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Fort Wainwright, Alaska

April 22, 2016

First Gray Eagle flight expands Army aviation capability in Alaska

Staff Sgt. Sean Brady
U.S. Army Alaska
Public Affairs

It was a cool April morning and the Arctic Falcons of U.S. Army Alaska Aviation Task Force were hard at work, as CH-47 Chinooks, UH-60 Blackhawks and AH-64 Apaches checked systems in preparations for lift-off – a typical day for Army aviation in Alaska.

The morning of April 11 was especially important for the Soldiers of UATF's Delta Company, 25th Aviation Regiment "Gray Eagle" as they prepared for the inaugural flight of the MQ-1C Gray Eagle Unmanned Aerial System.

Just minutes past 10 o'clock, the Gray Eagle left the tarmac, gaining altitude on its first flight in Alaskan airspace. Gray Eagle arrived in Alaska late last year to enhance the tactical capabilities of commanders in USARAK Aviation, Stryker and Airborne units, along with joint partners.

"It's taken more than four years and included countless federal and Department of Defense personnel to move Gray Eagle in Alaska forward," said Retired Chief Warrant Officer 4 Reed Greenwood, USARAK's lead aviation



Spc. Devin Pisani, an Unmanned Aerial System Maintainer, with Delta Company, 25th Aviation inspects the airframe of an MQ-1C Gray Eagle before take-off, April 12, at Fort Wainwright's Ladd Army Airfield. The Gray Eagle is the most recent addition to U.S. Army Alaska Aviation Task Force and provides USARAK commanders real-world combat assets for training in Alaska. (Photo by Staff Sgt. Sean Brady, U.S. Army Alaska PAO)

planner. "Making Gray Eagle a reality required USARAK to work closely with DoD-level aviation managers and to solicit recommendations and involvement from the Alaska public through a half-dozen

outreach events."

The versatility of Gray Eagle gives units in Alaska the ability to train for wartime tasks with real-world combat assets. The aircraft is the newest addition to UATF's

inventory, capable of operating in extreme cold regions across the globe.

"With the addition of the Gray Eagle, we continue to provide top notch, professional aviation support to the Stryker

and Airborne Brigade while simultaneously maintaining MEDEVAC and aerial firefighting capabilities for the Army and our local partners,"

See GRAY EAGLE on page 3

USARAK welcomes new Command Sergeant Major

Sgt. 1st Class Joel F. Gibson
U.S. Army Alaska Public Affairs

Command Sgt. Maj. Terry Gardner relinquished responsibility for U.S. Army Alaska to Command Sgt. Maj. Michael Ferrusi in a change of responsibility ceremony at Hangar 1, Joint Base Elmendorf-Richardson, April 14.

Representatives from USARAK units across JBBER and Fort Wainwright participated in the ceremony marking the change in enlisted leadership for the Arctic Warriors.

Maj. Gen. Bryan Owens, the USARAK commanding general, remarked on the decade and a half Gardner spent in Alaska as a Soldier.

"We have been very fortunate to have a Soldier's Soldier among the Arctic Warriors and their families for so long," said Owens.

Gardner previously served as the Command Sergeant Major the 4th Airborne Brigade Combat Team, 25th In-

See USARAK on page 10



Maj. Gen. Bryan Owens passes the U.S. Army Alaska colors to Command Sgt. Maj. Michael Ferrusi during a change of responsibility at Joint Base Elmendorf-Richardson, April 14. The act of the commanding general passing the colors to the incoming command sergeant major signifies Owens charging Ferrusi with the responsibility for USARAK. (Photo by Sgt. 1st Class Joel F. Gibson, U.S. Army Alaska PAO)



Archbishop Timothy Broglio (center) celebrates Holy Mass at Bassett Army Community Hospital, April 14, alongside Deacon Stan Gwizdak (left) and Chaplain Maj. James Peak. Broglio spent the afternoon visiting with Bassett ACH staff members as part of a week-long tour of Alaska military installations. (Photo by Chaplain Maj. Jason Bruce, Medical Department Activity – Alaska)

Archbishop for Military Services visits Bassett Army Community Hospital

Brandy Ostanik
MEDDAC-AK PAO

Archbishop Timothy Broglio visited staff members and patients at Bassett Army Community Hospital, April 14, during a tour of Alaskan military installations. Broglio met with leadership, military and civilians, to learn about the Medical Department Activity – Alaska mission as well as the spiritual and wellness programs that support the military community.

Broglio, Archbishop of the Military Services, was appointed the head of the Archdiocese for Military Services in 2007 to provide the Catholic Church's full range of pastoral ministries and spiritual services to those in the

United States Armed Forces.

His visit to Bassett began with Broglio celebrating Holy Mass for Catholic staff and community members, alongside Chaplain Maj. James Peak and Deacon Stan Gwizdak.

"I was very pleased that a hospital was included in my visit to Fort Wainwright," said Broglio to those in attendance. "I owe my existence to a hospital. You see, in 1933, my mother was a registered nurse at City Hospital in Cleveland where my father was in his residency, and that is where they met; without a hospital, I wouldn't be here," he joked.

Following Mass, lunch was provided for those in attendance, allowing everyone an

See ARCHBISHOP on page 3

WEEKEND WEATHER



Friday

Mostly sunny.
Highs in the mid
to upper 50s.



Saturday

Partly sunny.
Highs near 60.
Lows in the
30s.



Sunday

Mostly cloudy.
Lows in the
mid 30s. Highs
around 60.

IN BRIEF

Join us for Fort Wainwright's annual Earth Day celebration on Tuesday, April 26 from 9 to 11:30 a.m. at the Physical Fitness Center, building 3709. Fun and educational for all ages, the event will offer several Earth Day-themed activities courtesy of our community partners. In addition, Green Star of Interior Alaska, with assistance from Mainscape, will once again be collecting your unwanted electronics for recycling free of charge from 9 a.m. to 4 p.m.

The Fairbanks North Star Borough and Fort Wainwright will host a job fair on Friday, May 6 from 10 a.m. to 5 p.m. at the Pioneer Park Civic Center. The event will connect job seekers with employment opportunities on post and throughout the area. For a complete list of available federal positions, visit www.usajobs.gov.

National Prescription Take Back Day

Heather Green
Fort Greely Army Substance Abuse Program Manager

On Wednesday, April 27 from noon to 4 p.m. at the Fort Greely Medical Clinic, the Army Substance Abuse Program and the Drug Enforcement Administration will give the Fort Greely community its eleventh opportunity in six years to prevent pill abuse and theft by ridding their homes of potentially dangerous, expired, unused, and unwanted prescription and non-prescription medication.

It was reported by the Alaska Department of Health and Social Services that, "soaring heroin death rates in Alaska still don't outpace the rate of fatal overdoses from prescription opioid pain relievers."

According to Dr. Jay Butler, the state's chief medical officer and director of the public health division, "fatal overdoses linked to prescription pain medications dropped considerably in 2010 after pharmaceutical companies changed formulations to deter abuse but then began rising again. Alaska's prescription opioid pain relievers overdose death rate was more than double the national rate in 2012, the most recent year national data was available."

Although prescription drug abuse affects many Americans, certain populations, such as youths, older adults, and women, may be at particular risk. Medicines that remain in home cabinets are highly predisposed to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are alarmingly high, as are the number of accidental poisonings and overdoses due to

these drugs.

Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards.

In an effort to address this problem, the DEA, in conjunction with state and local law enforcement agencies throughout the United States, is supporting the continuation of National Prescription Take Back Day.

Last September, Americans turned in 350 tons—that's more than 702,000 pounds—of prescription drugs at more than 5,000 sites operated by the DEA and more than 3,800 of its state and local law enforcement partners. Overall, in its 10 previous Take Back events, DEA and its partners have taken in over 5.5 million pounds—more than 2,750 tons—of pills.

The Fort Greely community and those who have access to the garrison are encouraged to bring pills for disposal to the Fort Greely Medical Clinic, Building 655, E. 5th Street. The DEA cannot accept liquids, needles or sharps; only pills or patches. The service is free and anonymous. No questions will be asked and no identification is required to drop off medications.

For more information about the disposal of prescription drugs or about the April 27 Take Back Day event, go to the DEA Diversion website.



Heather Green is the Fort Greely Army Substance Abuse Program Manager. ASAP is coordinating the 2016 Prescription Take Back Day with the Drug Enforcement Administration, Fort Greely Department of the Army Police and the Fort Greely Medical Clinic. (Photo by Rodney McNany, Fort Greely PAO)

Nutrition Corner: Popular diets explained

Nutrition 101

Vegetarian and Vegan Diets: Vegetarian diets consist of a range of eating patterns that omit one, some, or all animal products from consumption. On the least restrictive end of the spectrum is what's known as a lacto-ovo vegetarian diet where meat and poultry are excluded, but dairy products and eggs are included; a variation on this protocol is the Pescetarian Diet where fish is also included.

On the other end of the spectrum is an eating style known as veganism, which strictly excludes all animal-based products, such as honey, and processed food ingredients that are derived from animal products, such as gelatin and casein.

There are many reasons that people choose to follow a vegetarian eating style, from those related to philosophical beliefs, to religion and culture, to health.

Vegetarianism can be a very healthy method for removing excess fat and calories from the diet. However, it must be done strategically in order to ensure the body receives the appropriate amounts of calories and nutrients.

One important issue to consider when removing meat and other animal-based products from the diet is that these foods are often major sources of essential amino acids, vitamins and minerals. Ensuring that we acquire these things from another

source is crucial for health.

If you are thinking about trying a vegetarian diet, meet with a dietitian to get all the information you need to do it the healthy way.

For more information about vegetarian diets, visit www.eatright.org/resource/food/nutrition/vegetarian-and-special-diets/curious-about-vegetarianism.

Featured Food

Tofu. Animal proteins tend to contain all nine essential amino acids, whereas plant-based proteins do not; an exception to this rule is soy.

Soybeans are a type of legume that are well known as a "superfood" partly because of their unique amino acid

profile which contains all essential amino acids necessary for the human body.

Tofu, also known as bean curd, is a product made by coagulating soy milk. This product is very versatile because of its variety of consistencies and ability to take on any flavor with which it is combined.

Recipe Spotlight

There are vast arrays of recipes that feature tofu, from stir fry to smoothies. Find a favorite recipe at home and substitute the milk for soy milk, or switch out the meat or egg product for firm tofu. You'll be surprised at all the wonderful things you can create.



Garrison Command Sgt. Major Kevin M. King
Fort Wainwright

Arctic Ice

The U.S. Army Garrison Fort Wainwright team is dedicated to continuously improving our programs and services so that we can best serve Soldiers, families and our community, and meet their evolving needs. We have recently been recognized for our work in this area, having been chosen as the recipients of the Army Communities of Excellence Bronze Award. Forty-five garrisons submitted ACOE packets and once again the Fort Wainwright Community was named as one of the Army's top installations. This now makes the third year in a row the installation and its surrounding communities have earned such a distinction.

The ACOE program is a component of the Army's Continuous Process Improvement program and supports evaluating the effectiveness of a garrison's integrated management systems. ACOE recognizes Installation Management Command garrisons with integrated systems that demonstrate a measurable commitment to a performance-based, customer-centric culture. The ACOE criteria looks for approaches to operate the garrison that lead to innovative and continuous improvement. It also looks for best business practices, procedures and processes for potential application throughout IMCOM, and effective

and efficient integrated systems that directly contribute to enabling Army readiness and global responsiveness.

Every year, there is one Gold awardee, one Silver, two Bronze and two Most Improved. The competition packet submitted can be up to 50 pages and is a compilation of examples of great work done throughout the garrison directorates and offices. This May 26, members from the Fort Wainwright Garrison, including Benjamin Ehlers, Steven Schack, Peter Yatsyla and Col. Sean C. Williams, will head to Washington D.C. to meet with other installation winners and receive this year's Fort Wainwright award.

Our Garrison's Backbone

Susan Hart, Branch Manager for Personnel Actions, Military Personnel Division, Directorate of Human Resources.

If you've walked into Susan Hart's office in building 3401, you were mostly likely greeted with an enthusiastic smile, a willingness to listen, and a quick response to whatever question you have. That's because with Susan's remarkable background, she is a wealth of knowledge, and it is clear that Soldiers are her priority. As her colleague Dena Kiestler put it, "Susan is upbeat and a pleasure to work with and knows where to look for answers." Susan is part of a great team at MPD and an example of a garrison team member who cares about her customers.

Justin Glenn, Community

From the desk of the Garrison Command Sergeant Major

Recreation Division Chief, Family and Morale, Welfare and Recreation.

"If I could say one thing about Justin, he is a great leader." That sentence summed up the comments of Robert Rucker III, facility manager at the Physical Fitness Center, about his division chief, Justin Glenn. He keeps people informed, he's open to new ideas, he comes out into the field and makes an effort to know the names of front-line team members, were some of the reasons behind Robert's statement. Justin is a leader who models kindness, patience and a dedication to customers.

"Justin really does have that leadership ability that cannot be learned," said Brooke Haley, director of FMWR. "It is a natural gift that he has."

Arctic Education

On April 27, Fort Wainwright will host the Ready and Resilient Terrain Walk for leaders who are relatively new to Fort Wainwright from 9 a.m. to 12:30 p.m. with a second session from 1:30 to 5 p.m.

The target audience includes Brigade, Battalion, and Company Command Teams, Platoon Leaders/First Sergeants, FRG leaders and spouses who want to know more about services that they can inform their Soldiers and family members about. The Terrain Walk highlights nine programs (the Physical Fitness Center, Religious Support Office, Comprehensive Soldier and Family Fitness, Performance Triad, Army

Wellness Center, Outdoor Recreation, Behavioral Health, Army Substance Abuse Program and Army Community Services) that provide resources to overcome challenges to resilience and increase readiness. Each session begins at the Physical Fitness Center, where several service providers will talk with participants about the services they provide.

Then participants will be bussed to five different locations to meet with representatives from the participating organizations at their facilities, so participants can put faces to names and actual buildings to programs. For more information about the three-and-a-half-hour program, contact Christine Donovan at 353-9721.

Command Sgt. Maj. King can be reached for questions or concerns at 353-7665, by blackberry at 347-3449, and email at kevin.m.king3.mil@gmail.



(Courtesy Photo)

Archbishop: Broglio welcomed by FWA

Continued from page 1

opportunity to visit before he toured the hospital and visited with staff on the maternal newborn unit and the emergency department.

Broglio thanked staff members throughout the hospital for their willingness and ability

to care for others through their work, whether they were medical or support staff.

"Fundamentally, each one of us is sent forward with the responsibility to share what it is we have received, be it here in a hospital community, our homes or wherever we are led," said Broglio.



Archbishop Timothy Broglio, the Archbishop for the U.S. Military Services, gave the Sacrament of Confirmation to several Good Shepherd parishioners on the vigil of Good Shepherd Sunday at the Southern Lights Chapel on Fort Wainwright, April 16. (Photo by Teresa White, Fort Wainwright PAO)

Gray Eagle: Aviators ready to fly 24 hours a day

Continued from page 1

said Col. B lake Alexander, UATF commander.

UATF's diversity is shown not only by the aircraft they have but through the variety of their missions and operating environments. Alaska has a range of weather and environmental conditions that cannot be replicated anywhere in the United States.

With extreme altitudes over the highest mountains in North America and in temperatures ranging from 90 degrees in the summer to minus 50 degrees in the winter, UATF aviators are ready to fly 24-hours a day, seven days a week, in support of emergency response medical evacuation missions for the Alaska Rescue Coordination Center and fight summer wildfires in support of the Bureau of Land Management. These missions go beyond the requirement to provide trained and ready aviation units to the U.S. Pacific Command and for other global contingency operations.

With the addition of an AH-64 Apache battalion in August 2015, UATF now has an aerial attack capability never seen before in Alaska. These arctic-capable Apaches are outfitted with skis year-round, stabilizing the aircraft when landing on muskeg, snowpack and glaciers. The 1st Attack Reconnaissance Battalion, 25th Combat Aviation Brigade is currently testing an equipment pod to hold aviators' extreme cold-weather survival gear, a unique requirement for combat operations in extreme cold



An MQ-1C Gray Eagle, assigned to Delta Company, 25th Aviation takes-off from Ladd Army Airfield, April 12, at Fort Wainwright. (Photo by Staff Sgt. Sean Brady, U.S. Army Alaska PAO)

regions like the Arctic.

The current era of Army aviation in Alaska began in 2005 with Task Force 49, a medium combat aviation brigade headquarters. Over the next five years, TF 49 deployed seven modular aviation units to Iraq over five separate deployments. In 2011, TF 49 transitioned to become 16th Combat Aviation Brigade and the headquarters moved to Joint Base Lewis-McCord, Washington.

Now under the complete mission command of UATF

and USARAK, Alaska aviation battalions have deployed modularly to Afghanistan and Korea and have supported five National Training Center rotations at Fort Irwin, California.

"I'm extremely proud of the accomplishments of the UATF headquarters and staff over the last 10 months," said Alexander. "This unit has demonstrated they can provide the leadership, coordination, mission command and oversight to achieve any mission for the Army and the

state of Alaska."

With more aviation combat power now in the Pacific region than in recent memory, UATF stands ready to fly, fight and train in an area bigger than Texas, Montana, California and Kansas combined. Within that area is the Joint Pacific Alaska Range Complex, a series of training areas open to joint, interagency and multinational training. The JPARC consists of 65,000 square miles of airspace and 2,490 square miles of land space with 1.5 million acres of maneuver

land. The space allows for full-spectrum engagements, combined arms exercises, and unique opportunities to train with international partners.

"We are looking forward to maintaining our engagement in the Pacific with the Nepalese Army Aviation and future coalition partnerships," said Alexander. "I'm really looking forward to this summer as we expand our joint capabilities with the U.S. Air Force during the upcoming Red Flag and Arctic Anvil training exercises."

MEDDAC Minute

Important Phone Numbers

Emergency: 911
24-Hour Nurse Advice Line: (800) 874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
Tricare Online: www.tricareonline.com
United Health Care: www.uhc.militarywest.com, (877) 988-9378

Performance Triad Tip

Research shows a connection between physical and emotional health problems, such as post-traumatic stress disorder and cardiovascular disease or depression and diabetes.

Care Enough To Call

In March, 466 appointments went unused due to no-shows. If you are unable to make an appointment, please call 361-4000 to cancel as soon as possible. This allows us to rebook the appointment for a beneficiary in need.

Denim Day 5K

Bassett ACH is hosting a 5K to highlight Sexual Assault Awareness Prevention Month at 5:30 a.m., April 28. Registration will begin at 5 a.m.

and participants are encouraged to wear teal in support of National Denim Day. Families are welcome. Call 361-7272, for more information.

Anonymous or Not

Sometimes being anonymous is not a good thing. When filling out Interactive Customer Evaluation forms, leaving contact information helps us to better serve our beneficiaries. Many times the issue is something we can easily fix, but without contact information, we are not able to remedy the situation. Giving us a name and number allows us to contact the beneficiary and correct the problem on the spot.

Summer Sports Physicals

Summer sports will soon be underway. Don't delay in getting your children, ages 3 to 18, a physical at our first summer Sports Physical Clinic from 4 to 6 p.m. on May 17. Appointments are strongly encouraged, but walk-ins will be accepted until capacity is reached. Call 361-4000.

Army Medicine's Ambassador Program

Subject matter experts from MEDDAC-AK are available to speak to Family Readiness Groups, units, organizations or clubs. To schedule a speaker on health care topics or programs offered through MEDDAC-AK, call 361-5091.

Changing Lives, Changing Communities
Big Brothers Big Sisters of Alaska
PO Box 73924 452-8110

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The Interior Military News Connection

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The ALASKA POST - The Interior Military News Connection

PACAF Airmen stand up air contingent in Philippines

Headquarter Pacific Air Forces Public Affairs

Airmen assigned to the Pacific Air Forces stood up the first rotation of an air contingent at Clark Air Base, Philippines, April 16, following a joint announcement by Secretary of Defense Ash Carter and Philippine Defense Secretary Voltaire Gazmin in Manila that highlighted several initiatives aimed to enhance bilateral relations between the two nations.

The air contingent is comprised of five A-10C Thunderbolt IIs from Osan Air Base, South Korea; three HH-60G Pave Hawks from Kadena AB, Japan; and approximately 200 personnel deployed from multiple Pacific Air Forces units. The air contingent will promote interoperability and provide greater and more transparent air and maritime domain awareness to ensure safety for military and civilian activities in international waters and airspace. The flights further enhance ongoing maritime situational awareness missions by U.S. Navy P-8 Poseidon at Clark AB. The air contingent's missions will include air and maritime domain awareness, personnel recovery, combating piracy, and assuring access to the global commons.

"It's a tremendous privilege having PACAF aircraft and Airmen constitute the air contingent's first rotation that will lay the foundation for joint air patrols and promote stronger ties with our Philippine partners," said Gen. Lori Robinson, the PACAF commander.

The aircraft and approximately 175 Airmen, including aircrew, maintainers, logistics and support personnel, remained in place to stand up the air contingent following their participation in exercise Balikatan, April 4-16. During the exercise, PACAF Airmen joined more than 7,000 personnel in the two countries' premier bilateral event to conduct a variety of missions that enrich the bilateral partnership and commitment to the mutual defense treaty.

The remaining 30 air contingent Airmen will deploy from PACAF headquarters at Joint Base Pearl-Harbor-Hickam, Hawaii, as well as several other PACAF bases.

"By leveraging forces already operating at Clark AB, the standup of the air contingent required a minimal additional investment and will help to strengthen ties with our Philippine allies," said Brig. Gen. Dirk Smith,

the PACAF director of air and cyberspace operations. "Standing up this air contingent is just one way we are exercising our continued presence and demonstrating our commitment to partners and allies in the Indo-Asia-Pacific region."

The A-10C is a multirole aircraft with the loiter capabilities and maneuverability at low air speeds and altitude necessary for conducting the air contingent's air and maritime domain awareness and personnel recovery missions. The Pave Hawk is the Air Force's premier personnel recovery platform, capable of conducting a diverse array of missions

the air contingent allow us to strengthen working relationships and become more interoperable with our Philippine partners and enable our aircrew and support personnel to become familiar with operating in this region."

Following the completion of the first air contingent rotation, PACAF Airmen and aircraft are projected to redeploy to their assigned units in the U.S. Pacific Command area of operations, and will be replaced at a future date by aircraft and personnel from either PACAF or other military services. Follow-up rotations of additional aircraft and personnel will be determined in consultation with the Philippine

Additionally, Carter noted the U.S. will stand up a rotational, combined command and control element at Camp Aguinaldo after the conclusion of exercise Balikatan. Approximately 80 personnel will comprise the initial rotation of this forward coordination element, with Marines from the 3rd Marine Expeditionary Brigade forming the nucleus and representation from the U.S. Navy, Army and Air Force. The element will support increased operations, activities and actions in the region, and will enhance combined command and control capabilities between both nations.

"There is going to be regular,



An A-10C Thunderbolt II, with the 51st Fighter Wing, Osan Air Base, South Korea, sits on the flightline of Clark Air Base, Philippines, April 16, after having flown missions in support of exercise Balikatan 16. The A-10Cs stayed to support a new air contingent in the Indo-Asia-Pacific region. The contingent provides opportunities to expand cooperation and interoperability with Philippine counterparts and reassure partners and allies of the United States' commitment in the region. (Photo by Staff Sgt. Benjamin W. Stratton)

including civil search and rescue, medical evaluation, and humanitarian assistance and disaster recovery operations.

"Selecting the A-10C and HH-60Gs for this mission was strategically and economically the right decision as it allows us to use forces already deployed to the Philippines for exercise Balikatan," Smith said. "Balikatan and

government.

Along with standing up an air contingent, Carter announced several new bilateral alliance initiatives, including ongoing joint patrols with U.S. and Philippine maritime forces in the South China Sea and a routine patrol by the USS John C. Stennis in the region following its participation in exercise Balikatan.

periodic presence here of American forces," said Carter during the April 14 joint press conference in Manila. "It may change in its nature, timing and duration, depending on what we and the Filipinos decide is optimal."

Army to launch resident housing survey April 28

Staff Report

North Haven Communities LLC

North Haven Communities residents will receive an email on April 28 from CEL & Associates, the company hired by the Army to conduct a resident satisfaction survey for all privatized residential communities across U.S. Army installations. Residents will be asked for candid feedback about their experiences living with North Haven, from move-in through residency.

"Feedback from our residents is very important and we want our families to know that we do listen," said

Ron Johnson, project director of North Haven Communities. "For example, recently installed locks on mailboxes and additional family activities, such as our bi-weekly craft hours—were the direct result of suggestions we received from residents."

The online survey takes about five minutes to complete, and in addition to rating North Haven in a variety of areas, residents will have an opportunity to share ideas and suggestions. Resident comments and suggestions will help North Haven and garrison leadership identify areas where the property operations team is realizing success, as



(Photo courtesy North Haven Communities LLC)

well as areas in need of improvement or where there might be a need for a program or service.

Residents who do not receive an email from ARMYHousingSurvey@celassociates.com on April 28, or have questions about the survey are encouraged to contact their community center.

Complete your survey and win

The early bird catches the worm. At North Haven, residents who complete and submit their survey by May 5 will be eligible for an Early Bird Prize Drawing. Two Yeti coolers and two 18-cubic

foot Kenmore chest freezers (camouflage pattern) will be given away.

Fishbowl Fridays are another reason for residents to submit their completed surveys early on. A total of \$1,000 in gift cards and three BBQ grills will be awarded in random drawings held every Friday during the survey period that ends on May 30. And everyone who completes and submits their survey will be eligible to win one of three \$1,000 Visa gift cards in a prize drawing to be held on May 31.

History Snapshot

L. Amber Phillippe
Landscape Historian, DPW

Heated utilidors were necessary to keep water pipes from freezing, and at Ladd Field they were also designed to serve as hallways. They were placed directly under the main sidewalks in North Post, and the heat they gave off could also keep the sidewalks free of snow. The utilidors were quite a novelty. One visitor remarked in a bit of an exaggeration that at Ladd, "you do everything underground, and don't come up except to fly." Utilidors did not reach to areas of the field that were not connected to the steam heat system though, such as Quonset hut quarters, which were heated by coal stoves. (File photo)

Alaska National Guard Soldier breaks stereotypes with style

Staff Sgt. Balinda O'Neal Dresel
Alaska National Guard PAO

When not wrenching on a UH-60 Black Hawk helicopter for 40 hours a week, one Alaska Army National Guardsman trades in her flight suit for a pair of sneakers and the dance floor.

Sgt. Brianna McMillen is a crew chief with 1st Battalion, 207th Aviation Regiment, and has served five years in the Alaska Army National Guard. The crew chief seat however, takes a backseat to her true passion: break dancing.

Break dancing, or breaking, is a musical art form that incorporates a style of street dance typically danced to certain ranges of tempo and beat patterns like hip-hop and funk music.

McMillen, an Anchorage native and 2010 graduate of South Anchorage High School, said she became interested in breaking about eight years ago. "I saw a couple kids break dancing at my high school and I thought that the moves they were doing were really cool and crazy," she said.

When she started, McMillen practiced alone in her garage. "I was shy about it at first," she said. "I've always been athletic and liked music, but never really had any natural groove."

There is depth, culture and thrill to the break dancing scene which encompasses graffiti, DJ-ing, rapping and dancing, McMillen explained. The terms b-boy, b-girl and breaker are used to describe the performers, who usually use nicknames or performance names.

"I go by B-Girl Snap One," she said. "Snap because I'm actually double jointed and one was added because I am the only b-girl up in Alaska."

The style of acrobatic dancing has been around since the mid-1970s, growing in popularity as it made its appearances in countries like the United Kingdom and Japan. However, McMillen explained that there are few break dancers in Alaska.

"The hip-hop scene in Anchorage is very small. We are so very far away from the rest of the hip-hop scene in the United States and in the world," she said, who hopes to one day represent the U.S. at an international competition.

Breaking, Soldiering Requires Discipline

McMillen believes anyone can do incredible things if they put enough time and passion into their craft.

"Some people do it on their own, but 90 percent of break dancers have

a group or crew that they're with," she said. "You train, travel, practice and ultimately, grow up with them. When it gets hard and you want to quit, you're with all these people who you've been through so much with and you don't want to leave."

McMillen explained that the close relationships in her break dancing crew are not the only parallel with Army life. Self-discipline is the key to success both in break dancing and the military, she said, crediting the Army with helping her become disciplined.

"We are all athletes and need to treat our bodies right," McMillen said. "I think break dancing helps with my [Army] physical training."

McMillen often exceeds a perfect score on the Army physical fitness test. "A lot of females have difficulties lifting their own body weight and... that's all I do when break dancing is lift my own body weight," she said.

"The Army National Guard gives great opportunities for those who are seeking to better themselves in their own way," McMillen said.

Family, Education

McMillen joined the military with a deep admiration for family members that had gone before her. An added bonus was the help in paying for her education, which she puts into use as a part-time college student at the University of Alaska Anchorage.

"I am pursuing a degree in health and physical fitness to be a personal trainer and later a physical therapist," she said.

The self-discipline she acquired through breaking and her military training has set McMillen on a path toward success. She graduated with honors from basic combat and advanced individual training and from the Warrior Leader Course — the

Army's first step on the professional leader development ladder.

And her physical and mental toughness were continually tested as she attended the Basic Airborne School and took part in the Alaska Army National Guard Best Warrior Competition.

McMillen said she has made it her goal to show women that they are both physically and mentally capable.

"Just because you're a girl doesn't mean that you have to limit yourself," she said. "That doesn't mean that you can't become the best that you can be at something. If that means that I'm not going to be a world champion, then that's fine. I just want to know that I'm the best that I can be at that one thing."

"A person should always strive for something; if you're not, then what are you living for?" McMillen added.



Alaska Army National Guardsman Sgt. Brianna McMillen, a UH-60 Black Hawk helicopter crew chief with 1st Battalion, 207th Aviation Regiment, break dances at the Fairview Recreation Center in Anchorage, July 23, 2015. (Photo by Darel Carey, LiHai Art)



(Photo courtesy North Haven Communities LLC)

How to make a world of difference

Teresa White

Fort Wainwright Public Affairs

Climate change and whether humans are responsible for it has been a subject of debate for decades. However, the world's leading scientists are no longer divided. As stated at the 2014 United Nations Climate Summit, climate change – the gradual warming of our planet – is happening; it is a real and urgent threat with possible catastrophic consequences for all species, and it's almost entirely man's fault due in large part to greenhouse gas emissions from the burning of fossil fuels like oil, coal and gas. Limiting its impact, which includes the disruption of national economies, may require reducing greenhouse gas emissions to zero in the near future.

There have been many climate changes throughout our planet's history that have ranged from ice ages to warm periods. Most of these variations were due to natural factors such as changes in the energy of the sun or the earth's orbit. However, since the Industrial Revolution of the late 18th century, man has been directly influencing the earth's climate and moving natural progression along at a rate that has resulted in negative consequences such as changing rainfall and snow patterns, and premature blooming of vegetation and reduction of crop yields. The melting of glaciers and Arctic sea ice, another result of global warming, has resulted in warmer, more acidic oceans and higher sea levels that will continue to cause more frequent coastal flooding, eventually changing the coastline as we know it today. According to a Global Health Institute study that was published in the Journal of the American Medical Association last year, we can expect associated health risks like cardiac arrest, respiratory and infectious diseases, hunger and mental illness to become more prevalent with rising temperatures, too.

The time to act is now. According to the National Aeronautics and Space Administration (NASA) and the National Oceanic and Atmospheric Administration (NOAA), 2015 was the earth's warmest year on record, which, as predicted, continued the warming trend of past decades. Temperatures and dire consequences will only increase as trapped atmospheric greenhouse gases do the same.

The world has access to affordable, environmentally-clean tools and technologies, like solar and wind power, to make the permanent, low-emissions shift. But until the U.S. breaks its dependency on fossil fuels, we can make a difference by reducing our personal greenhouse gas contribution. According to the U.S. Environmental Protection Agency (EPA), "energy-related activities account for three-quarters of our human-generated greenhouse gas emissions." Lucky for us, these emissions can be minimized with a few living adjustments that will not only benefit the environment but your bank account (in the form of tax credits and lowered utility bills) as well.

Here are some adjustments to consider for your home this Earth Day:

- Consider purchasing Energy Star qualified products; over the last 20 years, these energy-efficient products have saved the world from greenhouse gas emissions equivalent to millions of cars (1.7 billion metric tons to be exact), while saving consumers billions in utility bills. These products range from TVs and DVD players to dishwashers, refrigerators, washers (opt for front loading as they use less water) and dryers, windows, doors, light fixtures and much more. Look for the blue Energy Star symbol.

- Change to fluorescent light bulbs, which use up to 75 percent less energy, produce up to 75 percent less heat and can last 10 times longer than a standard bulb. Consider installing dimmers, and don't forget to shut off your lights whenever you leave the room.

- Check for air leaks in your home. These can be big energy wasters as your air-conditioning and heating systems have to work harder to keep the inside of your home comfortable. Seal and/or insulate any of these areas (e.g. doors, windows, attics, basements, crawlspaces) to improve efficiency.

- Repair water leaks immediately. Check your toilets and faucets closely. Install water-conserving showerheads, and try to keep shower time to a minimum. Turn off the water while you are brushing your teeth and washing your face. Be aware of how many times you flush your toilets each day; consider installing a water-conserving toilet. Water your foliage only when needed and at the coolest time of day. Note that if you landscape with native species to your area, they will naturally require less irrigation.

- Put a timer on your water heater, one of the highest users of energy in the home, or simply turn it off when it is not needed. Also, consider adding insulation to the water heater and hot water pipes.

- Wash your clothes in cold water and only if you have a full load. Remove the lint from your dryer before every use. Do not over dry your items and consider using a lower heat setting. Better yet, hang your clothes out to dry.

- Consider tinting your windows and/or using drapes and blinds to block the sun. This will keep the home naturally cooler. Use ceiling fans instead of air-conditioning whenever possible. Remember to shut them off when you leave the room. Install a



programmable thermostat for more control as you go in and out throughout the day.

- Shut your heat off as soon as outdoor temperatures allow you to safely do so. Do not over heat your home. Keep windows and doors closed while the heat is on.

- Consider hand-drying your dishes instead of using the dry setting on your dishwasher. Cover your pots on the stove to conserve heat.

- Unplug items not in use, especially those not used daily, as there is a "stand-by" amount of energy being used. Plug items into power strips. Use sleep mode and hibernate on your computers so that they power down when not in use.

- Purchase furniture and other items that are made of recycled or recyclable material. Consider an eco-friendly car, carpooling, using public transportation, walking and/or biking, whenever possible.

Homeowners, get a residential energy assessment, also referred to as an energy audit. The average homeowner can save more than \$1300 per year after making the recommended energy efficient changes. To assist with these changes are several state and federal programs that encourage and help fund these improvements around your home. To find an Alaska energy rater, go to www.akenergyefficiency.org/get-an-assessment/.

William Chedister, Energy Manager for Fort Wainwright, says energy conservation is about having a deep understanding of the situation and changing behavior – the home being a good place to start. "Too often the term 'energy conservation' is taken to imply discomfort, or doing without. On the contrary, we can all enjoy energy efficient behavior every day. It can be as simple as not using what you don't need. Why take two trips to the store, when one trip with better planning saves time and gas? Why keep your residence heated to 'occupied' condition or your lights on when no one is there, or everyone is sleeping? Energy efficient behavior benefits everyone. Others around you will see the example you set. What do people see when they look at you?"

Know your birds or it could cost you

Familiarize yourself with the pictures to the left and below. It's that time of year again to cover the Migratory Bird Treaty Act, which reads:

Under the Migratory Bird Treaty Act it is unlawful to take migratory birds by any means or manner. This includes any attempt at hunting, pursuing, wounding, killing, or possessing/transporting any migratory bird, nest, egg, or part thereof. The Migratory Bird Treaty Act does not distinguish between unintentional and intentional take.

All Alaskan birds except grouse and ptarmigan (protected by the State) and rock doves are protected under the Migratory Bird Treaty Act. Rock doves (pigeons) are considered feral and are not protected by the State or Migratory Bird Treaty Act.

Felony consequences for violating the MBTA:

For each take of a federally protected bird or nest, there is a maximum penalty of \$15,000 and/or six months jail time. Each egg in a nest is considered a separate take; therefore, if a nest is taken that has two eggs in it there could be a maximum penalty of \$30,000.00 and up to one year incarceration.

Should you have any questions or concerns, contact DPW Environmental Division at 361-9686.

Cliff swallow nesting habits

Aleya Brinkman
USAG FWA wildlife biologist



Cliff swallow nests appearing beneath structures such as awnings and overhangs are a yearly occurrence in Interior Alaska. (File Photo)

Have you noticed these structures around Post? They are artificial nesting habitat for cliff swallows. The DPW Environmental Division is beginning an experiment to see if cliff swallows will use alternative nesting structures. Every spring thousands of cliff swallows nest on Fort Wainwright building roofs, lights, overhangs, loading bays and windows. The birds' excrement can quickly build to nuisance levels and mites from their nests can infest nearby areas. Over the years, people have become wise to preventing nesting by installing vinyl flashing and updating features such as smooth siding, reducing window insets, changing the shape of outdoor lights, and paving gravel parking lots, which the birds use for a mud source when it rains. However, cliff swallows nesting on Fort Wainwright's older buildings remains troublesome each summer.

Another serious problem with cliff swallows results when people deliberately knock down nests. The birds and their active nests are federally protected by the Migratory Bird Treaty Act, which means that knocking down nests with eggs and nestlings could be considered a felony violation. Every year there are several reports of cliff swallow nests being knocked down on Fort Wainwright. As a result, DPW Environmental Division is investigating ways to mitigate violations of the Migratory Bird Treaty Act and reduce negative human-wildlife interactions on Post. This summer, Salcha Delta Soil and Water Conservation District installed three habitat structures around Post, which will be annually monitored to determine if they are being used and can actually draw swallows away from areas of repeat violations. The results from this study will be used to guide future swallow management on Fort Wainwright.

While cliff swallows are mostly considered an annoy-



Earth Day Event Timeline

9 a.m.: Event starts

9 to 10:30 a.m.: Enjoy the activity booths; students complete the Scavenger Hunt

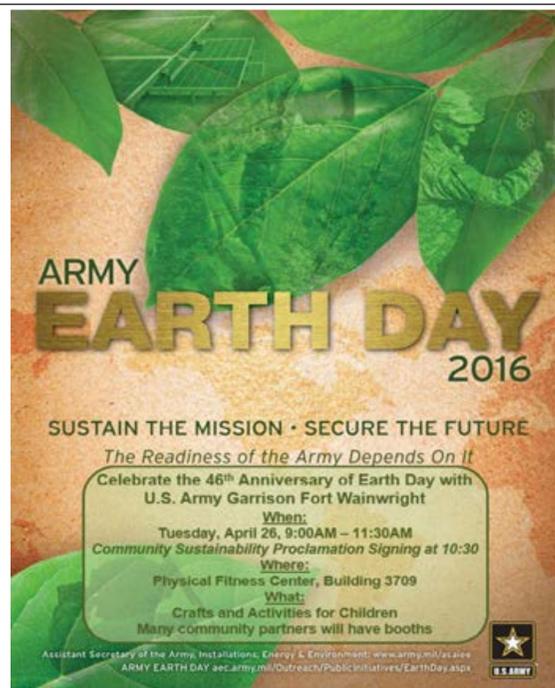
10:30 to 10:50 a.m.: Welcome from Fort Wainwright Garrison Commander Col. Sean C. Williams, comments from local community leaders, and signing of the Sustainability Proclamation

10:50 to 10:55 a.m.: Announcement of Scavenger Hunt winners and group photo

11:30 a.m.: Event ends

Participating Agencies

- North Haven Communities
- Fort Wainwright Environmental Division
- Fort Wainwright Industrial Hygiene and Occupational Health Medical Command Alaska
- Fort Wainwright Outdoor Recreation
- Fort Wainwright Child and Youth Services
- Fort Wainwright SKIES
- Fort Wainwright Youth Center
- FNSB Air Quality Division
- Armed Services YMCA
- Fairbanks Storm Water Advisory Committee
- FNSB MACS Transit and Van Tran
- Green Star of Interior Alaska
- AK State Department of Natural Resources
- U.S. Fish and Wildlife Service
- BLM Alaska Fire Service
- Alaska Division of Geological and Geophysical Surveys
- Calypso Farm and Ecology Center
- Fairbanks Soil and Water Conservation District
- Bureau of Land Management, Northern Field Office
- National Park Service/Alaska Public Lands Information Center
- Fairbanks Children's Museum
- U.S. Army Corps of Engineers
- AK State Department of Environmental Conservation, Air Quality



History in spotlight: Earth Day and the Environmental Protection Agency

Just 46 years ago, there was no Environmental Protection Agency, no Clean Air Act, no Clean Water Act. A factory could dump poisonous waste into nearby streams or churn out black clouds of toxic air and it was perfectly legal. They could not be taken to court and ordered to stop.

According to the website www.earthday.org, in 1970, Gaylord Nelson, a Senator from Wisconsin, created Earth Day as a way to "force this issue onto the national agenda," after seeing the devastating oil spill in Santa Barbara, California. In response, Congress authorized a new federal agency to tackle the slew of environmental issues, the EPA.

Denali Park Road open to Mile 30-Teklanika

Kathleen Kelly
Volunteer Program Manager
Alaska Region and Denali National Park and Preserve

Mild weather and Alaska's second warmest winter on record have aided the park's spring road crew in their efforts to open the Denali Park Road. Park staff officially opened the road to private vehicle traffic as far as mile 30, the Teklanika Rest Area in mid-April.

This year's opening is the earliest since 2010, when the road opened to Teklanika on April 3.

The road will remain open, weather permitting, until May 20 when shuttles buses start running for the season.

Park visitors continue to enjoy winter recreation activities like mushing, cross-country skiing and snowshoeing, but warm weather and longer days are changing conditions rapidly from winter to spring.

The spring road opening crew has reported sightings of moose, caribou, Dall sheep, ptarmigans, hawks and golden eagles. There have been no bear sightings yet this spring.

Vault toilets are available for

visitor use at the Teklanika Rest Area, the parking area on the east side of the Savage River and the Mountain Vista Trailhead (rest area) east of the Savage River Campground. Other park facilities west of headquarters, including the campgrounds, remain closed until later in May.

Visitors should expect to encounter snow, ice and mud on some portions of the road, particularly in shaded sections. Motorists are also advised to be alert for National Park Service personnel along the sides of the road and for heavy equipment being used to continue road

opening operations.

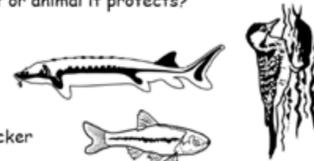
Weather conditions can change rapidly at this time of the year, and the road may open and close several times. Visitors are encouraged to contact the park for updated road and weather information.

For those interested in following the progress of the Denali road crew as they plow westward along the 92 mile park road to Kantishna, timely updates are posted on the park website at www.nps.gov/denali/spring-road-opening.htm.

Endangered Species

The Army protects plants and animals that could become extinct. Can you match the Army base with the picture of the plant or animal it protects?

a) Mexican Spotted Owl (Fort Huachuca)



b) Red-cockaded Woodpecker (Fort Bragg)

c) Tennessee Yellow-eyed Grass (Anniston Army Depot)

d) Sonoran Tiger Salamander (Fort Huachuca)

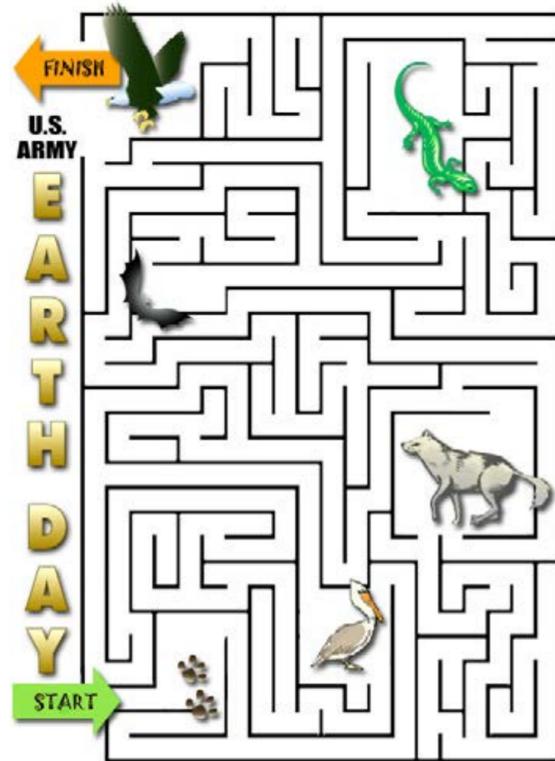
e) Eastern Indigo Snake (Fort Stewart)

f) Shortnose Sturgeon (Aberdeen Proving Ground)

g) Topeka Shiner (Fort Riley)

h) San Joaquin Kit Fox (Camp Roberts)

i) Karner Blue Butterfly (Fort McCoy)



Fort Wainwright

Friday – April 22

Homework Help Power Hour, 4:30 to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Cosmic Bowling, 9 p.m. to 12:30 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Saturday – April 23

Fitness Class Cycling, 10 to 11 a.m., Physical Fitness Centers, building 3709. Call 353-7223.

Fitness Class Zumba, 10:15 to 11:15 a.m., Physical Fitness Centers, building 3709. Call 353-7223.

UFC Fight Night at the Warrior Zone, 4:30 p.m., Warrior Zone, building 3205. Call 353-1087.

Rock'N'Bowl, 9 p.m. to 12:30 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Sunday – April 24

Board Game Night, noon to 9 p.m.,

Warrior Zone, building 3205. Call 353-1087.

Monday – April 25

Homework Help Power Hour, 4:30 to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Monday Movie Marathon, noon to 9 p.m., Warrior Zone, building 3205. Call 353-1087.

Fitness Class Zumba, 7:15 to 8:15 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Tuesday – April 26

Fitness Class Cycling, 6:30 to 7:30 a.m., 9:30 to 10:30 a.m., and 6 to 7 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Hour of Power Group Strength Class, noon to 12:45 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Homework Help Power Hour, 4:30

to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Trivia Night, 7 to 9 p.m., Warrior Zone, building 3205. Call 353-1087.

Fitness Class Zumba, 7:15 to 8:15 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Wednesday – April 27

Homework Help Power Hour, 4:30 to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Fitness Class Zumba, 7:15 to 8:15 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Thursday – April 28

Fitness Class Cycling, 6:30 to 7:30 a.m., 9:30 to 10:30 a.m., and 6 to 7 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Hour of Power Group Strength Class, noon to 12:45 p.m., Physi-

cal Fitness Centers, building 3709. Call 353-7223.

Homework Help Power Hour, 4:30 to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Fitness Class Zumba, 7:15 to 8:15 p.m., Physical Fitness Centers, building 3709. Call 353-7223.

Friday – April 29

Homework Help Power Hour, 4:30 to 5:30 p.m., Youth Center, building 4109. Call 361-5437.

Cosmic Bowling, 9 p.m. to 12:30 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

Saturday – April 30

Fitness Class Cycling, 10 to 11 a.m., Physical Fitness Centers, building 3709. Call 353-7223.

Fitness Class Zumba, 10:15 to 11:15 a.m., Physical Fitness Centers, building 3709. Call 353-7223.

IN BRIEF

FAMILY DAY AT THE MUSEUM

Experience the fun of fieldwork Saturday, April 23 from noon to 4 p.m. at the Museum of the North. See historic Arctic expedition gear, learn about recent archaeological expeditions on military lands and the latest archaeological finds from interior Alaska. Explore Alaskan insect, geology, mammal, and plant field research. Fort Wainwright archaeologists will be there displaying collections from excavations in Donnelly Training Area and with a fun children's atlas making and throwing activity. Museum admission is free for Alaska stationed active military families with ID.

ACS OPEN HOUSE

Army Community Service Family Advocacy Program is hosting an Open House on Tuesday, April 26 from 11:30 a.m. to 4:30 p.m. at building 3414, Rhineland. Stop by, tour the new space, enjoy refreshments and visit with ACS FAP staff. Come and see what their programs have to offer the Fort Wainwright community. For more information, call 353-4202.

DRUG TAKE BACK DAY

The next semi-annual drug take back day will be Saturday, April 30. Take your old prescriptions and over the counter medications to the PX between 10 a.m. and 2 p.m. to turn in for proper destruction. Septic and sewer treatment do not destroy most of these medications and they end up in streams, rivers, and well water. Representatives from ASAP, BACH, and CID will be available to answer questions regarding prescription and over the counter medications. Medical sharps will not be accepted at this event. For more information, contact John Timmins at 361-1376.

AER SCHOLARSHIP

Army Emergency Relief (AER) provides scholarships for dependent children and spouses of Active Duty, Retired, and deceased Army Soldiers. Applications and instructions are available on the AER website for the MG James Ursano and Spouse Education Assistance Scholarship Programs. The deadline for receipt of applications and supporting documents is May 1, 2016. Scholarships are based on need and most applicants qualify for assistance. For the 2015-2016 academic year, AER awarded over \$9 Million in scholarships to more than 4000 recipients. The average award was \$1,800 for Spouses and \$2,500 for Children. Award amounts vary each year based on the total number of complete applications and approved budget amount. Visit the website www.aerhq.org for more information.

NORTHERN LIGHTS CHAPEL LADIES BRUNCH

The Northern Lights Chapel cordially invites the women of Fort Wainwright to a ladies' spring brunch entitled "Blooming in Grace." Guests will participate in a sweet time of connecting with each other and the Lord on Saturday, May 14 from 10 a.m. until noon. There will be a time of encouragement, worship, crafts and food. Those interested are invited to attend the event at the chapel located at the corner of Rhineland Avenue and Luzon Avenue. Childcare will not be provided. For any questions, please contact Tonia Gutting at (360) 870-7407.

CHENA BEND CLUBHOUSE

The Chena Bend Clubhouse is open for business. The Pro Shop and golf simulators are currently open Friday through Sunday from 11 a.m. to 8 p.m. Equipment rental and league sign-up is already underway! Fronterra at Chena Bend is open Friday through Sunday from 11 a.m. to 8 p.m. with tasty items ranging from burgers to prime rib specials. Looking for a place to wind down after a long day? The Clubhouse also boasts a full bar that's open from 5 to 8 p.m. Friday through Sunday. For more information, call 353-6223.

ARCTIC SERGEANTS MAJOR ASSOCIATION SCHOLARSHIP

It is open season for the Arctic Sergeants Major Association Scholarship program. These scholarships are awarded on the basis of academic achievement, citizenship and personal merit. This year the ASMA will award two \$500 scholarships. The ASMA is a nonprofit organization with the objective of supporting Soldiers, government and civilian organizations, Fort Wainwright

and surrounding community. Selection is based on an essay, school and community involvement, volunteer and work accomplishments, and a personal recommendation letter. Applications may be obtained by emailing a request to asmacholar@gmail.com or contacting one of the Active Duty CSM/SGMs stationed at Fort Wainwright or Fort Greely. Applications will be submitted through email no later than May 31, 2016. All applications must be signed.

EMERGENCY INFORMATION

The security environment in which we live, work and play today is complex and significantly different than it was a decade ago. Civil and military authorities rely on members of their communities to provide a safe environment by reporting suspicious activities. It is also important to understand that everyone has a personal responsibility for their own safety and security as well as that of their families. Be a responsible community member by being vigilant, being a sensor, reporting suspicious activities and remaining safe. Report emergency information to 911 and report non-emergency information to 353-7710.

JOBS

In search of a new job? Fort Wainwright is looking for you! Visit www.usajobs.gov for a full listing of federal jobs.

CHAPEL SERVICES

Southern Lights
Catholic Mass
Sunday at 9 a.m. and Monday at 6:30 p.m.
Southern Lights Chapel is located on the corner of Neely Road and 8th Street, building 4107.

Northern Lights
Divine (Liturgy) Service
Sunday at 8:30 a.m.
Protestant Service
Sunday at 10:30 a.m.

Northern Lights Chapel is located on the corner of Rhineland and Luzon Avenue, building 3430.

PRESCRIBED BURNS

The Bureau of Land Management Alaska Fire Service will assist the U.S. Army Garrison Fort Wainwright with the coordination and implementation of multiple prescribed fires in the Donnelly Training Area, Yukon Training Area and Fort Wainwright Main Post from March 12 through May 31. The purpose is to reduce the potential for wildfire and eliminate dried grass build up. The prescribed fires also help to increase training opportunities in support of military readiness. The prescribed fires follow federally approved burn plans and open burn approvals from the Alaska Department of Environmental Conservation. The Bureau of Land Management Alaska Fire Service will assist the US Army Alaska in conducting multiple prescribed burns in the Yukon Training Area, approximately fifteen miles east of Fairbanks. Ignition on the Moose Creek Project Area is planned as early as Saturday, April 9th and may continue through Sunday, June 5th as weather conditions permit. If you have questions or concerns, please contact the UYT Dispatch Center at the Alaska Fire Service at (907) 356-5554. Please visit the AICC Situation Report for daily updates at fire.ak.blm.gov/content/

[aicc/sitreport/current.pdf](#)

OFF-LIMITS

The following establishments are off-limits to military personnel assigned or attached to Fort Wainwright and Eielson Air Force Base until further notice. Service members are on notice that failure to comply may result in disciplinary action under the Uniform Code of Military Justice (UCMJ).

Mr. Rock and Roll
1452 Cushman Street
Fairbanks, AK 99701

Mr. Rock and Roll II
2016 College Road
Fairbanks, AK 99701

Smokin Deals
2301 S. Cushman Street
Fairbanks, AK 99701

Still Smoking Tobacco and Gifts
516 Old Steese Highway
Fairbanks, AK 99701

The Smoke Shop
334 Old Steese Highway
Fairbanks, AK 99701

The Scenz
1600 Block S. Cushman
Fairbanks, AK 99701

49er Club
4625 Old Airport Way
Fairbanks, AK 99709

Club Show Girls
4625 Old Airport Way
Fairbanks, AK 99709

The Higher Calling Club
301 1st Avenue
Fairbanks, AK 99701

Iceman in Action: Staff Sgt. Jacob Maldonado

**Airman 1st Class
Cassandra Whitman**
354th Fighter Wing Public Affairs

Rank and Name: Staff Sgt.
Jacob Maldonado

Duty Title: Weapons expeditor, 354th
Aircraft Maintenance Squadron

Hometown: San Antonio, Texas

**Why is serving in the Air Force
important to you?**

I have always strived to be part of something bigger than myself. The Air Force has allowed me to do that. I'm also showing my boys that if you set a goal in life and accomplish it, the rewards are vast and self-satisfying.

**What moment or accomplishment as
a member of the Iceman Team are
you most proud of and why?**

The biggest moment for me was when I was selected to become the weapons expeditor. I was very excited and also very scared. I knew I was capable of leading a group of people, but I never thought I could lead my entire weapons group to be such great people and workers. Together, we have achieved great accomplishments.

**What is your favorite part of your
job?**

My favorite part is interacting with the variety of personalities of my co-workers, hearing their stories and seeing how they are developing as individuals and as team players.

Who inspires you and why?

My wife and kids inspire me the most. Being able to go home and talk to them and hear about their days allows me to realize that no matter what goes on with work, I can always come home to their smiling faces.

**What's your favorite part about being
in Alaska?**

The summer activities that my family and I enjoy like camping, fishing, and of course, baseball, soccer and basketball.



U.S. Air Force Staff Sgt. Jacob Maldonado, a 354th Aircraft Maintenance Squadron weapons expeditor, takes a break for a photo, April 13, at Eielson Air Force Base. Maldonado said his wife and kids inspire him most because he gets to go home and see their smiling faces every day. (Photo by Airman 1st Class Cassandra Whitman, 354th Fighter Wing PAO)



U.S. Air Force Staff Sgt. Jacob Maldonado, a 354th Aircraft Maintenance Squadron weapons expeditor, drives a MIG-6 box truck, April 13, at Eielson Air Force Base. Maldonado drives around to verify personnel safety, pilot safety and to make sure everyone follows technical order. (Photo by Airman 1st Class Cassandra Whitman, 354th Fighter Wing PAO)



U.S. Air Force Staff Sgt. Jacob Maldonado, a 354th Aircraft Maintenance Squadron weapons expeditor, completes an annual supervisory check, April 13, at Eielson Air Force Base. Maldonado conducts these checks to make sure tools are in serviceable condition. (Photo by Airman 1st Class Cassandra Whitman, 354th Fighter Wing PAO)

Reminders for National Playground Safety Week

Staff Report
Fort Wainwright Safety Office

Each year, approximately 200,000 children are treated in U.S. hospital emergency rooms for playground equipment-related injuries—an estimated 148,000 of these injuries involve public playground equipment and an estimated 51,000 involve home playground equipment. Around 15 of these children die each year. Most of the injuries are the result of falls, either to the ground or from one piece of equipment to another. Most of the deaths are due to strangulation.

Now that the weather is warming up, most of the snow has melted and your children are clamoring to get out and play on the playground. Before they

do, take a few minutes to inspect the playground equipment for any damage that may have occurred during the winter of before the kids climb all over it.

Go over your equipment with the checklist below to make sure your equipment is ready for summer. Keep your children S.A.F.E. Place this list in a prominent area of your home for quick reference. Then, before your children head out the door for the playground, check that:

Supervision is present, but strings and ropes aren't.

Adult presence is needed to watch for potential hazards, and to observe, intercede and facilitate play when necessary. Strings on clothing or ropes

used for play can cause accidental strangulation if caught on equipment. Even helmets can be dangerous on a playground, so save those for bikes.

All children play on age-appropriate equipment.

Preschoolers, ages two through five, and children, ages five through 12, are developmentally different and need different equipment located in separate areas to keep the playground safe and fun for all.

Falls to surface are cushioned.

Nearly 70 percent of all playground injuries are related to falls to the surface. Acceptable surfaces include hardwood fiber/mulch, pea gravel, sand and synthetic materials such as poured-in-place, rubber mats or tiles. Playground

surfaces should not be concrete, asphalt, grass, blacktop, packed dirt or rocks.

Equipment is safe.

Check to make sure the equipment is anchored safely in the ground, all equipment pieces are in good working order, S-hooks are entirely closed, bolts are not protruding, and that there are no tripping hazards. Report any hazards to the school or appropriate local office.

Federal Employees'

HEALTH BENEFITS ASSISTANCE DAY

Monday, April 25th - 9 to 10:30 a.m.

Fort Wainwright Civilian Personnel Advisory Center

Building 1045, Murphy Hall Conference Room

Among the carriers in attendance ...



family day EXPEDITIONS
expl·re play learn

APRIL 23 • 12 - 4PM

FREE for kids 14 & under
FREE parking on weekends

For more information call 474.7505
or visit www.uaf.edu/museum





Airmen from Eielson Air Force Base conduct a wing-wide foreign object debris walk, April 11, to remove materials from the runway that could damage an aircraft during a takeoff or landing. Approximately 800 Airmen from the 354th Fighter Wing and tenant units covered five and a half miles of Eielson's taxiways and runways in preparation for RED-FLAG-Alaska. (Staff Sgt. Joshua Turner, 354th Fighter Wing PAO)

Foreign object debris free for RED FLAG-Alaska

Staff Sgt. Ashley Nicole Taylor
354th Fighter Wing PAO

“Sticks and stones may break my bones,” and they can also damage aircraft. Nuts, bolts and other parts are necessary for aircraft to fly, but not when they are lying on the airfield.

Approximately 800 Airmen with the 354th Fighter Wing and tenant units gathered en masse April 11 to ensure pieces of foreign-object debris stay where they belong, away from aircraft.

“Ultimately, it is everyone’s responsibility to keep FOD off the airfield because aircraft are vulnerable to ingesting debris to their intake,” said Tech. Sgt. Carlos Fernandez, the 354th Fighter Wing FOD monitor. “Our maintenance Airmen do a great job of performing daily FOD walks around their immediate area, but we needed to do this on a considerable scale. We appreciate the help from everyone who made it a quicker process.”

Different shops around base help maintain the airfield throughout the winter, but the break-up of snow and preparation for RED FLAG-Alaska 16-1 inspired the FOD walk. Five and a half miles of Eielson’s runways and taxiways were cleared in less than three hours.

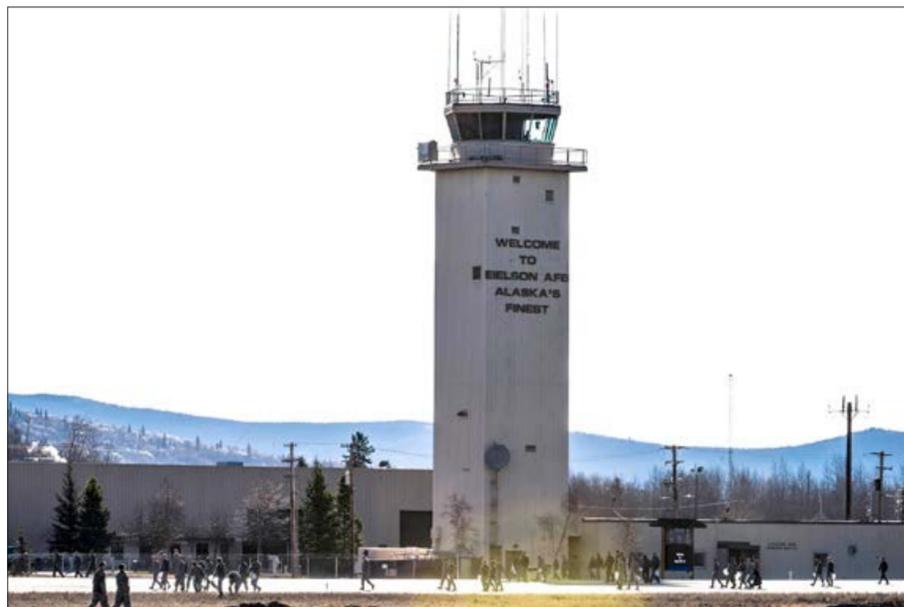
“With our base being unique in hosting a multinational exercise, it’s imperative to maintain a clean airfield not only for our members, but for visiting units,” explained Fernandez. “The airfield and taxiways are now clear of 240 pounds of FOD, immensely reducing the risk of damaging aircraft.”

To encourage a keen eye, two pieces of treasured FOD known as the “Golden

Bolt” were intentionally placed on the flightline. When picked up, the find is rewarded with a day off from the wing vice commander.

“I enjoyed being able to contribute to the FOD walk and help make sure the airfield is safe for use,” said Airman 1st Class Nathaniel Coules, a 354th Maintenance Group weapons system coordinator. “I was excited when I found one of the Golden Bolt’s because it is a nice bonus to get rewarded and receive a day off.”

RED FLAG-Alaska 16-1, the first of four scheduled exercises this summer, will begin on April 28 and it will begin with a FOD-free flightline.



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USARAK: Command Sergeant Major welcomed

Continued from page 1

fantry Division also at JBER.

USARAK has a headquarters element at both JBER and Fort Wainwright, and the command team has to spend time at both locations. Owens said, “With a distance of 360 miles between Fort Wainwright and JBER this can be very challenging, but the CSM worked tirelessly to bring the entire unit together.”

Gardner will retire later this year after more than 35 years of service. He spent at least 15 of those years in Alas-

ka with his wife, Teresa, and their five children.

He book-ended his career as a non-commissioned officer in USARAK, having been promoted to Sergeant while reclassifying from the Signal Corps to a forward observer and being assigned to 4/11 Field Artillery supporting the 17th Infantry Regiment at Fort Richardson.

Gardner said, “In my many years of service I can say that Alaska has been the best assignment anyone could ever want.”

Ferrusi is joining the Arctic Warriors from 3rd Brigade Combat Team, 10th

Mountain Division, out of Fort Polk, Louisiana, where he served as the brigade Command Sergeant Major.

He completed multiple tours in Iraq and Afghanistan and held leadership positions in the ranger regiment, asymmetric warfare group, infantry school, and 173rd Airborne Brigade in Italy during his 29 plus years of service.

“On the drive to Alaska, I was awestruck by the sheer size and beauty of this great state. The views are magnificent,” said Ferrusi.

Ferrusi said he immediately noticed the difference in temperature between

Louisiana and Alaska.

“The opportunity to serve our great nation at USARAK with the Arctic Warriors at JBER and Fort Wainwright, Alaska, I’m honored, I’m humbled, and I look forward to such an opportunity,” said Ferrusi, “Even with the minus fifty temperatures I’ve been briefed about Fort Wainwright.”

Eielson Air Force Base

Friday – 22nd

RUN CLASS, 6 to 7 a.m., Baker Field House, building 3343 Eielson AFB, Call 377-1925.

FRIDAY NIGHT CHENA HOT SPRINGS TRIP, 5 p.m. midnight, Community Center, building 3310 Eielson AFB, Call 377-2642.

BINGO, 5:30 to 6:30 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

THUNDER ALLEY, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

EARTH DAY: PLANT A SEED, Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

RACE (PG-13), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Saturday – 23rd
FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

KIDS’ CRAFT HOUR, noon to 1 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-4880.

RIDE ALONG 2 (PG-13), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Sunday – 24th
FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

SUNDAY FUNDAY, 1 to 9 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

KUNG FU PANDA 3 (PG), 2 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Monday – 25th
RUN CLASS, 6 to 7 a.m., Baker Field House, building 3343 Eielson AFB, Call 377-1925.

MOVE PROGRAM (WEIGHT MANAGEMENT), 11 a.m. to noon, Baker Field House, building 3343 Eielson AFB, Call 377-1925.

L.I.N.K.S., 2:30 to 4:30 p.m., Mental Health Conference Room, building 3349 Eielson AFB, Call 377-4727.

INTRODUCTION TO CLAY SHOOTING, 5 to 9 p.m., Skeet and Trap Range Eielson AFB, Call 377-1232.

SKEET CLASS, 5 to 8 p.m., Outdoor Recreation, Eielson AFB, Call 377-1232.

Tuesday – 26th
REINTEGRATION BRIEFINGS, 9:30 a.m., Airman and Family Readiness Center, building 3125 Eielson AFB, Call 377-2178.

THRIFTY TUESDAY, 4 to 9 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

Wednesday – 27th

RUN CLASS, 6 to 7 a.m., Baker Field House, building 3343 Eielson AFB, Call 377-1925.

ANGER MANAGEMENT, 10 a.m. to noon, Mental Health Conference Room, building 3349 Eielson AFB, Call 377-4727.

WACKY WEDNESDAY, 4 to 9 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

WOOBLE TRAP WEDNESDAY, 11:30 a.m. to 1:30 p.m., Outdoor Recreation MWR, Call 377-1232.

Thursday – 28th

MOVE PROGRAM (WEIGHT MANAGEMENT), 11 a.m. to noon, Baker Field House, building 3343 Eielson AFB, Call 377-1925.

Friday – 29th

RUN CLASS, 6 to 7 a.m., Baker Field House, building 3343 Eielson AFB, Call 377-1925.

FRIDAY NIGHT CHENA HOT SPRINGS TRIP, 5 p.m. to midnight, Community Center, building 3310 Eielson AFB, Call 377-2642.

BINGO, 5:30 to 6:30 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

THUNDER ALLEY, 7 to 11 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

EARTH DAY: PLANT A SEED, Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

THE WITCH (R), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Saturday – 30th

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

KIDS’ CRAFT HOUR, noon to 1 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-4880.

KAYAKING CLASS, 7 p.m., Outdoor Recreation, Eielson AFB, Call 377-1232.

ANGEL ROCK HIKE, 10 a.m. to 6 p.m., Outdoor Recreation, Eielson AFB, Call 377-1232.

ZOOLANDER 2 (PG-13), 7 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

Sunday – 1st

FREE BOUNCE, 10 a.m. to 7 p.m., Eielson City Center, building 3310 Eielson AFB, Call 377-2642.

SUNDAY FUNDAY, 1 to 9 p.m., Arctic Nite Lanes, building 3301 Eielson AFB, Call 377-1129.

WHO FRAMED ROGER RABBIT (PG), 2 p.m., Ernie Walker Theater, building 3309 Eielson AFB, Call 377-2269.

IN BRIEF

FINANCE TIP

Did you know that dorm residents will receive BAS while on leave status?

NUTRITIONAL TIP

Sip smarter! Drink water or other calorie-free beverages. Don’t forget 100 percent juice or fat-free milk when you are thirsty.

THE GREAT ALASKAN CHALLENGE

Need an Alaskan-sized challenge? Compete in one of our six challenges to earn a t-shirt and bragging rights by figuratively swimming the Yukon, walking the pipeline, lifting a F-16 and more. Log your progress in our book located on the Fitness & Sports Center. For more information, please call 377-1925.

24-HOUR GYM ACCESS

Baker Field House will now allow 24-Hour Fitness Access to DoD CAC card holders, dependents over 18 years old and military retirees. All those who wish to utilize the designated area in the facility after hours will be required to register their CAC/

Fitness Access Card and sign a Statement of Understanding/Assumption of Risk Form. Dependents and retirees will be required to obtain a Fitness Access Card from the Baker Field House in order to gain access through the designated entrance. For more information, please contact the Baker Field House at 377-1925.

PLAYING AT ERNIE WALKER THEATER

The Ernie Walker Theater is now open and playing movies every Friday, Saturday and Sunday. Movies are free to all DoD ID holders! So stop by, grab some popcorn and enjoy a night at the movies, courtesy of the Eielson Force Support Squadron. For more information, call 377-2269.

PHARMACY RECEIVES MEDSAFE

The 354th Medical Group pharmacy has a new way to dispose of expired and unused medications. MedSafe, a blue receptacle near the pharmacy pick up window is a collection point that is secure and meets the requirements of the newly updated DEA Controlled Substance Act. During business hours you can dispose controlled and non-controlled medications in the MedSafe. Removal of patient information is not required. Please try to keep medication in its original container and place

liquids in a plastic bag. Illegal drugs, liquids over 4 ounces, sharp containers, needles, syringes, batteries, aerosol spray cans, trash, medical devices and hazardous chemicals are unauthorized to drop-off. Any questions may be directed to the pharmacy at 377-1462.

EIELSON CHAPEL SERVICES

The Eielson Air Force Base Chapel team offers a variety of services. Your Chaplain Corps offers Catholic and Protestant worship services each week and our multi-faith worship center can support the needs of other faith groups. For more information, call us at 377-2130.

Catholic Community:
Religious Formation, 9 a.m., Sundays
Catholic Mass, 10:30 a.m., Sundays
Sacrament of Reconciliation by appointment

Protestant Community:
Contemporary Service, 9 a.m., Sundays
Sunday School, 10:30 a.m., Sundays
AWANA, 4 to 6 p.m., Sundays
Liturgical Service, 7 p.m., Wednesdays
Jr./Sr. High Youth Service, 7 p.m., Wednesdays

YOUTH BASEBALL & DEVELOPMENTAL BASEBALL REGISTRATION

Baseball 5-14 yrs

\$60 Registration 11-22 April

Season Dates: 6 June - 23 July

Developmental Baseball 3-4 yrs

Registration 11-22 April

\$20

Season Dates: 6 June - 14 July

Parents Meeting:
1 June 2016 Youth Center BLDG 4109, 1800-1900
Free Skills Clinic 5-14 Year Olds who are Registered with Baseball:
28 May 2016 Engineer Field 1000-1200

For a full CYSS Registration, please bring: current shot record, DoD ID card, 2 emergency contacts, and a current sports physical to Parent Central Services, BLDG 1049, Apt 2. For more information on registration call 907-353-7713.

For more information please call 907-353-7482.

YOUTH TRACK & FIELD REGISTRATION

Track & Field

5-14 yrs

\$55

Registration Deadline: April 22 - 22

Season Dates: 6 June - 28 July

For a full CYSS Registration, please bring:
current shot record, DoD ID card, 2 emergency contacts, and a current sports physical to
Parent Central Services, BLDG 1049, Apt 2.
For more information on registration call 907-353-7713.