Jack Ryan</u>	29 International Coffee Day <u>We will have starbucks coffee at the USO all day!</u>
If you have questions/comments call Patti 907-385-9140 https://www.facebook.com/usojber/						
30 Sunday Football						



America's Premier Joint Base





Calendar Highlights



October

5 Oct - USARAK Training Holiday/JBER-R Scheduled Power Outages

8 Oct - Columbus Day Holiday

9 Oct - PACAF Family Day

11 Oct - Community Action Council

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



America's Premier Joint Base





Community Action Council

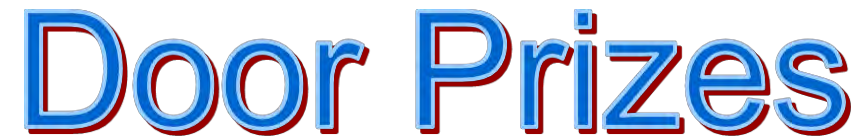


Questions or Comments?



America's Premier Joint Base





Door prizes donated by...

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



America's Premier Joint Base





Community Action Council



Leadership

Closing Comments



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Community Action Council



Thank You for Attending

Our next meeting will convene at **0930, 11 October 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



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