

ALASKA POST

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Fort Wainwright, Alaska

September 8, 2017

Scaling a volcano; Task Force Gimlet climbs Mount Fuji

Sgt. Frank Strumila
1st Stryker Brigade Combat Team, 25th Infantry Division Public Affairs

Soldiers of the 1st Stryker Brigade Combat Team were given a once in a lifetime opportunity on September 1st and 2nd, 2017 when they were able to climb Mt. Fuji in Japan. Mt. Fuji is an active volcano and considered one of Japan's three sacred mountains, with its summit breaking above the clouds at 12,388 feet (2.34 miles).

Although Mt. Fuji is in a 'critical state' due to its last eruption December 16, 1707 and could be ready to blow at any minute, Soldiers were determined to reach the summit.

The Mt. Fuji trails are made up of scoria, a cindery, volcanic rock which makes the climb much more difficult. Along the trail Soldiers were able to purchase walking sticks and get them branded to prove to others and themselves that they reached the peak of the mountain.

The climb was also an integral step in bonding squads and platoons before they went out to the field for Orient Shield 2017.

"It was not just good PT, but it gave my team experience in operating in high elevations and the physical demands required to conduct those movements," said Staff Sgt. Aaron Powell, a Scout Squad Leader of the 3rd Battalion, 21st Infantry Regiment, 1-25th SBCT.

"It was a cultural experience that not many are able



A Scout Platoon from the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division pose with the American Flag over Mount Fuji, Japan as they complete ascending the mountain on 2 September 2017. (Photo by Sgt. Frank Strumila, 1st Stryker Brigade Combat Team, 25th Infantry Division Public Affairs)

to experience and I might not be able to ever experience again," said Powell.

Sgt. 1st Class Brandon Jenkins and Spc. Avery Hentze from the 3-21 IN, 1-25th SBCT took the once in a lifetime opportunity to have their reenlistment ceremony atop the mountain to make their reenlistment

unforgettable.

There's a Japanese proverb that goes "He who climbs Mount Fuji is a wise man, he who climbs twice is a fool." After nine hours of walking and 16.1 total miles up and down, Soldiers of the Gimlet Nation would readily agree.



Learning from tragedy, part 1: Tracking suicide in the U.S. military

Larry Pruitt, Ph.D.
DoD Suicide Event Report Program

This first of a three-part series describes the Department of Defense Suicide Event Report (DoDSER) system that collects and analyzes data on U.S. military deaths by suicide, as well as data on suicide attempts.

The National Center for Telehealth & Technology (T2) compiles these data into an annual report for military leadership that is also available to the public. This initial blog describes how the DoDSER came to exist.

It's difficult to think about losing anyone to suicide. And regardless of increases or decreases in suicide rates for a given year, one suicide is too many.

Suicide is an issue that the military — especially the Army — has tracked for a long time. For example, during World Wars I and II, Army suicide rates decreased significantly compared to pre-war levels. Generally, we tend to think of our service men and women as a relatively healthy segment of our population. After all, they have to pass basic enlistment criteria, engage in routine health and wellness screenings, have free access to medical and behavioral health care, engage in routine physical exercise, and so on.

But, the data captured during the recent conflicts in Iraq and Afghanistan shows a different pattern. The rate of suicide among our service members, which was lower than that of the general U.S. population, almost doubled between 2005 and 2012. Currently, the suicide rate is stabilized, meaning that it hasn't increased. But it hasn't gone back down either, and the current rate of suicide across the military services suggests that for every 100,000 service members, approximately 20 will take their own life. The rate of suicide in the military is now indistinguishable from the portion of the American public that shares the same demographic characteristics as our service members.

How do we track these changes? In 2006, just as the suicide rate for the military increased unexpectedly, experts in the Defense Department decided they needed a new approach to track the occurrence of suicide across the services. The systems in place at the time were service-specific and the data captured varied. It became clear that simply tracking the number of deaths, though necessary, was not enough to tackle the increasing rates of suicide in the military.

Not long afterward, the Department of Defense Suicide Event Report system was developed. This surveillance

See TRAGEDY on page 3

Garrison Commander's 9/11 message

Col. Sean N. Fisher
Fort Wainwright Garrison Commander

As we come to the sixteenth anniversary of the 9/11 terror attacks on the World Trade Center, the Pentagon, and Flight 77, let us pause to reflect upon our nation's resolve in the defense of freedom.

The impact of those attacks on September 11, left 2,753 people killed, wounding approximately 6000 others, and leaving 1,113 victims still unidentified or missing. September 11th, 2001 affected more than 90 countries, creating a loss felt the world over. But as we pay respect on this hallowed day, we do more than dignify the

loss of our American citizens, we stand in solidarity with the people of the world.

We should respectfully remember those brave men and women who lost their lives in the line of duty; protecting our communities and our nation. Also, we again pledge ourselves to those who have come back to us wounded and in need.

At 2 p.m., Monday, September 11, 2017, the U.S. Army Garrison Fort Wainwright command and staff will commit themselves to silence for just one minute, followed by a prayer for the world and the great and courageous people who inhabit it.

I invite each of you, if you are so inclined to pray, to do the same wherever you may be; and by so



Col. Sean N. Fisher

doing, embolden our vision for a future without terror, and a strong hope of peace.

May God's blessings be upon us all and our nation, as we stand resolute in our pursuit of freedom.

1st Attack Reconnaissance Battalion Soldiers, CBRN Challenge



Soldiers of the 1st Attack Reconnaissance Battalion, 25th Aviation Regiment simulate moving a casualty during a Chemical Biological Radiological and Nuclear Challenge course at the Battalion's annual CS Chamber training event, Aug. 29. Over 300 Soldiers took part in the training, which emphasized survival skills during a chemical attack and operating in a chemical environment. (Photo by Chief Warrant Officer 2 Jaimie Wilkerson, 1st Attack Reconnaissance Battalion, 25th Aviation Regiment)

WEEKEND WEATHER

Friday thru Sunday

Mostly cloudy with scattered rain showers.

Highs in the mid 50s to lower 60s.

Lows in the lower 40s



WE REMEMBER SEPTEMBER 11

On Monday, Sept. 11, from 1 to 2 p.m., come be a part of a special event and dedicated to the remembrance of the heroes who gave their all on that tragic day 16 years ago. This ceremony will be held at the Fairbanks Veterans Park, downtown Fairbanks with refreshments being provided directly after at the Fairbanks Vet Center Conf. Room, located at 540 4th Avenue, Suite. 100. Services available will be: Veteran Service Officer, VA VOC/Rehab, VA HUD/VASH housing information and Behavior Health Counselors.

Nutrition Corner: Infant stages

Did you know...there are several safety and nutritional considerations when feeding your infant? Only milk specifically designed for infants is recommended during the first 12 months of age; only breastmilk or formula designed for infants should be offered. In fact, exclusive breastfeed-ing is recommended for the first six months with continued breastfeeding for at least 12 months.

If breastfeeding is not feasible, a formula designed specifically for infants should be used in-stead. Do not offer cow's milk, rice milk, soy milk, almond milk, or goat's milk during the first 12 months of life. These products are not designed to provide the nutrition required for proper growth and development. Cow's milk, for example, does not provide enough iron and vitamin E and has too much sodium, potassium, and protein. Furthermore, the casein, calcium, and phosphorus in cow's milk can inhibit iron absorption as well.

After 12 months of age, whole cow's milk can be provided and then once your child is 24 months of age, skim or 1% milk should be offered (unless contraindicated due to growth delays).

Complementary foods, such as iron fortified infant cereals, should not be offered until after four months of age but preferably around six months and when the infant shows developmental signs of readiness.

Signs of readiness include but are not limited to ability to sit with support, ability to indicate de-sire for food by opening his/her mouth or leaning in for food and closing his/her mouth when he/she is satisfied. Never offer complementary foods in a bottle.

Do not offer the following foods, that present as choking hazards, to infants (or toddlers who are not developmentally ready)- popcorn, peanuts, raisins and grapes, stringy meats, hot dog pieces, hard/raw fruits and vegetables, sticky foods such as peanut butter, and any

pieces of food that the infant cannot completely chew or can block the airway. Be patient, there is no need to rush your little one.

Once your child is eating baby foods, keep the following in mind. Offer a new food only every three to five days to assess for tolerance and food allergies. Choose single-ingredient foods; many the combination meals contain fewer nutrients and make it difficult to identify intoleranc-es. Avoid the dessert products because of the added sugar. Introducing sugar too early increas-es the chance your child will prefer these types of foods over nutritious foods. Wait until after 12 months of age to offer egg whites. Never offer honey to any infant under 12 months of age, not even a little bit. Honey is a potential source of a life threatening food borne illness called botulism. When you start feeding solid foods, do not feed your infant directly from the jar. Put a portion on a plate or in a bowl. Saliva can promote food spoilage in the event you

have to save the rest of the food in the jar for later. Discard the leftover foods after 2 days. If you are mak-ing your own baby food, ensure you always wash your hands and equipment. Juice should be reserved for infants older than 6 months of age and should be 100 percent juice only.

BUTTERNUT SQUASH BABY FOOD:

Ingredients: (1) Small butternut squash
Preheat oven to 375. Half the squash lengthwise and scoop out the seeds. Place the squash cut side down on a baking dish. Add 1/3 cup water to the pan. Bake until the squash is tender (about 45-60 minutes). Scoop out the flesh and discard the skins. Use a blender or food proces-sor to blend into a very smooth puree depending on your baby's age and chewing ability. Add breastmilk or formula to thin the puree. There is no need to add extra salt, pepper, cinnamon, sugar, or other seasonings. Infants learning how to eat prefer simple flavors.

References: Nutrition Care Manual

Weekly Financial Tips: Building a fall/winter wardrobe

Ryki Carlson
Survivor Outreach Services Support Coordinator

With the cold weather arriving, it is time to focus on your cold weather wardrobe. With a few additions you can easily transition your summer clothes into a fall/winter wardrobe. Here are a few tips:

Before you start, ensure you set a limit for spending and that you have it budgeted. After doing this, take the challenge to find what you need within those limits. You'll feel great that you did!

Start by inventorying your current wardrobe. When you are sorting through last year's fall and winter clothes, ensure you try them on.

Exchange your flip flops for a pair of boots, or a cute pair of flats to dress up those jeans, dress pants or skirts. You can find great deals online at various stores, including www.6pm.com, www.oberstock.com, www.dsw.com, www.ebay.com and www.dealnews.com. Check outlet malls for deals on shoes as well. If you have a favorite pair of shoes that need repaired, look for a local shoe repair shop, but be sure to read the reviews.

Stretch your budget by layering your t-shirts with a jean jacket, cardigan or blazer. Many of your summer tops can be paired with a dark pair of jeans or dress pants and topped with a cardigan or blazer.

You can still wear many of your summer dresses and skirts by combining them with a closed toe pair of shoes, tights, and a cute cardigan or jacket.

Your basic wardrobe should include khakis, jeans, corduroy pants, and wool/flannel slacks to cover different environments, whether work or play. If you don't have these basics check out

your local thrift store for great deals on these items. Your thrift or consignment shop usually offers a wide selection of gently used items at huge discounts, even if you have to have an item dry cleaned the savings can be substantial.

Update your blazers, jackets and sweaters by sewing on new "fun" buttons. This small change can add a new look to your clothes.

Add accessories to your outfit. Have fun with the dizzying varieties of ties, belts and vests. You can enhance any outfit, conservative or otherwise, with low-cost accessories.

Participate in a clothes exchange with friends. This not only helps you stay in budget it helps the environment.

When you purchase those items you need, ensure you pay attention to construction and materials. But the highest quality your budget will allow; the clothing will wear better and last longer.

For all items you purchase online check out websites that compare prices (www.bizrate.com, www.pricegrabber.com, and www.nextag.com). If you purchase from an online merchant, keep the shipping costs and delivery time in mind. Keep good records about the transactions, including the order number, shipping costs and times.

Take time to save money. In your quest for frugal fashion, look online for coupons and special deals. You can often find special discounts at coupon websites. Type in the name of the store where you want to shop and "coupons" or "promotional codes" in your search engine and see what comes up.

Coupons and coupon codes (www.retailmenot.com) are useful when they save you money on what you are already planning on buying.

MEDDAC Minute

IMPORTANT PHONE NUMBERS

Emergency: 911
24 Hour Nurse Advice Line:
1-800-874-2273 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
Substance Abuse/Clinical
Counseling:
361-4054
Tricare On-Line:
www.tricareonline.com
United Health Care:
uhcmilitarywest.com,
877-988-9378

PERFORMANCE TRIAD TIP

Strength training is an essential part of having healthy bones and maintaining a healthy weight. Ladies, it is especially important for you. Estrogen, a hormone in women that protects bones, decreases sharply when women reach menopause, which can cause bone loss. This is why the chance of developing osteoporosis increases as women reach menopause.

ANONYMOUS OR NOT

Sometimes being anonymous is not a good thing. When filling out Interactive Customer Evaluation forms (ICE) 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.

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.

PATIENT TRAVEL VOUCHERS

Two weeks turn-around time is the expected timeframe for vouchers to be approved for patients traveling for care outside of Fairbanks. For patients who have vouchers outside of this two week window please contact the Patient Administration Department at 361-5001.

TRICARE ONLINE REMINDERS

TRICARE makes it easy to receive a reminder for upcoming appointments. Beneficiaries who have their cell phone number in their TRICARE profile will receive a reminder text 48 hours and two hours prior to their appointment.

SAVE A TRIP TO THE ER

Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can all our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273.)

Transitioning Soldiers and Veteran, interested in an IT career?

The Microsoft Software & Systems Academy will be visiting Fort Wainwright to brief on upcoming training opportunities for their IT programs.

Training takes place over a 16 week period and can be done while the Soldier is still on Active Duty, and within 180 days from their ETS/Retirement date; or 85 days after your MRDP prior to training start date. Anyone is invited to attend if the military member will be transitioning out of service within 1 year or if presently a veteran. Briefings will be held Sept. 14, at the Fort Wainwright Education Center, building 4391. The time for the brief is still to be announced. If interested in attending this brief, please contact the Career Skills Program Manager, Lenora Handy, at the Welcome Center on Fort Wainwright, room 252 or call 353-2096 for more information and to get your name on the list. All Soldier's participating must be eligible for an honorable discharge.

ARMY ACCEPTING LAW SCHOOL APPLICATIONS

The Office of The Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Under this program, the Army projects sending up to 25 active duty commissioned officers to law school at government expense. Selected officers will attend law school beginning the fall of 2018 and will remain on active duty while attending law school.

Interested officers should review Army MILPER Message 17-051 and Chapter 10, AR27-1, The Judge Advocate General's Funded Legal Education Program, to determine their eligibility. This program is open to commissioned officers in the rank of second lieutenant through captain. Applicants must have at least two, but not more than six, years of total active Federal service at the time legal training begins. Eligibility is governed by statute (10 U.S.C. 2004) and is non-waivable.

Eligible officers interested in applying should immediately register for the earliest offering of the Law School Admission Test. Applicants must send their request through command channels, to include the officer's branch manager at Army Human Resources Command, send the original application to the Office of The Judge Advocate General, ATTN: DAJA-PT (Ms. Yvonne Caron-Rm 28,517), 2200 Army Pentagon, Washington, DC 20310, to be received by 1 November 2017.

Caron advises submission of the application well in advance of the deadline.

Interested officers should contact their local Staff Judge Advocate for further information.

MFLC

Military & Family Life Consultants

388-2553

Confidential Assistance for short time problem resolution:
marriage/relationship stress, anxiety, depression, grief, and other daily life issues.

ALASKA POST

The Interior Military News Connection

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History Snapshot: Building 1046, vehicle storage, April 23, 1942

L. Amber Phillippe
Fort Wainwright Landscape Historian

Within the collection of buildings that make up the original North Post horseshoe, one of the most innocuous is building 1046. Originally constructed to house up to sixteen vehicles at a time, 1046 served its intended purpose as a garage for over sixty years before being converted into Fort Wainwright's mail distribution center in 2011. During its many years of service 1046 has received minimal renovation and still retains many of its original design elements such as its distinctive octagonal windows (an architectural echo of its neighbor, building 1045, Murphy Hall) and hipped roof. Building 1046 is a contributing structure to both the Ladd Field National Historic Landmark and Ladd Air Force Base Cold War Historic District.

Check out our Pinterest page for more, visit www.pinterest.com/fwacultural/. If you have any stories or photographs to share with the Cultural Resources Management program please call, (907) 361-9329 or email laurel.a.phillippe.ctr@mail.mil.



(Photo courtesy of the National Archives)

Stryker Soldiers and Marines serve up morale

Sgt. Frank Strumila
1st Stryker Brigade Combat Team, 25th Infantry Division Public Affairs

A veritable cornucopia of delicious food was available when culinary specialist Soldiers of Iron Company, 3rd Battalion, 21st Infantry Regiment 1st Stryker Brigade Combat Team and Echo Company 2nd Battalion, 25th Aviation Regiment, 25th Infantry Division teamed up with Soldiers of the 3rd Light Armored Reconnaissance

Battalion, 1st Marine Division during Orient Shield 2017. The Soldiers paired well together, much like a steak and potatoes.

"It is different working with the United States Marine Corps. They don't run their operations the way we run it," said Staff Sgt. Katrina Wright, a 92G from Iron Company, 3-21 IN, 1-25th SBCT.

"Working with the Marine Corps is good and goes against the stereotype that the Marines always think they're better than the Army or vice versa. We're always

in competition with one another and [working together] is kind of mellowing things out because they can learn things from us and we can learn things from them," said Wright.

The interoperability between the branches allowed for a smooth transition for Soldiers of both the United States Army and the Marine Corps to dine with fast paced service as the Arctic Wolves gear up for the final leg of Pacific Pathways.

"Working with other branches is pretty cool cause we never really do it, but when we do, they work hard, we work hard, so we get the job done," said Lance Cpl. Gabriel Durant of the 3rd Light Armored Reconnaissance Battalion, 1st Marine Division, United States Marine Corps.

There is an old saying that dates back to the days of Napoleon that says that an Army marches on its stomach. The adage certainly proves true as Soldiers of the United States military prepare to go into the field for Orient Shield 2017. The food served gives Soldiers the strength and stamina to train throughout the day.

The food served also helped in boosting morale; eating a more traditional American menu than what they had been eating for the past two months and last legs of Pacific Pathways due to the caloric intake.

"Calories," said Spc. Austin Geist, a vehicle crew commander, in Charlie Company, 3-21 IN, 1-25th SBCT when asked what his favorite thing about the change in menu had been.

"We have calorie packed food compared to the Asian food. They (the Asian countries) did a lot of fish and rice in both countries, not to mention how spicy the food was," said Geist.

As Orient Shield moves full steam ahead, the men and women of the United States Army will be relying upon the mess hall to provide hot meals when they are in the field.

Spc. Donald Schlotfeldt, a culinary specialist with Iron Company, 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team knows that a good meal in the field can sometimes make the difference between a bad day and a not so bad day.

"My favorite thing about the job is to see the happy faces after they eat a good meal, especially in the field."



Soldiers of the 3rd Battalion, 21st Infantry Regiment, 1st Stryker Brigade Combat Team and 3rd Light Armored Reconnaissance Battalion, 1st Marine Division prepare steaks for dinner in Camp Fuji, Japan. (Photo by Sgt. Frank Strumila, 1st Stryker Brigade Combat Team, 25th Infantry Division Public Affairs)

TRAGEDY

Continued from page 1

system collects data on 100 percent of military deaths by suicide, as well as any suicide attempt that results in hospitalization or evacuation from a theater of operations, regardless of service or component. The system uses a web-based data collection tool that authorized users can access anywhere in the world at any time of day. It standardizes the information collected so that the same data is gathered regardless of military branch. The DoDSER system tracks active-duty service members, reservists and members of the National Guard.

In the second part of this series, I'll explain what information the DoDSER system collects and more about the methodology used to understand the risk factors for suicide.

If you, or someone you know, have thoughts of suicide, please reach out for help immediately:

Dial 9-1-1 or go to your closest emergency room.

Call the Military Crisis Line at 800-273-8255. If you are a service member or veteran, Press 1 to talk to someone who has served.

Start a confidential online chat session, at www.VeteransCrisisLine.net/chat.

[VeteransCrisisLine.net/chat](http://www.VeteransCrisisLine.net/chat).

Send a text message to 838255 to connect to a VA responder.

If you are deaf or hard of hearing, you can connect through chat, text or TTY.

Larry Pruitt, Ph.D. is a licensed clinical psychologist and the program supervisor for the DoD Suicide Event Report program at the National Center for Telehealth & Technology.

More information can be found, at <http://t2health.dcoe.mil/blogs/mobile-health/learning-tragedy-part-1-tracking-suicide-us-military-1>

The views expressed are those of the author and do not reflect the official policy or position of the National

Center for Telehealth & Technology, the Defense Centers of Excellence for Psychological Health & Traumatic Brain Injury, the Department of Defense or the U.S. Government.



AFNORTH wraps up Hurricane Harvey ops, looks East to Irma

Master Sgt. Benjamin Wilson
Air Forces Northern Public Affairs

As Hurricane Harvey slammed into coastal Texas the last week of August, Houston and the surrounding area were pounded with unprecedented amounts of rain – experiencing 50 inches of rain in a matter of days. That is more than the annual average for the region.

Flash flooding decimated the region, putting extreme stress on local and state resources available to provide relief and rescue efforts to the Texans who needed it.

Within days, the state government requested the aid of Defense Department resources through the Federal Emergency Management Agency. In response, Air Forces Northern stood up a crisis action team to direct aerial operations of federal military assets supporting the relief effort for the tens of thousands of people displaced from their homes.

“I am proud of this outstanding team of professionals who carried out a critical mission, especially our search and rescue effort, in the wake of this catastrophic storm,” said Lt. Gen. R. Scott Williams, the AFNORTH commander. “This was a total force effort to support our federal, state and interagency partners as we collectively responded to those in need. Our ability to work hand in hand with active (duty), (Air National) Guard and reserve military forces, as well as U.S. Coast Guard and Customs and Border Protection assets, was a complete success.”

Air Force, Army, Navy and Marine units from across the continental U.S., along with the Coast Guard and Air Force Auxiliary Force (Civil Air Patrol), banded together with state and local agencies to provide



A special missions aviator from the 41st Rescue Squadron watches as he raises an evacuee, Aug. 30, 2017, over a residence in the Houston area. The 347th Rescue Group from Moody Air Force Base, Ga. responded with its aircraft and personnel in support of Federal Emergency Management Agency after Hurricane Harvey brought flooding and destruction to parts of Texas. (Photo by Tech. Sgt. Zachary Wolf, U.S. Air Force)



Airmen and Soldiers assist victims out of a UH-60 Black Hawk, Aug. 30, 2017, at the Orange County Convention and Expo Center in Orange, Texas. The 347th and 563rd Rescue Groups from Moody Air Force Base, Ga., Nellis AFB, Nev., and Davis Monthan AFB, Ariz., sent rescue boat teams to Orange County, Texas, and the surrounding areas, in support of the Federal Emergency Management Agency during Hurricane Harvey disaster response efforts. (Photo by Staff Sgt. Ryan Callaghan, U.S. Air Force)

enhanced search and rescue, communications and aerial imagery collection during recovery efforts.

Of the more than 16,800 individuals rescued by the Department of Homeland Security, Coast Guard, Customs and Border Protection, FEMA and DOD, 2,078 search and rescue operations were coordinated through Tyndall Air Force Base's Air Operations Center.

The Search and Rescue Operations Coordination Element provided centralized control and prioritization of federal military search and rescue forces to ensure the greatest unity of effort to save lives, prevent human suffering and mitigate great loss of property.

In addition to the search and rescue efforts, the Customs and Border Protection Air and Marine

Operations Center requested AFNORTH assistance for airborne command and control over devastated areas of Texas.

The 601st Air Operations Center, which is the operational arm for AFNORTH, employed an E-3 Sentry and E-8 Joint Stars as well as a Navy E-2 Hawkeye to fill the role of a communications relay and act as a tactical hub between the Western Air Defense Sector, Houston Air Route Traffic Control Center, an air support operations squadron and over 80 search and rescue aircraft.

The Navy's P-8 Poseidon, although designed for battlefield intelligence, surveillance and reconnaissance, also provided aerial imagery of the Texas landscape through their capabilities employed in support of civil authorities heading the relief efforts.

AFNORTH also leaned on the Civil Air Patrol, who has supported the Air Force since World War II, to collect still imagery demanded by rescue units in the field.

Most of the assets under the control of AFNORTH are now packing up equipment and returning to home stations as civil authorities transition to recovery operations.

However, as the demand for Hurricane Harvey support wanes, AFNORTH continues to monitor the path of Hurricane Irma, and is prepared to respond at a moment's notice.



5TH Annual 5-1 CAV 5k

Saturday Sept. 9, at 9 a.m.

And Little Trooper 1K

FOOD TRUCKS!! THE BBQ SHACK AND AHA TO-GO-GI DOOR PRIZES!!!

Start location at the 5-1 CAV Headquarters, building 3407, Santiago Street.
 Registration for 5K: \$30
 Registration for 1K: \$10 (participants age 10 and younger)
 Complete registration, at <https://endurancecui.active.com/event-req/select-race?e=46730354>



Medals for the first 300 5K and first 100 Little Troopers
 Medals and Prizes Age Division Top 3 Female/Male.
 Medals and Prizes Top 3 overall Female/Male.
 For more information, contact 5.1cavalry5k@gmail.com or <https://www.facebook.com/5th-Squadron-1st-Cavalry-Regiment-140326049362179>

DON'T WAIT. COMMUNICATE.

MAKE YOUR EMERGENCY PLAN TODAY.



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



AMERICA'S

PrepareAthon!



September 18, 11 - 11:30 a.m.

Feeding Children Safely

October 16, 11 - 11:30 a.m.

Child's Intake of Dairy

November 20, 11 - 11:30 a.m.

Iron in your Child's Diet

At the LFCAC, Building 1044, Apple St.

Join us for presentations with certified dietitians on different nutritional & fitness topics. This interactive class is geared towards family, food, fitness, and fun!

For special accommodations contact the Exceptional Family Member Program at (907)353-4243 or 353-4460




www.wainwright.armymwr.com




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Fort Wainwright

CFLC

(Chaplain Family Life Center)
Presents

Suicide Awareness and Prevention Training for Families



3429 Rhineland Ave.
Tel 907-353-6412/6276

Wed, Sept. 6
10am-11am

Wed, Sept. 20
4pm-5pm

Bldg 3429
Rhineland Ave.

For information:
353-6112/6276
or
michael.j.hart7@mail.mil

Fort Wainwright Family & MWR

Weekly Events September 8 – 15

9 **Paint and Pour**
September 9
4:30 to 6:30 p.m.

Amaze yourself. Come enjoy your favorite glass of wine and leave with a masterpiece. Our art teacher will walk you through creating a beautiful painting, step by step— there's no need to already be a master at it. Must be 21 or older to participate.

Last Frontier Community Activity Center, building 1044

12 **B.O.S.S. Tuesdays with ODR: Biking**
September 12
5:30 to 7:30 p.m.

B.O.S.S. is going biking! B.O.S.S. eligible Soldiers are welcome to sign up for the monthly adventures with Outdoor Recreation. This month, we're going biking around Fairbanks. Sign up with your B.O.S.S. Representative or the B.O.S.S. Office.

B.O.S.S., building 1045 #31
Call 353-7648, registration required

14 **Spouse to Spouse**
September 14
9:30 to 11:30 a.m.

Meet Military Spouses currently living in and around Fort Wainwright. Learn what makes this military community special, ask questions, receive advice, and network with similar individuals.

North Haven Community Center, building 4268
Call 353-4332

15 **Parents Night Out**
September 15
6:30 to 10:30 p.m.

Are you needing some alone time? Let the staff at the School Age Center and the Child Development Center help you out with an evening of childcare. Registration is required at least 1 week ahead of event.

CANNING & FREEZING GAME MEAT

September 14, 5:30 - 6:30 p.m.
LFCAC, bldg 1044

The University of Alaska's Cooperative Extension will present the best techniques for freezing and canning. Learn how to best preserve local foods such as moose, fish, wild berries, and locally grown delicacies.

For special accommodations contact the Exceptional Family Member Program at (907)353-4243 or 353-4460

www.wainwright.armymwr.com
#WainwrightMWR #WainwrightACS #WainwrightEFMP

ADVENTURE GUIDE
OUTDOOR RECREATION
GO EXPLORE

Eielson Air Force Base

Friday – 8th
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

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

YOGA MIX, 12:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.

BABY DRIVER (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 9th
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

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

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA BOOTCAMP, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

PIRATES OF THE CARIBBEAN: DEAD MEN TELL NO TALES (PG-13), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 10th
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

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

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

DIARY OF A WIMPY KID: TE LONG HAUL (PG), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Monday- 11th
FREE BOUNCE, 10 a.m. to 7 P.M., Eielson City Center, Eielson AFB, Call 377-2642.

ZUMBA, 12:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA BOOTCAMP, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Tuesday – 12th
SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

REUNION BRIEFINGS, 9:30 to 10:30 a.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.

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

PIYO, 10:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

LADIES BOOK CLUB, 5 p.m., Eielson Library, Eielson AFB, Call 377-3174.

SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Wednesday – 13th
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

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

BYOGA MIX, 12:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

RIPPED, 5:15 p.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA BOOTCAMP, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Thursday – 4th
SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925

LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

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

STORYTIME, 10 to 11 a.m., Eielson Library, Eielson AFB, Call 377-3174.

DEPLOYMENT BRIEFING, 1 to 2 p.m., Airman & Family Readiness Center, Eielson AFB, Call 377-2178.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

SPIN, 5:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

ZUMBA, 6:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

Friday – 15th
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

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

YOGA MIX, 12:30 p.m., Baker Field House, Eielson AFB, Call 377-1925.

OPEN SWIM, 5 to 8 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

TEEN BREAK, 7 to 10:40 p.m., Eielson Youth Center, Eielson AFB, Call 377-6336.

GUARDIANS OF THE GALAXY VOL 2 (PG-13), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269. Saturday – 16th
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

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

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

TABATA BOOTCAMP, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

COLLEGE FOOTBALL, 11 a.m., 354 Sports Bar inside Yukon Club, Eielson AFB, Call 377-5219.

GIVE PARENTS A BREAK, 12:30 to 5:30 p.m., CDC, Eielson AFB, \$30/child, Call 377-3237.

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

BAYWATCH (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 17th
LAP SWIM, 10 a.m. to noon, Pool inside Baker Field House, Eielson AFB, Call 377-1925.

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

OPEN SWIM, 1 to 7 p.m., Pool inside Baker Field House, Eielson AFB, Call 377-1925.

CARS 3 (G), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

IN BRIEF

FINANCE TIP

Did you know your Organizational Defense Travel Administrator is your first line of defense when it comes to all your Defense Travel System related issues? If you need to know the name of your ODTA, contact your local Finance Office, at 377-1851.

NUTRITIONAL TIP

Adults need at least 2 1/2 hours of physical activity per week and children need 60 minutes a day.

TEDDY BEAR DAY

Celebrate Teddy Bear Day at the Eielson City Center on Sept. 9, from 1 to 4 p.m., Make your very own Teddy Bear mask and enjoy some yummy Teddy Bear themed snacks.

AIR FORCE BIRTHDAY CELEBRATION

Celebrate The Air Force's 70th Birthday on Sept. 14 and 15, at the Yukon Club, from 11 a.m. to 1 p.m. There will be free cupcakes, t-shirts and totes while supplies last. Call 377-5219 for more information.

BOOKS AND BEIGNETS

Join the Eielson Library staff on Sept. 15, for a little trip to France. From 4 p.m. to 6 p.m., the library will have books, games, crafts and snacks that will remind you of France.

COMIC CON

The Eielson Library staff is hosting its first ever Comic Con. Oct. 21 from 11 a.m. to 1 p.m., the library will have crafts, snacks, games and a costume contest. Dress up as your favorite character and join the fun! Free comic books will be available while supplies lasts. Call 377-3174 for more information.

FALL FESTIVAL

The 354th Force Support Squadron is hosting their annual Fall Festival at the Yukon Club, Oct. 27, starting at 5:30 p.m. There is free admission, crafts, snacks, carnival games and fireworks! Costumes are encouraged. There will be chances to win prizes and some awesome giveaways!

STORYTIME AT THE LIBRARY

The Eielson library holds story time every Thursday from 10 to 11 a.m. for children 5 years old and younger. Come out and enjoy listening to themed story's read by the Library staff or volunteers! Call 377-3174 for more information.

MEDICAL GROUP OFFERS SLEEP ENHANCEMENT CLASS

The 354th Medical Group provides sleep enhancement education classes on Tuesdays from noon to 1 p.m. The class is four weeks long and begins the first Tuesday of every month. For any questions or to register for the class, please call 377-6354.

EIELSON CHAPEL SERVICES

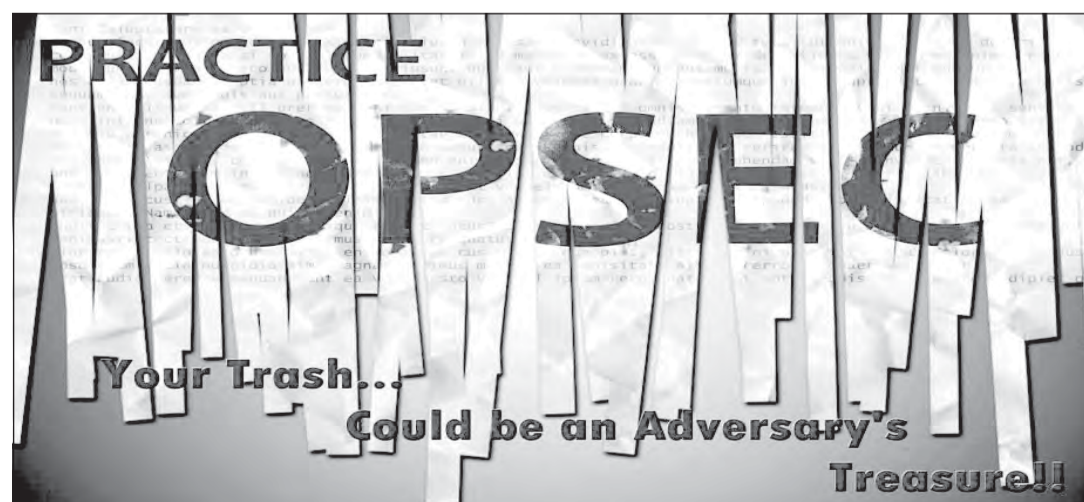
The Eielson Air Force Base Chapel team offers a variety of services. Your Chaplain Corps offers Catholic and Protestant worship services each week and our multi-faith worship center can support the needs of other faith groups. For more information, call us at 377-2130.

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
Kids Church, 9 a.m., Sundays
AWANA, 4 to 6 p.m., Sundays
Jr./Sr. High Youth Service, 6 p.m., Wednesdays



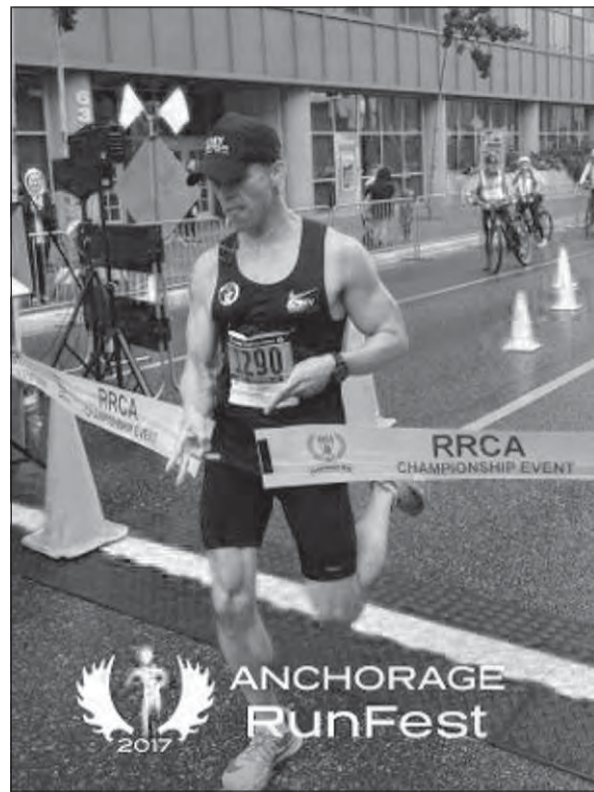
Wolf wins Skinny Raven

Staff Sgt. Christina J. Turnipseed
1st Stryker Brigade Combat Team,
Public Affairs

One of the 1st Stryker Brigade Combat Team's "Arctic Wolves" from Fort Wainwright runs away with a real win in the Skinny Raven Half Marathon which is an annual Anchorage, Alaska RunFest race.

According to www.achoragerunfest.org, the Skinny Raven Half Marathon "is the most popular race of the Anchorage RunFest."

And Capt. Juan A. Bonnet, of 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team flew away with the win for 2017.



(Photo courtesy 5th Squadron, 1st Cavalry Regiment)

He completed the 13.1 mile run course Aug. 19 with a final run time of 1:15:07 winning the overall race and the men's age 25-29 category.

Bonnet is not shy about enjoying his win.

"It's always good to get the win," said Bonnet. "My brigade commander, Col. Lambert, always says that our country expects us, the Army, to win when called upon."

The Arctic Wolf credits his determination to a winning mindset.

"It really is a mindset that has to be established here in garrison long before we are ever called and starts with things that are not military related like athletics and competition--establishing a mindset of winning and being relentless in the pursuit of victory."

Bonnet states that he puts in extensive workouts and many miles to hone a mindset of victory.

"I can honestly say that I smile when competitors challenge me not because I'm arrogant but because I know I've put in the work," stated Bonnet.

"People see the last 30 seconds of a race but not the 1,000 miles of training that enabled that performance. What it takes is mileage varied to include speed workouts, long endurance runs, and tempo runs that target different systems and muscle fibers and together make you a better runner and athlete in general. However, to be successful you have to grind every day, when no one is watching you and no one is holding you accountable but yourself," he said.

The races Bonnet entered to improve his running skills were 5Ks and 10Ks.

"I've won the Faster than a Falcon 5K, Run for the Valkyries 5K, Independence Day Run 5K, Race for Autism 5K, and placed third in the Midnight Sun Run 10K."

However, his tireless drive has nothing to do with a love of running.

"I don't love running. I love winning. In order to win, I have to put in the miles. So that's what I do," he said



Capt. Juan A. Bonnet, of 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team flew away with the win for the 2017 Skinny Raven Half Marathon in Anchorage, Alaska. (Photo courtesy 5th Squadron, 1st Cavalry Regiment)

Bonnet plans to continue winning races in the near future.

"The next race up is the 5-1 5K on 9 September 2017. It should be a good race. My teammates on the USARAK Ten Miler Team will also be racing, and they are just as good. After that, it's all about the Army Ten Miler in DC."

When it is all said and done, Bonnet believes running can improve Soldier skills.

"As Soldiers, we have to learn how to operate in discomfort. Add to that the fitness gained by truly leveraging what you can gain from running and you have a better Soldier," he stated.

Is alcohol really a problem?

Cheryl Adamson
Army Substance Abuse Program

Alcohol is a drug. Dr. Vivek Murthy, surgeon general, said in a press conference that alcohol causes more deaths and costs us more in terms of financial resources than any other substance. According to the surgeon general, the estimated annual economic impact of drug abuse is \$193 billion and for alcohol it is \$249 billion. This data may change with the legalization of marijuana.

Even people who don't have addictions can consume alcohol in a risky way. There are a lot of people who use alcohol in a way they might not consider risky. It's not easy to see when your drinking has crossed the line from moderate or social use to problem drinking.

Alcoholism and alcohol abuse can sneak up on you. Since drinking is so common and the effects vary so widely, it's not always easy to understand where the line is between social drinking and problem drinking.

Alcoholism and alcohol abuse are due to many interconnected factors such as genetics, how you were raised, social environment, and emotional health. For instance, some racial groups are more at risk of addiction and people who have

a family history of alcoholism or heavy drinking are more likely to develop drinking problems. And then there are those who suffer from mental health problems such as anxiety, depression, or bipolar disorder who abuse alcohol to self-medicate.

Substance abuse experts make a distinction between alcohol abuse and alcoholism (alcohol dependence). Unlike alcoholics, alcohol abusers have some ability to set limits on their drinking. However, their alcohol use is still self-destructive and dangerous to themselves or others. Not all alcohol abusers become alcoholics, but it is a big risk factor. Alcoholism can develop suddenly or it can occur gradually as your tolerance to alcohol increases.

Denial is one of the biggest obstacles to getting help. The desire to drink is so strong that the mind finds ways to rationalize drinking, even when the consequences are obvious. If you find yourself rationalizing your drinking, lying about it, or refusing to discuss the subject, you might want to consider why you're so defensive.

Experts are finding that alcohol can rewire the brain and binge drinking can change the brain in ways that make it more difficult to have self-control when

drinking.

A study by researchers at the Johns Hopkins School of Public Health found a link between heavy alcohol consumption and a decrease in brain size of middle-aged adults. Brain atrophy is associated with impaired cognition and motor functions. The researchers also found that low or moderate consumption did not reduce the risk of stroke as previously thought.

Myths about alcoholism and alcohol abuse

I can stop drinking anytime I want to. Maybe you can, more likely you can't. It's an excuse. Truth is you don't want to stop.

My drinking is my problem. You are deceiving yourself. Alcoholism affects everyone around you, especially those closest to you.

I don't drink every day so I can't be an alcoholic. Or I only drink wine or beer so I can't be an alcoholic. Alcoholism is not defined by what you drink, when you drink, or even how much you drink. It's the effects of your drinking that define a problem.

I'm not an alcoholic because I have a job and I'm doing okay. You don't have to be homeless and drinking out of a brown paper bag to

be an alcoholic. Just because you're a high-functioning alcoholic doesn't mean you're not one. Over time the effects will catch up with you.

Drinking is not a real addiction like drug abuse. Alcohol is a drug, and alcoholism is every bit as damaging as drug addiction. Alcohol addiction causes changes in the body and brain just as drug addiction does.

It takes tremendous strength and courage to face alcohol abuse and alcoholism head on.

Aside from alcohol causing problems for individuals and society in general, consider the reasons alcohol was legalized following prohibition in 1933. Primary reasons were putting the bootleggers out of business, ability to tax alcohol and thus have more dollars for state coffers, and the law would not allow anyone under 21 to purchase or consume alcohol. Now consider the reason for legalizing marijuana. Is this Deja vu?

References: For Public Health, Is Alcohol the Next Tobacco by Kimberly Leonard; Alcoholism and Alcohol Abuse by Helpguide.org; Moderate Alcohol Consumption Linked to Brain Shrinkage by Johns Hopkins Dec 2003.

2017-2018 Youth Sports Calendar

Youth Sports Activities	Winter 2017-2018						Spring 2018				
	Basketball	Basketball Cheerleading	Wrestling	Swimming	Downhill Skiing	Snowboarding	Indoor Soccer	Fat Tire Biking	Bowling	Snowshoeing/Hiking	Volleyball
Season Dates	13 November, 2017 – 27 January, 2018						12 February – 14 April, 2018				
Cost	\$55	\$55	\$55	\$65	\$65	\$65	\$55	\$65	\$65	\$65	\$55
Registration Dates	1 – 29 September, 2017						1 – 29 December, 2017				
Ages	5-13 years	5-13 years	5-13 years	5-18 years	5-18 years	5-18 years	5-13 years	11-18 years	5-18 years	5-18 years	5-13 years

2017-2018 Developmental (3-4 years old) Sports Calendar

Youth Sports Activities	Winter 2017-2018		Spring 2018
	Basketball	Basketball Cheerleading	Indoor Soccer
Season Dates	13 November, 2017 – 27 January, 2018		12 February – 14 April, 2018
Cost	\$25	\$25	\$25
Registration Dates	1 – 29 September, 2017		1 – 29 December, 2017
Ages	3-4 years		3-4 years

To register for Youth Sports, visit Parent Central Services, Bldg 1049 Chena Drive, #2 or call (907) 353-7713

www.wainwright.armymwr.com

@WainwrightMWR #WainwrightMWR #WainwrightCYS #WainwrightYouthSports

For more information, please contact Parent Central Services at (907) 353-7713

