October Customer Service Award

INDIVIDUAL
A1C Ayisha Cepeda
Medical Laboratory Technician, 673 MDSS/SGSL

Customer Comments
- A1C Cepeda stood out during the patient’s visit. Super Duper Cepeda; Cepeda- name request each time I need to come here!
- A1C Cepeda - The BEST!!! I will name request her each time I visit. Did a superb job!!! A1C Cepeda - The Best!!!
- A1C Cepeda... Best blood work in my 30 yr. Active Duty Career
- A1C Cepeda stood out during the patient’s visit. "Great job!"
- A1C Cepeda stood out during the patient’s visit. "Excellent blood drawn skill. She was my 2nd person that was successful at blood drawn
- A1C Cepeda stood out during the patient’s visit. "Professional, courteous"
- A1C Cepeda stood out during the patient’s visit. "She was awesome during the whole process".
- "Cepeda was awesome!"
- A1C Cepeda stood out during the patient’s visit. "This was very great. This was best blood drawn to date for me."
October Customer Service Award

TEAM

673 FSS - JBER Library

Customer Comments

- Very efficient technology and great staff
- So many art supplies, so little time! Great event! Thank you!
- Great opportunity! Thanks.
- I love the clothes swap & mid kids were excited about the free books!!! Thank you :)
- This event is great! It’s helped me w/ finding interview clothes, clothes for my kids & study books for school.
- Kids loved it. Run very well.
- All events here are amazing. All staff super helpful & friendly.
- The staff was exceptional!
- Thank you! Library staff is awesome.
- Awesome staff & printing capability
- Staff did a great job keep up with influx of items & organizing. I appreciate this event.
- Thank you for a wonderful way of giving back to my community.
Community Action Council
UHC FEDVIP Vision

Federal Employees & Annuitants

Our Client - OPM
• U.S. Office of Personnel Management (OPM)
• "HR" Department for Federal Government
• Handle Federal Benefits and Retirement

Population
• Active Federal Employees, Federal Annuitants (Retirees) and their eligible dependents
• Active Military Family Members, Military Retirees and their eligible dependents

New for 2019!
FEDVIP Vision Only
TRICARE/FEDVIP

TRICARE, a health care program of the United States Department of Defense Military Health System

Beginning 1/1/2019, select TRICARE beneficiaries will be eligible for FEDVIP vision coverage

• Who’s eligible?
  • Tricare Retirees and their dependents
  • Family members of active duty uniformed service members
• Benefit Coverage and Premiums
  • Same as Active Employees and Annuitants
  • Dependent Age Cut Off Different:
    • Age 21 non-student
    • Age 23 student
• When to enroll?
  • During Open Season, which runs from 11/12/18-12/10/18
• How to enroll?
  • www.benefeds.com
UHC FEDVIP Vision

UnitedHealthcare FEDVIP Vision
UnitedHealthcare Vision

- We are a National PPO offering vision care to America for over 50 years
- One of the original FEDVIP Carriers offering supplemental vision insurance to Federal Employees and Annuitants
UHC FEDVIP Vision

2019 UnitedHealthcare Vision FEDVIP Network

National PPO Network offers members freedom of choice and easy access
50% Private Practice Providers / 50% Retail Chain Providers
More than 100 national and local retail brands including 47 of the top 50 Retailers*

* As reported by Vision Monster, May 2016
UnitedHealthcare Vision FEDVIP

Over 90,000 Access Points

Vision: Access Point

3 Access Points

The Eye Care Professionals

Access to care is defined by the healthcare system of your vision service.

To find an access point, an access point is defined as an access point in an office or a hospital. We meet at an office, or a hospital. This is the initial access point for the entire family.
UHC FEDVIP Vision

UnitedHealthcare Vision FEDVIP

The choice for your 2019 vision plan is clear.

UnitedHealthcare Vision
UnitedHealthcare Vision Strengths

- **Network**
  - Private Practice and more than 100 Retail chains = member’s choice: convenient hours & selection

- **Low FEDVIP Vision Premiums**
  - Richest Plan (High Option) Self Only premiums $4.64 bi-weekly
  - “Our Standard Plan is a shade over $3/pay check; our High Option Plan only $1.60 more/pay check.”

- **Low Out of Pocket costs**
  - **Price Protection**
    - Non-covered lens options (AR, etc.)
      - Member pays ‘capped’, set $ amount, not discount off retail
UnitedHealthcare Vision Strengths

- Members in Standard & High Option Plans pay nothing additional for:
  - Polycarbonate lenses
  - Standard Scratch Resistant Coating
  - Standard Photochromic Lenses – Wellness Benefit

- High Option Plan: Progressive No-Line Bifocals
  - Basic, Standard: Member pays only additional $25 copay under High Option
  - All other progressive lens: Member pays only additional $65 copay under High Option

*Disclaimer: Information of UnitedHealthcare. Some benefits or expenses covered may vary per member.
UnitedHealthcare Vision
New for 2019!

- Increased Retail Frame Allowance to $200
- Expanded Retail Provider Network
  - Warby Parker
- Extra coverage for kids!
  - Our Children’s Eye Care program provides an extra eye exam and a pair of glasses for children under 13 whose growing eyes need new prescriptions (documented 0.5 diopter change or greater)
Community Action Council

Family Advocacy Program

Maria Hejl
Workshops

Parenting with Love & Logic
Nov 21, 28, Dec 5, 12
Wednesday’s 0930-1130
(4 sessions, 2 hours each)
JBER-R, Bldg 600, Room A37

Couples Communication
Feb 20, 27, & Mar 6
(3 sessions, 2 hours each)
Wednesday’s 0930-1130
USO Alaska, Bldg 7076 Chennault

Dad’s 101: The Basics
Feb 6, 13, 20 & 27
(4 sessions, 2 hours each)
Wednesday’s 1300-1500
JBER-R, Bldg 600, Room A37

Anger Management
Nov 19, 26, Dec 10, 17
(4 sessions, 2 hours each)
Monday’s 0930-1130
JBER-R, Bldg 600, Room A37

Call 580-5858
for more information
and to register
for these FREE workshops!
Community Action Council

Health Promotion

Lisa Schuette
551-2361
Diabetes Awareness Month

Staggering Numbers:
- Nearly 30.3 million (9.4% of pop) have diabetes including 7.2 million who don’t know it
- 84.1 million people have prediabetes (33.9% of US population)
- Estimated total national cost of diagnosed diabetes is $245 billion

To Decrease Risk:
- Maintain healthy weight. If overweight, lose 5-7% of your body weight
- Be more active...150 min physical activity/wk
- Eat healthy
- See your medical provider on a regular basis
Lung Cancer Awareness Month

- Lung cancer kills more Americans than other cancers
- Highly preventable disease - 90% caused by smoking and exposure to secondhand smoke

Health benefits of quitting are enormous (time after quitting)
- 20 minutes: Heart rate and blood pressure drops
- 12 hrs: Carbon monoxide level in blood drop to normal
- 2 wks to 3 mos: Circulation improves/lung function increases
- 1 to 9 mos: Coughing/shortness of breath decreases

Call 551-2361 to learn more about JBER’s tobacco cessation classes
Great American Smoke Out!

LEAVE THE PACK BEHIND
JOIN THE GREAT AMERICAN SMOKEOUT®
NOVEMBER 15, 2018
JBER Health and Wellness Center (HAWC)
907-551-2361
#iquitUcan2 or tricare.mil/ucanquit2
Holiday Challenge

- 7-week challenge
- Weekly Newsletters
- Daily Tips
  - Survive a holiday party
  - Host a healthy Thanksgiving
  - Manage holiday stress
- Weekly Challenges
- Healthy holiday recipes
- Prizes and weekly winners

Runs from November 12 through December 31
Register at https://esmmweighless.com/holiday-challenge-live
Community Action Council

Mr. Jody Kuhns
(907) 753-1023
Can Mold be Prevented?
Mold is a fungus that requires water, oxygen, food, and moderate temperatures to grow. *While you can’t eliminate the spores from the air, you can ensure favorable conditions for growth are mitigated.*

What can Mold grow on?
Pretty much anything: carpet, drywall, tile, adhesive.

Is there a time of year when mold is worse?
Winter. Cold air holds less moisture than warm air; the excess moisture that the air can’t hold has to accumulate somewhere...this condensation can accumulate on surfaces and provide a suitable condition for mold growth.
Aurora Housing
Preventing & Eliminating Mold

Prevention: Improve airflow and decrease moisture (humidity)

- Run the exhaust fan during and after showers, keep the bathroom door open post-shower
- Report any leaks, water intrusion to maintenance
- Use a dehumidifier
- Open closet doors to increase airflow
- Check/change furnace filters regularly

Treatment: 1 part bleach + 1 part water; apply with a spray bottle or sponge.
Aurora Housing

HOLIDAY LIGHTS CONTEST

WHITE LIGHTS
1ST: $100
2ND: $75
3RD: $50

MULTI-COLOR LIGHTS
1ST: $100
2ND: $75
3RD: $50

DECEMBER 1 TO DECEMBER 28

NOMINATE YOUR NEIGHBORS (OR YOURSELF)

auroramilitaryhousing.com/contact
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
Tue/Fri 1200 – Hospital Chapel
Thurs – no scheduled Mass

Protestant
Traditional
1100 – Heritage Chapel
Gospel
0930 – Midnight Sun Chapel
Contemporary
1100 – Arctic Warrior Chapel
Adoration & Confessions

JBER Catholic Community

Eucharistic Adoration

TUESDAY'S 1700 - 1800
BLESSED SACRAMENT CHAPEL
(NORTH WING OF THE ARCTIC WARRIOR CHAPEL)

Confessions are heard during Adoration

Please contact the JBER Religious Operations Center at 907-552-JROC (5762) with any questions.
JBER Catholic Community

RCIA/Adult Confirmation Class and Continuing Education

We meet Wednesdays at 6:45 pm through April in the Fellowship Hall of the Arctic Warrior Chapel.

Religious Education

Classes are offered in preparation for those being received into the Catholic Church or for any Catholic interested in learning more about our Catholic Faith.

Please contact the JBER Religious Operations Center at 907-552-JRDC (5762) with any questions.
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 *
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
JBER Catholic Community
7-12th Grade Youth Ministry
presents:
Exploring the Catechism

November 18th: The Beatitudes

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

December 2nd: The Corporal and Spiritual Work of Mercy
December 16th: Do Catholics Worship Mary?

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
Orthodox Christian Feast Day – 21 November

Orthodox Christian Feast of the Entry of the Mother of God into the Temple

Divine Liturgy will be held on 21 Nov 2018 at 0730 in the Heritage Chapel.

For more information contact Ch, Capt Thaddaeus Werner at 552-7969
Community Action Council

2018 Special Olympics Alaska Bowling Tournament

Contacts:
1st Lt John Clark
Capt Aubrie Frazier
2018 Special Olympics
Alaska Bowling Tournament

November 16-18, 2018

Venue Site: Eagle River Bowl, Eagle River
Volunteer Positions Available:
Sport Specific, Operations, Lane Monitors,
Pit Monitors, Awards, and more!

How to volunteer:
Contact 1st Lt John Clark at 552-3246 or Capt Aubrie Frazier
with the following info: name, cell phone number, email, unit,
and what day/time you’re available.

Remaining positions:
Friday – 1230 – 1600 (9 positions remaining)
Saturday – 0700 -1400 (9 positions remaining)
**(There are a few other positions outside of these times, but this is where we need the majority of the remaining assistance)**
Community Action Council

673 FSS/FSWO
Outdoor Recreation

Mr. Karl Lavgar
552-3812
Hillberg Ski Area

Season Pass Prices
- Individual Pass: $279
- Family / Couple: $558
- Family of 3: $837
- Each person after: $55

Season Rental Package
- Adults (13 yrs & up): $199
- Youth (12 yrs & under): $119

Limited quantities and sizes available for season rentals.

Season Punch Pass
- 10 punch card: $90
- 25 punch card: $230

Each punch is worth $10 & can be used for lift tickets, leasing, and rental.

Daily Prices
- Chair Lift: Full Day $20, Half Day $10
- Bunny Lift: Full Day $10, Half Day $5
- Ski/Board Pkg.: Full Day $20, Half Day $10

Lesson Center
Learn how to ski or snowboard!
We offer 1-1.5 hour lessons during operating hours.
Call for more information!

Season Pass Sales & Rental Pick-up:
November 3 & 10 - 9 a.m. - 3 p.m.

Follow us on Facebook to stay updated on openings!
Skeet, Trap and Archery Range

Ladies Night
AT THE RANGE
November 14 • 5:30 - 7:30 p.m.
Free Instruction
Held at the Skeet & Trap Range (Bldg. 45-100)
Introduction to shotguns, safety, and shooting.
Ammunition, rounds, and rentals available for purchase.
Call 384.1480 for more info.

Turkey Shoot 2018
November 17 – 12 p.m.
Purchase a turkey target for $3 for a chance to win a
Thanksgiving turkey or ham. Ammunition for sale
and rental shotguns available.
Participants must wear rental guns for turkey targets,
but can use a personal gun for other events.

SINGLE SERVICE MEMBER FRIDAYS
Receive 2 FREE rounds and 2 FREE
boxes of ammo with a valid ID.
Available every Friday, supply limited.

WING SHOOTING INSTRUCTION
Learn how to shoot or brush up on your skills.
Take lessons any day we are open!
Registration is required. Targets and ammunition will
be purchased the day of class.
Beginner package: $75 - 6 one hour sessions
Intermediate Package: $60 - 4 one hour sessions

America’s Premier Joint Base
Outdoor Recreation Center

We have the gear for your WINTER FUN!

Daily
Ski, XC Adult Package ........................................ $10
Ski, XC Kids Package ........................................ $7
Ski, XC Adult Skate Package ............................... $10
Snow Shoes .................................................. $6
Ice Skates .................................................. $4

Seasonal
Ski, XC Adult Package ...................................... $120
Ski, XC Kids Package ........................................ $60
Ski package includes skins, boots & poles (Additional rentals available)
Snow Shoes w/Poles ......................................... $45
Ice Skates .................................................. $45

Ice Fishing
Fishing Rod & Reel ............................................. $3
Ice Shelter:
  Small .................................................. $15
  Medium ................................................. $20
  Large .................................................. $25
Ice Augers (Manual) ......................................... $5
Ice Augers (Gas) ........................................... $20
Mr. Heater .................................................. $5
Ice Skimmers/Buckets ...................................... $1
Winter Equipment
Sled, 1 or 2 Person .......................................... $5
Sled, XC Kick Sled ......................................... $8
Sled, Cargo ................................................ $8
  Light .................................................. $6
  Small ................................................. $8
  Medium .............................................. $12
Snow Blower (Large) ..................................... $20
Snow Blower (Small - HOME USE ONLY) .......... $15

Cross Country Ski Opening soon, weather permitting!
Located at Eagleneon Fitness Park
(Bldg. 4414 Pease Ave./at Post Rd Gate)
Free equipment issue or bring your own
We have all sizes, to include youth-sized equipment available
We are open 7 days a week,
closed Federal Holidays
Equipment issued 10 a.m. - 2 p.m.
and must be returned by 3 p.m.

AND SO MUCH MORE!
Outdoor Adventure Program

NOVEMBER ADVENTURES

CLASSES
COLD WEATHER SAFETY
November 14 • 5:30 - 7:30 p.m. • FREE
OAP•Bldg. 7301

AVALANCHE AWARENESS
November 20 • 5:30 - 7:30 p.m. • FREE
OAP•Bldg. 7301

WINTER HIKING & CAMPING 101
November 29 • 5:30 - 7:30 p.m. • FREE
OAP•Bldg. 7301

CLIMBING
INDOOR ROCK CLIMB & BELAY
November 7 • 5:30 - 7:30 p.m. • $10
Ages 12 & up • OAP•Bldg. 7301

INDOOR ROCK: INTRO TO LEAD CLIMBING
November 13 • 5:30 - 7:30 p.m. • $15
Belay certification required
Ages 16 & up • OAP•Bldg. 7301

RECON

Open to all Service Members and dependents
INDOOR ROCK CLIMB & BELAY
November 21 • 5:30 - 7:30 p.m. • $15
Ages 12 & up • OAP•Bldg. 7301

INDOOR ROCK: INTRO TO LEAD CLIMBING
November 27 • 5:30 - 7:30 p.m. • $10
Belay certification required
Ages 16 & up • OAP•Bldg. 7301

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

BLDG. 7301 • 552.2023
Community Action Council

673 FSS/FSDL
JBER Library

Pamela Medolo
384-1788
JBER Library

Honoring Our Veterans
5th-9th November
All military veterans are invited to enter a contest to win an overnight stay for two at the Hotel Alyeska. Prize includes free lift tickets. Winner will be notified 13 Nov.

Paws To Read Program
Saturday, 18 Nov
Saturday, 15 Dec
1000-1200
Registration is required for FREE program. For kids K-6th grade.

Family Holiday Craft Night
7 Dec
1800-1930
Join us to create various holiday crafts to take home. Fun family night out project!!
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 Club

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

673 FSS: Buckner Fitness Center
Push Pull Strength Competition
BFC Pool Closures
Locker Room Closures

Steven Ray
384-3273
Buckner Fitness Center

• **Annual Push-Pull – 12 Jan 18**
  • Bench Press and Deadlift
  • Weight class/gender categories
    • All participants get a T-shirt
    • Prizes for winners
• **Sign-ups open 3 Dec 18**
• **FREE Event**
Buckner Fitness Center

• Buckner Annual Pool Closures

  • Fitness Pool
    • 1 Dec 18 – 1 Jan 19
    • Polar Paradise Pool modified schedule to accommodate fitness swimmers

  • Polar Paradise Pool
    • 7-31 Jan 19
    • Might open earlier
    • No learn-to-swim program in January
    • Reminder: Sign-ups for February will start in last week of January
Buckner Fitness Center

• Buckner Primary Locker Rooms Closure
  • 22 Oct through early 2019
  • Tile and Steam Rooms
  • Polar Paradise Locker Rooms will be opened to general use
    • Utilize cubbies as much as possible
    • Prioritize lockers for aquatics customers
    • Secure valuables
  • Access Fitness Pool through east entrance of Buckner
    • Change in Polar Paradise Locker Rooms & follow signage
    • Showers on Fitness Pool Deck to rinse off before entering water
    • Take care to not be dripping wet; must have footwear on and be covered when traversing between lockers and pool
Buckner Fitness Center

Accessing the Fitness Pool and Polar Paradise locker rules during construction:
1) Patrons cannot walk through the gym barefoot.
2) Patrons must wear a top and bottom.
3) Patrons must not be dripping wet.
4) Patrons must still wash off before entering the water. (Showers are available on the deck of the Fitness Pool.)
5) Restrooms are available on the Pool Deck for swimmers.
6) Additional restrooms near EBall courts for gym goers.

Gymnasium
Basketball Courts

Primary Locker Rooms Closed for Renovations
Community Action Council

673 FSS
JBER Thanksgiving Meals
MSgt Edward Tompkins
384-7482
Thanksgiving Meals

• Iditarod Dining Facility:
  • Date: Thursday, 22 November
  • Time: 1030-1330
  • À la carte Pricing

• Wilderness Inn Dining Facility:
  • Date: Wednesday, 21 November
  • 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

- Broccoli, Carrot & Cauliflower Salad
- Beet and Orange Salad
- Avocado Toast
- Flank Steak w/Avocado Corn Relish
- Herb Roasted Turkey
- Baked Honey Glazed Ham
- Maple Granola Sweet Potatoes
- Garlic Mashed Red Potatoes
- Cornbread Dressing/Turkey Gravy
- Glazed Carrots
- Roasted Corn
- Green Beans w/Peppers & Scallions

- Pumpkin Coconut Bisque
- Cranberry Sauce
- Assorted Pies
- Assorted Cakes
- Salad bar
- Fruit and Yogurt Parfaits

Happy Turkey Day!
Wilderness Inn (JBER-R) Thanksgiving Menu

- Shrimp Cocktail
- Roasted Turkey w/ Gravy
- Prime Rib w/Mushrooms & Onions
- Whole Roasted Suckling Pig
- Baked Ham w/ Brown Sugar Glaze
- Candied Sweet Potatoes
- Mashed Potatoes
- Savory Bread Dressing
- Baked Mac & Cheese
- Vegetable Medley
- Green Bean Casserole

- Roasted Asparagus
- Roasted Butternut Squash
- Salad Bar w/ Assorted Salad Dressing
- Cranberry Sauce
- Assorted Fresh Fruits/Nuts
- Assorted Breads
- Assorted Holiday Desserts
Command Server Program

- Iditarod Dining Facility: 1030-1330
  - 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 has been sent to all Commanders
Arctic Oasis

Community Center

Seante’ Banks

552-0689
How much do you know about the 90’s?

It’s time to pull out the overalls & party like it’s 1999!

Join us November 16
At 6pm at the Arctic Oasis.
“THE MEG”

Free Movie Night at Talkeetna Theater (BLDG 7122)

November 30th 6pm

DOORS OPEN AT 5:30pm

Cash only Concessions
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!

Convenient pick-up times:

  Warrior Zone Lounge
  1100-1230
  Thursday, 8 November

  AWEC
  1100-1230
  Friday, 9 November

• POC: Jessica Shaffer, 552-8481
Community Action Council

JBER B.O.S.S.
Upcoming Events

SGT FOLKES
B.O.S.S. - Events

- November 1\textsuperscript{st} BOSS Food Drive begins.
- November 9\textsuperscript{th} Alaskan Native Heritage Center @ 1500.
- November 9\textsuperscript{th} Indoor Rock Climbing w/ODR @ 1700.
- November 10\textsuperscript{th} Ping-Pong Tournament 1400 @ WZ.
- November 15\textsuperscript{th} BOSS Meeting 1500 @ WZ.
- November 17\textsuperscript{th} Alaska Escape Room @ 1300.
- November 20\textsuperscript{th} Volunteering at the Thrift Shop @ 1130-1230.

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

DeCA
Anchorage Area Commissary

Ermies Hernandez
Store Director
November Sales Event

Seasonal items & core products for your holiday meal are on display.

It’s Worth the Trip!

VALCHRIS TURKEYS’ WHILE SUPPLIES LAST .49 per lb.

RED RIBBON
Annual Plant Event
Best deal in town just in time for the holidays.
15 Nov – 14 Dec
HELP US WIN $200.00 IN GIFT CARDS FOR OUR COMMUNITY
11 NOVEMBER 2018
YOUR COMMISSARY HOLIDAY OPERATING HOURS WILL BE SUNDAY 0900-1800HRS

22 NOVEMBER 2018
YOUR COMMISSARY WILL CLOSE IN OBSERVANCE OF THE THANKSGIVING HOLIDAY
Community Action Council

Army & Air Force Exchange Service

Exchange News

Raymond S. Stewart III
FREEEEEEEEEEEE!

FEE FREE LAYAWAY

STARTS SEPTEMBER 1
SOME RESTRICTIONS APPLY:
* $3 service fee waived if layaway picked up in full.
* $5 cancellation fee applies
* Limited Time Only

America’s Premier Joint Base
FEELIN’ LUCKY?!?!
BE A WINNER!

HOME FOR THE HOLIDAYS SWEEPSTAKES

YOU COULD WIN $5,000!

Use MILITARY STAR.

1X at any exchange + 1X at the commissary

November 1 – 15 and be automatically entered to

WIN $5,000 cash. Five shoppers will win.

Bonus! You’ll enter automatically in our “You’ve Holiday Bill On Us Sweepstakes”!

EARN REWARDS FASTER!
SHOP YOUR EXCHANGE AND COMMISSARY

A purchase is necessary to enter or win. A purchase does not increase the chance of winning. Visit myMILITARYSTAR.com/win for details.
BILL? WHAT BILL?

5TH ANNUAL

“YOUR HOLIDAY BILL IS ON US”

SWEEPSTAKES

WIN YOUR ENTIRE MILITARY STAR BALANCE PAID IN FULL!

5 GRAND PRIZE WINNERS!

Every time you use your MILITARY STAR card, you’ll automatically be entered to win!

NOVEMBER 1 – DECEMBER 31, 2018

GRAND PRIZE
5 WINNERS
ENTIRE BALANCE account credit
Minimum prize $2,500

2ND PRIZE
10 WINNERS
$1,000 MILITARY STAR account credit

3RD PRIZE
25 WINNERS
$500 MILITARY STAR account credit

America’s Premier Joint Base
Community Action Council

Military Society of Model Railroad Engineers

Home of the North Star Railroad Empire
located in Matanuska Hall, Building 7153,
on Fighter Drive, Basement Room 35

Hours of Operations:
Tuesdays: 1900 hrs. to 2130 hrs.
Saturdays: 1300 hrs. until U go home

Club is available 24 / 7 for members.
Calendar of Events:

Saturday, Nov 17\textsuperscript{th} ~ Third Saturday Open House
Saturday, Dec. 16th ~ Third Saturday Open House

Tuesday, Dec 19th ~ MSMRRE Christmas Party
1800 hrs. ~ 2100 hrs Pot-luck & Gift Exchange

Saturday, Jan 19th ~ Saturday Open House
Saturday, Feb 16th ~ Saturday Open House
All Open House days: 1000 hrs. ~ 1700 hrs.
Military and Family Readiness Center Presents

JBER Spouses Orientation

November 29
9 a.m. - 3 p.m.

Discover the meaning of “being married to the military.”

Like any community, we have our traditions, customs, lingo, and ways of working with each other.

- Find out how to make military life easier on you and your family
- Meet people who can help you

Contact us for more information.
Richardson Spouses’ Club
A community for all military affiliated spouses

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

Winter is Coming Here!

“DO BROWN BEARS HAVE A HUMP OR A RUMP? “WHAT IS FUR RODY?”
“WHAT IS THE RECORD FOR THE MOST SNOWFALL IN 24HR IN ANCHORAGE?”

TEST YOUR AK KNOWLEDGE AT OUR TRIVIA LUNCHEON!

Who: ALL MILITARY SPOUSES—JUST JOIN THE RSC!
When: THURSDAY, NOV. 15 @ 11AM-1PM
Where: ARCTIC WARRIOR EVENT CENTER (AWEC)
9387 KUTER AVE ANCHORAGE, AK 99506

TO LEARN MORE & RSVP GO TO WWW.RICHARDSONSPOUSESCLUB.COM

America’s Premier Joint Base
Richardson Spouses’ Club

Richardson Thrift Shop

SPECIAL HOLIDAY ADDED HOURS:  
OPEN 2nd Saturdays in Nov & Dec (11/10, 12/8) from 11-2  
(extra volunteers needed for these days on 11/9, 11/10, 12/7, 12/8)

New General Open Hours:  
Tues & Thurs 10-2, Wed 11-5

• Send questions to JoEllen at thriftshop@richardsonspousesclub.com

• Open for volunteering/set-up help 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!
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.IWILLWAITVSP.COM

*Includes lunch!
Visit [www.richardsonspousesclub.com](http://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!), register for luncheons, sign-up to volunteer … and much, much more. Here's what you need to do:

- Go to [www.richardsonspousesclub.com](http://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.
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<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td>Alaska</td>
<td>Nov 4</td>
<td>5 Make Monday's Great Monday Night Football</td>
<td>6 Tour De Food 1600 Nachos</td>
<td>7 Volunteer Orientation 1730 - If you are not able to make it to this orientation, we do 1 on 1 orientations all the time.</td>
<td>8 Special Tour De Food 1600 - And Watching Incredibles 2 with Popcorn</td>
<td>9 Red Shirt Friday - Marine Corp &quot;Jobs for Joes&quot; and Marine Corp Birthday celebration at Main BX 1200</td>
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<td>12:00-2:00</td>
<td>5:00-7:00</td>
<td>National Nachos Day Election Day</td>
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<td>10 Marine Corp Birthday Pancake Breakfast 9-11 am Richardson Community Center 338 Hoornah JBER</td>
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<td>11 Veterans Day</td>
<td>12:00-2:00</td>
<td>13 Tour De Food 1600 Chicken and Waffles</td>
<td>14 Movie Night 1600 Star Trek</td>
<td>15 Tour De Food 1600 - Tacos Happy Birthday 1600</td>
<td>16 Red Shirt Friday Movie Night 1800 Marine 6</td>
<td>17 Do you have a traditional dish that you would like to make for Thanksgiving? Or just an idea that we can make-let us know!</td>
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<td>18 Taco Soup for the Game</td>
<td>19:00-2:00</td>
<td>20 Tour De Food 1600 Loco Moco</td>
<td>21 Come bake at the Center-getting ready for Thanksgiving</td>
<td>22 Tour De Food 1600 Thanksgiving</td>
<td>23 Red Shirt Friday Leftovers Day</td>
<td>24 Do you have spare time at home? And you would like to do some volunteering for the center from home? - Let's talk about it!</td>
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<td>25 Nachos for the Game</td>
<td>26 Making Monday's Great Monday Night Football</td>
<td>27 Tour De Food 1600 Chili and Cornbread</td>
<td>28 Volunteer Orientation 1730</td>
<td>29 Tour De Food 1600 - Tacos</td>
<td>30 Red Shirt Friday Stop by the Center and Help us decorate for Christmas</td>
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https://www.facebook.com/usojber/

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

America’s Premier Joint Base
Calendar Highlights

**November**
- 8 Nov - Community Action Council (Virtual)
- 9 Nov - USARAK Training Holiday
- 12 Nov - Veterans Day (Observed)/ASD In-Service Day
- 22 Nov - Thanksgiving Day
- 23 Nov - PACAF Family Day/USARAK Training Holiday
- 29 Nov - JBER Spouses Orientation (0900-1500 @ Bldg 4986)

**December**
- 1 & 2 Dec - UTA/Drill Weekend
- 6 Dec - JBER Holiday Tree Lighting (1800 @ Bldg 1 on JBER-R)
- 13 Dec - Community Action Council
- 21 Dec thru 6 Jan - ASD Winter Break
- 21 Dec - Winterfest (1200-2000 @ Hillberg)
- 24 Dec thru 6 Jan - USARAK ½ Day Schedule
- 24 Dec - PACAF Family Day/USARAK Training Holiday
- 25 Dec - Christmas
CAC slides are posted at: http://www.jber.jb.mil/

Our next meeting will convene at 0930, 13 December 2018 in the JBER-Richardson Community Education Complex (Building 7).

We value and appreciate your comments. Please provide 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