

ALASKA POST

Home of the Arctic Warriors

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November 15, 2013



JBER Soldier dies

Staff report,
USARAK PAO

A U.S. Army Alaska Soldier died on Joint Base Elmendorf-Richardson early Saturday morning from an apparent self-inflicted gunshot wound.

Spc. Christopher H. Knickerbocker, 22, of Parma, Mich., was pronounced dead by first responders who arrived at the scene shortly after the incident occurred.

Knickerbocker was an infantryman assigned to A Troop, 1st Squadron (Airborne), 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division. He entered the Army in July 2010, and after completing basic combat training and advanced individual training at Fort Benning, Ga., he reported to Alaska in January 2011.

Knickerbocker deployed to Afghanistan in support of Operation Enduring Freedom in July 2012.

The incident is currently under investigation. Foul play is not suspected.



Spc. Christopher Knickerbocker

Joint international exercise tests rescue capabilities

Donna Miles,
American Forces Press Service

The call came in two days ago: an aircraft with 40 passengers aboard had gone down in a remote area somewhere along the Alaskan-Canadian border. The Federal Aviation Administration, which had been monitoring the flight, received the distress call before losing contact with the aircraft.

Just as if it had been a real-life situation, the FAA contacted the Alaska Rescue Coordination Center at Joint Base Elmendorf-Richardson.

The notional scenario set the stage for more than 100 U.S. and Canadian forces to exercise their arctic search-and-rescue capabilities, Paul VanderWeide, Joint Task Force Alaska's search and rescue program manager, told American Forces Press Service.

Joint Task Force Alaska, the Alaska National Guard, U.S. Army Alaska, the U.S. Coast Guard and Canadian Joint Operations Command sprang into action to provide a fast, coordinated response.

The Alaska Rescue Coordination Center and the Canadian Rescue Coordination Center in Victoria, British Columbia, moved into high gear to reach the site and get help to the survivors. "We both are working together



and sending our search-and-rescue responders," VanderWeide said.

The Alaska Air National Guard and 11th Air Force, which have operated the Alaska Rescue Coordination Center 24/7 since 1994, dispatched search-and-rescue assets, including HH-60 Paw helicopters and HC-130 Hercules aircraft configured for search-and-rescue missions. Aboard each aircraft were crews of pararescuemen and combat rescue officers known as "Guardian Angels."

The Coast Guard sent a C-130 aircraft, the Army National Guard provided a UH-60 Black Hawk heli-

copter, and the active-duty Army sent a CH-47 Chinook helicopter.

The Canadians dispatched two C-130 aircraft, one configured for rescue operations and one for airlift, as well as a rescue helicopter.

Meanwhile, at the simu-

See RESCUE on page 4

Leaders take terrain walk

Brent Massey,
Fort Wainwright FMWR

In preparation for U.S. Army Alaska's Ready & Resilient Week (Nov. 18 through 22) company and platoon leaders from various units took a terrain walk of the services and resources offered to Soldiers at Fort Wainwright. A USARAK Public Affairs news release said, "The tour is part of the Army's Ready and Resilient Campaign, intended to provide leaders a greater understanding of installation service providers, while increasing the readiness and resiliency of USARAK Soldiers."

"The Ready and Resilient Campaign also strives to synchronize key Army programs to reduce or eliminate suicide and suicidal ideations; sexual harassment and sexual assault; bullying and hazing; substance abuse; domestic violence; and any stigma or barriers associated with seeking help," according to the release.

Col. Nicholas R. Snelson, USARAK Aviation

Task Force commander, said the top causes of suicide ideation for Soldiers are relationships, work stress, bills and discipline (pending separation). Leaders can look to these resources, for example, if a Soldier has a relationship problem, and see how to build and help that relationship using the chaplains and other services.

Family Life Center chaplains offer family therapy, the same as mental health services offers, and with the same credentials, but they can talk to you about your spirit. Chaplain (Maj.) Dwight Broedel, Fort Wainwright family life chaplain, said, "Whether you are religious or not you can still come to see us and talk to us about whatever it is you want to talk about" with absolute confidentiality.

Chaplain (Capt.) Jay Hudson, a terrain-walk ambassador, led one of the bus tours and spoke about chapel services, counsel-

See WALK on page 2

Welcome home pay people, welcome home



Members deployed in January, where they ran the pay offices at Camp Arifjan, Kuwait and Camp As-Sayliyah, Qatar providing financial management support such as supporting troops with pay issues, pay out on claims and contracts. (Photo by Staff Sgt. Trish McMurphy/USARAK PAO)

WEEKEND WEATHER



Friday

Increasing clouds
Highs in the lower teens
Lows 2 to 7 below
SW winds to 10 mph



Saturday

Mostly cloudy
Highs around 5
Night chance of snow;
Lows around 5



Sunday

Cloudy; chance
of snow
Highs around 10
Lows around 0

BRIEFS



Best bet

Fort Wainwright's own, 1st Lt. Skylar Pettitt, has the title role in the Fairbanks Light Opera Theatre production of Roald Dahl's Willy Wonka opening at 7 p.m. today in the Hering Auditorium. See story page 4.

Roads and reporting

Sign up for updates to the installation's Road Conditions and reporting Status by texting 99703 to 888777. Details online - www.nixle.com. Or call 353 - INFO

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Soldiers' counsel: Here to help Alaska's Soldiers



(Photo by Allen Shaw; illustration by Brian Schlumbohm/Fort Wainwright PAO)

Wendy Marshall,
Soldiers' MEB

The Office of Soldier's Counsel is the Army's team of qualified and trained attorneys and paralegals who assist Soldiers in the Integrated Disability Evaluation System, or IDES. The OSC are the advocates who provide in-depth information, expert legal advice and effective representation throughout IDES for Soldiers and their Family members. The Army currently has approximately 26,800 wounded, ill or injured Soldiers enrolled in the IDES, which can take about a year to complete. The time, uncertainty and complexity often cause Soldiers and their families to become frustrated, anxious and overwhelmed. The OSC team provides the legal support and services to help Soldiers and their Family members navigate the IDES and fully understand their legal rights and options.

The OSC includes two types of legal counsel: Soldiers' Medical Evaluation Board Counsel and Soldiers' Physical Evaluation Board Counsel. The SMEBC offices are located at Army Installations across the country. The

SMEBC for Alaska is Wendy Marshall. She represents all of the Soldiers in Alaska going through the IDES process. There are two staffed offices in Alaska, one at Fort Wainwright and one at Joint Base Elmendorf-Richardson. The Fort Wainwright SMEBC office is located in the Law Center, building 1562. The JBER office is located in the Soldiers' Family and Assistance Center, at 4986 Zuckert Ave. Both offices provide local, in-person assistance to Soldiers. The office hours are Monday through Friday from 9 a.m. to 5 p.m. at both locations. To schedule an appointment please call 353-6551 for Fort Wainwright and Fort Greely and 580-0677 for JBER.

The SPEBC offices are co-located with the Physical Evaluation Board, located at Joint Base Lewis-McChord, Wash.

The SMEBC staff establishes attorney-client relationships with Soldiers going through the MEB process. They are the Soldiers' advocates through the MEB process; they do not represent the MEB providers, the MTF or the Soldier's command. The goals of the SMEBC staff are to ensure Soldiers receive fair assessments

of their medical conditions and that Soldiers' medical conditions are accurately documented during the MEB process. During the course of the representation, SMEBC attorneys may prepare independent medical review requests, rebuttals to the MEB findings and requests for reconsideration of VA ratings. Upon receiving the results from the IPEB, Soldiers can consult with a SMEBC to review their informal PEB findings. The SMEBC can prepare an appeal of the informal PEB findings or, if the Soldier elects a formal PEB hearing, the SMEBC will assist in a smooth and effective transfer of the case to a Soldiers' PEB Counsel.

Ensuring that Soldiers and their Families receive expert advice and representation during the IDES is part of the Army's commitment to taking care of Soldiers. Whether that involves transition to veteran status or return to duty, these advocates protect the Soldiers' rights and ensure the disability process remains seamless, transparent and fair. The Fort Wainwright and JBER offices are committed to taking care of our Soldiers and their Families.

Walk: Helping Soldiers achieve resiliency, understanding

Continued from page 1

ing trends and UMT confidentiality. There has been "a dramatic increase in workplace issues, with a special emphasis on transitions within the Army" Hudson said. "Sequestration, drawdown and a changing mission set have all led to uncertainty for many and a question of what the future holds." There has also been a big increase in suicide issues across Fort Wainwright, Hudson said. The chaplains are seeing life and career transition issues, stress-related issues and Soldiers struggling with basic relational issues.

At the Behavioral Health Center leaders learned about how the center's professionals treat and support Soldiers with brain injuries and Post-Traumatic Stress Disorder (PTSD). Psychologists and mental health therapists provide individual and group therapy, medication management and support for mental health issues. They have a social worker for child and family social services who provides individual, group, family, marriage, couples and play therapy (for children). There is a Family Advocacy Program supervisor to help identify, prevent, assess and treat child abuse and spouse violence. Margie Kurzbard, Family Advocacy Program supervisor, said, "Fort Wainwright has two times the average amount of child and



During the Terrain Walk for Soldier resiliency, Ron Huffman, Army Substance Abuse Program manager, explains the services offered to leaders and their Soldiers to deal with alcohol and substance abuse. (Photo by Brent Massey/Fort Wainwright FMWR)

spouse abuse." Leaders know which Soldiers are stressed and should refer Soldiers before a DUI or family violence happens.

Army Substance Abuse Program manager, Ron Huffman, explained the ASAP services offered to leaders and their Soldiers to deal with alcohol and

substance abuse such as prevention (urinalysis) and education.

Army Community Service Director Karen Conrad said ACS has 12 program areas with counselors, social workers, nurses and financial counselors to help Soldiers' Families.

Outdoor Recreation Director Lara Patterson told leaders about trips, activities and equipment available at the ODR. They have equipment like snowmachines, boats and trailers to explore Alaska. According to Patterson,

Soldiers who went on the ice-climbing and glacier-hike trips said "that is the coolest thing they have ever done in their entire life."

"The terrain walk was just one small part of the Ready Resilient

Campaign that informs, educates and inspires Soldiers and their families to connect with Fort Wainwright programs available to them," said Felicia Jackson, director of Plans, Training, Mobilization and Security.



During a Terrain Walk, chaplains at the Family Life Center at Fort Wainwright talk to leaders about their services that support Soldier resiliency Nov. 1. (Photo by Brent Massey/Fort Wainwright FMWR)

ALASKA POST

Home of the Arctic Warriors

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The ALASKA POST – Home of the Arctic Warriors

Stryker brigade’s mobile gun system crews train for combat

Sgt. Michael Blalack,
1-25th SBCT PAO

The 1st Stryker Brigade Combat Team, 25th Infantry Division’s Mobile Gun System platoons gathered at the Donnelly Training Area for MGS crew training and qualification Oct. 21-Nov. 8.

The M1128 Mobile Gun System is a variant of the Stryker Armored Personnel Carrier and retains the speed and maneuverability of that platform, but adds the devastating firepower of a 105mm cannon mounted on the turret, as well as a .50-caliber machine gun and a 7.62mm coaxial machine gun.

The purpose of the MGS is to support light ground forces, primarily in neutralizing enemy vehicles, equipment and fortified positions, as well as breaching or removing large obstacles, such as walls or other structures.

Staff Sgt. Ben Faczan, the brigade’s MGS master gunner, organized and oversaw the training.

“This is the first time

we’ve fired the MGSs in DTA,” said Faczan, “and the first time the majority of these crews have done a live fire.”

The training consisted of each crew progressing through several scenarios, including both dry and live fires in situations involving a chemical, biological, radiological, or nuclear environment, simulated casualties and equipment malfunctions.

“This training has been awesome,” said Staff Sgt. Jonathan Guinn, a tanker from Company A, 3rd Battalion, 21st Infantry Regiment. “Not just because we’ve learned a lot, and been able to really practice our job, but because we get to hang out with other tankers, not infantry guys that don’t really know what we’re here for.”

Though the Stryker was designed and adopted for counter insurgency operations, it has capabilities that go beyond what it has typically been used for.

“During COIN operations there was this attitude that the MGS



Flames erupt from the barrel of an M1128 Mobile Gun System as the sun sets over Alaska’s Donnelly Training Area during the 1st Stryker Brigade Combat Team, 25th Infantry Division’s MGS training exercise Oct. 25. (Photo by 2nd Lt. Austin Buettgenbach/1-25th SBCT PAO)

was there to guard the forward operating base,” said Faczan. “But it didn’t really roll around that much, and so, for the most part, has been underused.”

Although the MGS has heavier weaponry than other Stryker variants, it has the same light armor

that gives the Stryker its speed and mobility.

“A common misconception is that the MGS is a tank,” said Staff Sgt. Scott Camp, an MGS platoon sergeant with 1st Battalion, 24th Infantry Regiment. “Yeah, it’s got the great big gun, but it has

the same armor as any other Stryker.”

“The MGS is not designed to go head-to-head with heavy armor,” said 2nd Lt. Austin Buettgenbach, an MGS platoon leader for 3-21. “However, it has an incredibly wide variety of applications and

can be used to support the infantry in much more kinetic, high-intensity conflict applications than it typically has been.”

“We have to get back to being good at direct action,” said Faczan, “because that could be the next fight.”

Toxic leadership: Bad apples spoil the whole bunch

Brent Massey,
Fort Wainwright FMWR

Editor’s note: This article is a two part series. This week the basic idea of Toxic leadership is discussed. Next we will follow-up on how it can be addressed.

Toxic leaders have been around since Bible times when King Saul cut up a bull and sent it to all the people of Israel and threatened he would do the same to the bull of anyone who didn’t come out and fight against Israel’s enemy. King Saul’s ‘bullying’ tactics brought Israel together to fight and defeat the enemy, but later he turned from God and started threatening and attacking innocent people.

According to the Center for Army Leadership report, Antecedents and

Consequences of Toxic Leadership in the U.S. Army, “Toxic behaviors include: micromanaging, being mean-spirited/aggressive, rigidity and poor decision-making, and having a poor attitude and setting a bad example.”

Army publication ADP 6-22 on Army Leadership states, “Toxic leaders consistently use dysfunctional behaviors to deceive, intimidate, coerce, or unfairly punish others to get what they want for themselves.” This includes retaliation for confronting their toxic behaviors.

An article published in the Military Review, Narcissism and Toxic Leaders, states, “Individuals like these are a cancer spreading throughout the profession of arms, although the Army culture has systemically

supported this behavior pattern over the years in many ways.” According to the Army Leadership report survey, one in five Soldiers and Army civilians report having toxic leaders.

Toxic leadership is not only a problem for Army Soldiers but also for Army civilians—and women leaders can be just as bad as men. The Army Leadership report survey found slightly more mean-spirited-aggressive individuals on the Army civilian side than on the uniformed leader side, while the uniformed side had slightly more micromanagers.

High turnover and good employees leaving for other jobs can be signs of a toxic environment and leadership. Colonel. George E. Reed of the U.S. Army, in his Military Review Toxic Leadership

article, said, “One of the Army values is respect. By definition, the toxic leader demonstrates a lack of respect to subordinates.”

According to retired Lt. Gen. Walter F. Ulmer Jr., in his article on Toxic Leadership, toxic leaders have the following traits:

- They rarely take blame or share glory.
- They are not toxic all the time, or to all people.
- They are rarely if ever toxic when in the company of “the boss.”
- They sometimes have good ideas and accomplish good things.
- They can be charming when the occasion fits.
- They are frequently described as extremely bright and hard-working.
- They often have a coterie of devoted “fans” who keep appearing on their staffs.

- Most have been seen as toxic by subordinates since early in their career.
- Their boss either does not know or pretends not to know, and almost never records their abuse of subordinates.

Toxic leaders try to undermine a person’s confidence through intimidation and antagonistic behavior. Lying, slander, toxic gossip, and gaslighting are some of their tools of manipulation. Toxic leaders will harass people by messing with their schedules, assignments, leave requests; exclude them from the group, fail to communicate information necessary for their job and try to make them look bad.

Toxic leaders are good at hiding their toxic behaviors so that others may see it only as a personality conflict. It some-

times takes a toxic leader doing something illegal before he or she is finally recognized as a toxic leader.

Toxic leaders may sometimes give the impression of being in control or getting the job done, but according to the Military Review article, “Authentic leadership is about more than just accomplishing the mission and getting a promotion. It also includes developing and empowering subordinates and building trust.”

Next week read about how to deal with a toxic leader in Toxic Leadership Part II.

Fiscal year ‘13 declared Army’s ‘safest’

Julie Shelley,
Directorate of Communication and Public Affairs,
U.S. Army Combat Readiness/Safety Center

Fiscal 2013 was the Army’s safest year to date, according to end-of-year data recently released by the U.S. Army Combat Readiness/Safety Center.

Accidental fatalities declined 9 percent between fiscal 2012 and 2013, falling to an all-time low of 137 losses. The previous benchmark was set in fiscal 1997, when 150 Soldiers were killed in accidents.

“This is an outstanding accomplishment for our leaders and Soldiers,”

said Brig. Gen. Timothy J. Edens, director of Army Safety and commanding general, U.S. Army Combat Readiness/Safety Center. “It not only testifies to their safety commitment and leadership at all levels across the Army, but also strengthens evidence that we are moving in the right direction.”

On duty, accidental losses fell 6 percent from 2012, continuing a years-long downward trend in work-related deaths. The drop in off-duty fatalities was even more impressive, with a 17 percent reduction that was more than double last year’s decline. A marked drop

in fatal private motor vehicle accidents, historically the No. 1 accidental killer of Soldiers, was largely responsible for this success.

The 40 percent decline in sedan deaths and 15 percent decrease in motorcycle fatalities, the latter coming after a three-year upward trend, validates steps the Army has taken in recent years to combat these losses, said Command Sgt. Maj. Richard D. Stidley, USACR/Safety Center.

“We can’t overstate how important this is for our PMV safety programs,” Stidley said. “More Soldiers are home

now than in at least the previous 10 years, so that means greater exposure to the hazards of driving and riding. Engaged leadership, Soldiers looking out for one another and better training opportunities are making a real difference.”

While most accident categories experienced double-digit reductions throughout fiscal 2013, water-related fatalities were up 225 percent from the previous year. Seven Soldiers drowned during the last quarter alone.

“Boating and drowning deaths tend to rise during the third and fourth quarters every

year because that’s when Soldiers are on the water most,” Edens said. “While this isolated cluster of incidents doesn’t necessarily indicate a trend, it and the rash of ATV accidents we experienced earlier this year show we can’t let down our guard, no matter how well we’re doing in the big picture.”

While 2013 was a banner year for safety, senior Army leaders called for a further 10 percent reduction in fatal accidents service-wide in the 2014 Army Safety and Occupational Health Objectives. The signed memorandum is available at <https://safety.army.mil>.

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Rescue: U.S., Canadian forces exercise their search-and-rescue skills

Continued from page 1

lated crash site at the austere Donnelly Training Area south of Fort Greeley, role players standing in as crash victims huddled in the cold awaiting help.

Although modern aircraft typically are equipped to transmit their locations by GPS coordinates, the exercise planners opted to challenge the responders to find the crash site based on the aircraft’s last known position, VanderWeide said.

That involved a massive search -- not uncommon to staff at the Alaska Rescue Coordination Center, he said. Part of a national and international system of rescue coordination centers, its area of responsibility covers a vast region about one-fifth the size of the continental United States.

“The fundamental challenge with SAR up here and for the Canadians in the far north is that the area is vast, with little infrastructure and very few resources,” VanderWeide said. “You can be hours away from the nearest anything. And to get a helicopter or ground vehicle to people may take a day or days.”

So as soon as rescue teams located the simulated crash site, they began airdropping emergency supplies for the survivors. The Canadians already had developed a kit of food, shelter and medical supplies able to be air-dropped from a fixed-wing aircraft.

But this exercise is serving as a proof-of-concept test for the “arctic sustainment package,” a U.S. version designed to help in keeping survivors alive for up to 72-hours in arctic conditions until they can be rescued or resupplied, VanderWeide explained. Each package includes specialized arctic tents with heaters, food, and survival suits for 25 people.

“The whole concept is to be able to airdrop what’s needed to keep them alive while they wait for that extraction,” he said.

Rather than simply airdropping survivor equipment, U.S. pararescue forces and Canadian search-



A pararescue jumper approaches the ground after jumping out of a plane over Donnelly Training Area Oct. 30. The Soldier is part of the Joint Task Force-Alaska, Alaska National Guard, U.S. Army Alaska, Canadian Joint Operations Command, arctic search and rescue exercise held here and at Joint Base Elmendorf-Richardson. Canadian and U.S. search and rescue assets jumped into the simulated crash site and immediately began stabilizing and providing treatment to the wounded until support was available to transport the wounded to a medical treatment facility. This exercise aimed to increase the collective interoperability between the U.S. and Canada. (Photo by Capt. Patrick Sawicki/USARAK PAO)

and-rescue technicians jumped in with it to begin treating the casualties and assist the other survivors.

“So you are not just dropping gear and hoping people can figure out how to use it,” VanderWeide said. “You are dropping in the people to get that set up in arctic conditions, and also the medical capability to take care of them, until a helicopter or some other vehicle can get to them.”

Aviation assets began arriving at the site yesterday, and were expected to transport all of the survivors to medical facilities by this morning, he said.

Air Force Col. Joseph Kunkel, operations director for Alaskan Command and

Joint Task Force Alaska, called the exercise an important step in improving coordinated arctic search-and-rescue capabilities in the region.

“A robust arctic SAR capability is essential,” he said. “As we have increased human activity in the arctic, there is going to be a requirement to have that strong SAR capability. This [exercise] is a baby step toward getting there.”

VanderWeide expressed hope that the exercise will help to reinvigorate an arctic SAR exercise program the United States, Canada and Russia began in 1993 and that continued during alternate years until 2007. Another positive sign, he said,

are activities within the Arctic Council that are promoting regional cooperation in the region.

Exercising together promotes the competence and teamwork that arctic SAR missions demand, Kunkel said. “It shows we have the collective interoperability to make it happen and that we can successfully carry out a SAR mission in an austere environment such as the Arctic,” he said. “It gives participants the confidence to know they can do that.”

“But it also should give the general public confidence that if we have any kind of SAR event in the Arctic, we are preparing for that and ready to respond.”

Fort Wainwright Soldiers, Family members take the stage

Allen Shaw,
Fort Wainwright PAO

The Fairbanks Light Opera Theater has been a long-time member of the Fairbanks arts community and is a place where the military and civilian neighbors come together for live entertainment. There are those who enjoy the show and then there are others who are part of the show.

Kurt Newman, FLOT board of directors, said, “Throughout the years FLOT has enjoyed great support and talent shared both on and off-stage from the Soldiers, Airmen and Family members stationed on Fort Wainwright and Eielson Air Force Base and the current production of Roald Dahl’s “Willy Wonka” is no different.”

1st Lt. Skylar Pettitt, operations officer, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, is playing the lead role as the eccentric Willy Wonka.

Originally from St. Louis, Mo., Pettitt participated in theater and movie-making throughout his high school and college years before commissioning in the Army. Pettitt was deployed to Afghanistan in 2011

in support of Operation Enduring Freedom and when he returned, he said, “I looked for a way to get involved with theater once again. During my first winter in Fairbanks, I performed in FLOT’s “The Wizard of Oz” as the Scarecrow and have been involved in FLOT ever since.”

“The FLOT board of directors and Willy Wonka production team are grateful that Skylar has chosen to share his gifts with the community of Fairbanks,” Newman said, “and encourage folks to enjoy his lively interpretation of the lead character Willy Wonka in this vibrant musical with a timeless message particularly meaningful in today’s society.”

There are also several members of the production who are Fort Wainwright Soldiers and Family members, including musicians from the 9th Army Band, children actors and the music director, Vanessa Jackson, wife of Staff Sgt. Jeremy Jackson, training NCO for the Army band.

The show opens tonight and runs through Nov. 24 at the Hering Auditorium in Fairbanks. Ticket and show information is available by visiting www.FLOT.org.



During the Oct. 2012 FLOT production of the “Wizard of Oz,” 1st Lt. Skylar Pettitt, operations officer, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, played the part of the Scarecrow, who was befriended by Dorothy, played by Ciara Emily Newman. (Courtesy photo/Todd Paris)

Veterans Day



Wilbur “Bill” Parnham Green, Air Force veteran is being pushed through the saber arch by former Sailor Wenzel Raith during the Veterans Day ceremony hosted by Festival Fairbanks, Monday at the Westmark Hotel in Fairbanks. Both gentlemen, who are Pioneers of Alaska and World War II Veterans, have each been on the Honor Flight Alaska to visit the National World War II Memorial in Washington, D.C. (Photo by Staff Sgt. Trish McMurphy/USARAK PAO)

NFL salutes the armed services: That’s what I’m talking about



Allen Shaw,
Fort Wainwright PAO

The National Football League took the time this past weekend to pay tribute to those in uniform and those who have selflessly served in the armed forces. Besides on-the-field tributes before, during and after games, many teams invited Soldiers and Family members to the games as special guests. Former Alaska Post writer Sheryl, wife of Maj. Christopher Nix, now stationed at Fort

Benning, Ga., viewed Sunday’s game between the Seattle Seahawks and Atlanta Falcons from the second row in the Falcon stadium. She said, “Some days being an Army Family is so challenging but some days it’s pretty fantastic. Attending the Atlanta Falcons game over the weekend was an amazing experience for us.” She said they honored active-duty Soldiers and veterans through every part of the game. “We loved seeing Soldiers as part of the pre-game and half-

time shows and on the sidelines throughout the game,” Nix said. “We will always miss our Fort Wainwright family, but it’s pretty cool to be so close to a city with major sport outlets who honor Soldiers. The Falcons didn’t win but we had a blast.” That’s what I’m talking about. Although we don’t have a professional sports franchise, the Fort Wainwright community is treated the same by the Ice Dogs hockey club, University of Alaska Fairbanks and the roller derby organiza-

tions. Through partnerships and close relationships these groups always offer support to the military. Speaking of the Seahawks (see earlier paragraph), the NFL team closest to Alaska, continues to rack up the wins, along with the New Orleans Saints, the Denver Broncos and the Kansas City Chiefs. The Sunday night game where KC goes to Denver ought to be extreme and that’s what I’m talking about. As for the Fort Wainwright

pigskins prognosticators there was some movement this week. Most everybody did so-so, but Bear and BeerBQ slide forward by winning more than losing. Now Brain on the other hand only picked four winners which put him in the cellar. As always, with only a few games separating the worst from first a few bold guesses and a little bit of luck could change the overall outcome and anyone, even Brain can claim the bragging rights for the season, just for the fun of it.

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Friday – 15th

FALL FAME FITNESS SESSIONS, Monday, Wednesday and Friday, 9:15 to 10:15 a.m. and 10:45 to 11:45 a.m., Melaven Fitness Center, building 3452. Child care sessions begin 15 minutes prior to Fame Fitness times and are \$35 per month, per child, per session. Pre-registration begins Wednesday for the December session. Call 353-7713 for more information.

LUNCHTIME PIN PLATOON BOWLING, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

FUN WITH HEAD-PIN BOWLING, 1 p.m. to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

STORY HOUR AND CRAFTS: FUN IN THE SNOW, 4 p.m., library, building 3700. No cost. Call 353-2642.

COOKING ON A BUDGET, 5 to 7 p.m., Youth Center, building 4109. Call 361-5437.

ICE DOGS HOCKEY, discount tickets are available at the ASYMCA, building 1047, suite 4 for Ice Dogs versus the Kenai River Brown Bears at the Big Dipper in Fairbanks. Puck drops at 7:30 p.m. Military discount tickets are \$11 for adults and children 12 and older; \$5 for children 5 to 11.

OPEN RECREATIONAL SKATING, 5:30 to 7:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137

Saturday – 16th

GEOCACHING, 8 a.m. to 5 p.m., Outdoor Recreation Center, building 4050. Call 361-6349.

GROUP CYCLING, 10 to 11 a.m., Physical Fitness Center, building 3709. Call 353-7223.

WOMEN IN THE WILDERNESS XC SKI, 11 a.m. to 4 p.m., Outdoor Recreation Center, building 4050. Cost is \$15. Call 361-6349.

SNOWBOARDING/SKI CLUB MEETING AND OUT-ING, 1 to 7 p.m., Youth Center, building 4109. Call 361-5437.

OPEN RECREATIONAL SKATING, 1:30 to 4 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

TEXAS HOLD’EM TOURNAMENT, 7 p.m., The Warrior Zone, building 3205. Sign-up begins at 6 p.m. for DoD card holders 18 and older. Call 353-1087.

ICE DOGS HOCKEY, discount tickets are available at the ASYMCA, building 1047, suite 4 for Ice Dogs versus the Kenai River Brown Bears at the Big Dipper in Fairbanks. Puck drops at 7:30 p.m. Military discount tickets are \$11 for adults and children 12 and older; \$5 for children 5 to 11.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137

Sunday – 17th

RECREATIONAL SKATING, 1:30 to 4 p.m., Physical Fitness Center Ice Rink building 3709. Call 353-7223.

WINTERIZATION CLINIC, 3 to 6 p.m., Auto Skills Center, building 3730. Call 353-7436.

RECREATIONAL HOCKEY, 4:15 to 6 p.m., Physical Fitness Center Ice Rink building 3709. Call 353-7223.

Monday – 18th

ROMP AND STOMP PLAYGROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

FALL FAME FITNESS SESSIONS, Monday, Wednesday and Friday, 9:15 to 10:15 a.m. and 10:45 to 11:45

RELIGIOUS SERVICES

Northern Lights Chapel, 3430 Luzon Avenue

Sundays

8 a.m. Early Catholic Mass

10 a.m. Catholic Mass

11:30 a.m. Protestant Worship Service

Bassett Army Community Hospital

4076 Neely Road

Tuesday through Friday

Noon

Roman Catholic Mass

Southern Lights Chapel

Closed for renovation

For more information, call 353-9826.

Watch for signs

Road signs indicate potentially unsafe conditions in this file photo; defensive drivers should also pay attention to their environment, i.e., the roads, the surrounding area and other drivers. Here are a few tips from the State of Alaska’s Department of Public Safety to keep in mind when driving in Alaska’s winter. Slow down;- speed limits are meant for perfect driving conditions, winter is not one of them. Stay back; it’s suggested to drive at least two car lengths for every 10 miles-per-hour driving speed. If you’ve never driven on icy roads or are driving a vehicle that’s new to you, practice stopping, starting and correcting skids in a large, deserted, parking lot. Find these tips and more information on highway safety at www.dot.alaska.gov/stwdpIng/hwysafety/index.shtml. (File photo/Fort Wainwright PAO)

a.m., Melaven Fitness Center, building 3452. Child care sessions begin 15 minutes prior to Fame Fitness times and are \$35 per month, per child, per session. Pre-registration begins Wednesday for the December session. Call 353-7713 for more information.

LUNCH HOUR RECREATIONAL SKATING, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

GROUP CYCLING CLASS, noon to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.

TURBO KICK, 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

AUTO SAFETY CLASS, 6 p.m., Auto Skills Center, building 3730. Call 353-7436.

ZUMBA, 6:15 to 7:15 p.m., Physical Fitness Center, building 3709. Call 353-7223.

Tuesday – 19th

GROUP CYCLING CLASS, 6:30 to 7:30 a.m.; 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

LUNCH HOUR STICK HOCKEY, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

HOOR OF POWER GROUP STRENGTH CLASS, noon to 12:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

Wednesday – 20th

FALL FAME FITNESS SESSIONS, Monday, Wednesday and Friday, 9:15 to 10:15 a.m. and 10:45 to 11:45 a.m., Melaven Fitness Center, building 3452. Call 353-7713 for more information.

LUNCHTIME PIN PLATOON BOWLING, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

LUNCH HOUR RECREATIONAL SKATING, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

GROUP CYCLING CLASS, noon to 1 p.m., Physical Fitness Center, building 3709. Call 353-7223.

AFTERNOON FUN WITH HEAD-PIN BOWLING, 1 p.m. to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

CONFLICT RESOLUTION, 4:30 to 6 p.m., Youth Center, building 4109. Call 361-5437.

TURBO KICK, 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

ZUMBA, 6:15 to 7:15 p.m., Physical Fitness Center, building 3709. Call 353-7223.

Thursday – 21st

GROUP CYCLING CLASS, 6:30 to 7:30 a.m.; 5 to 6 p.m., Physical Fitness Center, building 3709. Call 353-7223.

BABY SIGNS: SIGN, SING, AND PLAY CLASSES, 9 to 9:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

ROMP AND STOMP PLAYGROUP, 9:30 to 11:30 a.m., Last Frontier Community Activity Center, building 1044. No cost. Call 353-7372.

LUNCHTIME PIN PLATOON BOWLING, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

LUNCH HOUR STICK HOCKEY, 11:30 a.m. to 1 p.m., Physical Fitness Center Ice Rink, building 3709. Call 353-7223.

HOOR OF POWER GROUP STRENGTH CLASS, noon to 12:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

AFTERNOON FUN WITH HEAD-PIN BOWLING, 1 to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

HOLIDAY WINE TASTINGS, 5 to 7 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

BASIC CAR CARE FOR WOMEN, 6 p.m., Auto Skills Center, building 3730. Call 353-7436.

TODDLER ACTIVITIES, 6 to 7 p.m., CDC I, building 4024. Call 353-7713.

ZUMBA, 6:15 to 7:15 p.m., Physical Fitness Center, building 3709. Call 353-7223.

Friday – 22nd

FALL FAME FITNESS SESSIONS, Monday, Wednesday and Friday, 9:15 to 10:15 a.m. and 10:45 to 11:45 a.m., Melaven Fitness Center, building 3452. Call 353-7713 for more information.

LUNCHTIME PIN PLATOON BOWLING, 11 a.m. to 1 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

AFTERNOON FUN WITH HEAD-PIN BOWLING, 1 p.m. to 6 p.m., Nugget Lanes Bowling Center, building 3702. Call 353-2654.

STORY HOUR AND CRAFTS: THANKSGIVING, 4 p.m., library, building 3700. No cost. Call 353-2642.

COOKING APPETIZERS, 5:30 to 7:30 p.m., Youth Center, building 4109. Call 361-5437.

OPEN RECREATIONAL SKATING, 5:30 to 7:45 p.m., Physical Fitness Center, building 3709. Call 353-7223.

COSMIC BOWLING, 8 p.m. to 1 a.m., Nugget Lanes Bowling Center, building 3702. Call 353-4137.

SOLDIERS AGAINST DRUNK DRIVING

353-6610

Have a Plan, Call Someone.

ARE YOU A VICTIM OF OR WITNESS TO ABUSE?

CALL 799-9770

(no name required)

Help is available 24/7

11415325

JUST HAIRCUTS

AK POST/AK POST

1 x 4.0

12415903

QUOTA CLUB INTERNATIONAL

/CRAFTER’S BAZAAR

2 x 3.5

ELECTRONICS RECYCLING

Free electronics recycling for the public at the Alaska Waste Recycling Center, 3050 Phillips Field Road, west of Peger Road, is today and Saturday from 10 a.m. to 4 p.m. Individuals may drop off personal, consumer electronics no longer needed. For more information, contact Andrea Miller, executive director, Interior Alaska Green Star, at www.iagreenstar.org or 452-4152.

HELP FOR PARENTS

The New Parent Support program is offering a brown bag discussion series for November covering a wide variety of parenting topics. The informal discussions take place noon to 1 p.m. in the Welcome Center, building 3401, second floor, room 242. Tuesday's topic: Your Toddler, 25 to 36 months. Nov. 26 topic: Parenting Resources. Preregistration is not required. For more information call 353-7515.

TOBACCO STOPPERS

The Tobacco Use Cessation program, offered by Arctic Health Link, consists of a one-time, four-hour class, followed by a 12-week follow up plan to help quit the use of tobacco. The next class starts Thursday, from 12:30 to 4:30 p.m., call 361-4148 for more information.

COMMUTE BY BUS

The Fairbanks Metropolitan Area Commuter System Gold Line bus service is underway on Fort Wainwright. The bus runs weekdays starting at 5:45 a.m. and on Saturdays at 10:45 a.m. There is no service on Sundays. For fees and stop times at the hospital, main Exchange, Last Frontier Community Activity Center, education center and Welcome Center, download a schedule online www.co.fairbanks.ak.us/transportation

EMPLOYEE BENEFITS

The 2013 federal health benefits open season is underway and continues through Dec. 9. Representatives from insurance providers such as Blue Cross Blue Shield, will be available to answer questions Nov. 22 from 9 to 10:30 a.m. in the Last Frontier Community Activity Center's Quiet Room and from 11:30 a.m. to 1 p.m. at Bassett Army Community Hospital. For more information call the Civilian Personnel Advisory Center, 353-7240 or 384-1350.

OFFICIAL PHOTOS

The Fort Wainwright Photo Lab will be closed Thursday through Dec. 4. The Studio will reopen on Dec. 5. To schedule an appointment, call 361-6268.

BABY SAFE, THE FIRST SIX MONTHS

Offered by Arctic Health Link, this class is designed for expectant parents or parents of newborns. Topics include infant choking/CPR, car seat safety, safe sleep environment and much more. For dates and times of the next class, call 361-4148.

FUNDRAISERS

All fundraisers on Fort Wainwright require the approval of the garrison commander. Fundraisers need to be submitted a minimum of three weeks before the planned event. Email cynthia.a.blum.civ@mail.mil for more information, or call 353-7633.

THANKSGIVING MEAL

Dining facility personnel and U.S. Army leaders will serve the Thanksgiving meal from 11 a.m. to 2 p.m. Nov. 28 in the Arctic Warriors dining facility, building 3416. Entrees include turkey, ham, steamship round of beef and crab-stuffed salmon. The meal is free to Soldiers with meal cards; cost ranges from \$6.45 to \$7.60 per person for other military and civilians. The meal is open to all military personnel and retirees, their Families and authorized civilians.

HOLIDAY TREE LIGHTING

The Fort Wainwright Holiday Tree Lighting ceremony is slated for Dec. 4, 6 to 8 p.m. at the Physical Fitness Center, building 3709. Signifying the start of this installation's holiday season, the community celebration includes free ice skating, children's activities, door prizes, entertainment and a visit from Santa. Doors open at 5:45 p.m. For more information call 353-7274.

National American Indian/Alaska Native Heritage month films



Bring your lunch and enjoy a film about Alaska's Native people. All films will be shown at the Directorate of Public Works Environmental Division conference room, building 3023. Films begin at 12:05 p.m. Wednesday's films: "Stories Given, Stories Shared" and "Living From the Land and Sea." For thousands of years the traditional knowledge of Alaska's Native peoples have been passed on by word of mouth. Journey across the vast landscape of Alaska and learn about the diverse people who first gained a foothold here, their connection to the land and sea, and their reliance on the bountiful resources of each. Having developed unique skills and traditions, Alaska Native cultures developed a relationship with the land that is the ultimate expression of their culture. Run times are 16 minutes and 13 minutes, respectively. Call 361-6323 for more information.

THRIFTY VOLUNTEERS

A new scheduling system is in place for Thrift Store volunteers. Call or drop by the store for details. The store is open Tuesday, Wednesday, Friday and Saturday from 10 a.m. to 4 p.m. and Thursdays from 11 a.m. to 5 p.m.; closed Sunday and Monday. For more information call 356-1211.

THINK IF YOU DRINK

Soldiers Against Drunk Driving are here to help and provide a free ride home for those who are buzzed or inebriated and should not get behind the wheel of a vehicle. Better Opportunities for Single Soldiers are available with safe transportation from 11 p.m. to 3 a.m. weekends. Make a plan before drinking and save this number in your phone: 353-6610.

RESPIRATORY CARE

Asthma and allergies will be discussed during this Arctic Health Link session, featuring information on how to reduce attacks while also reducing the need for medication and clinic visits. The next class takes place Nov. 28, from 2 to 3 p.m., call 361-4148 for class location.

UPDATES TO ROAD CONDITIONS

Changes to road conditions and reporting status are recorded on the post's information line: 353-INFO. Smart phone users can also text the installation's zip

code to 888777 or sign up at <http://local.nixle.com/zip-code/99703/> to receive text alerts of installation road conditions and changes to reporting status. For more information, call 353-6780 or visit us on Facebook at [FortWainwrightPAO](https://www.facebook.com/FortWainwrightPAO).

ALASKA DRIVING DELAYS

Before heading out on a road trip, find out where driving delays may be occurring around Alaska at the Alaska Department of Transportation and Public Facilities' Navigator website, www.alaskanavigator.org/

SELF-CARE CLASS

This class provides an orientation to self-care tools and offers a brief overview of how to access health care at Fort Wainwright. Upon completion of this class, Tricare beneficiaries may obtain a select group of non-prescription medications, at no cost, from the pharmacy. Offered by Arctic Health Link, this class is also available online. Call 361-4148 for information on taking the online class or coming in for help.

ALASKA POST HOME DELIVERY

Housing residents who no longer want home delivery of the Alaska Post should email the Public Affairs Office at pao.fwa@us.army.mil or call 353-6780. Share news tips or request submission guidelines by calling the editor, 353-6760.

DIVORCE BRIEFINGS

Questions and concerns about divorce can be answered Tuesdays at 9 a.m. These briefs are offered by the Legal Assistance Office located in building 1562 on the corner of Gaffney and Freeman Roads. The divorce briefing is available to military members and spouses. For more information about legal services or to make an appointment, call 353-6534.

APPLY FOR FEDERAL JOBS

During the Army Career and Alumni Program briefing, ACAP staff shares information about how to apply for federal jobs with the Department of the Army and with other agencies, completing applications and how to use the U.S. Office of Personnel Management website to search for federal positions at www.usa-jobs.gov. For more information, call 353-2113.

EASY PROFILE UPDATES

MilConnect is a website provided by the Defense Manpower Data Center that allows sponsors, spouses and their adult children to access information regarding their personal information, health-care eligibility, personnel records, and other information from a centralized location. Update addresses, phone numbers on DEERS record by signing in, choosing "My Profile Information" and clicking "Update Address." Scroll to the bottom and click "Submit" to add or update any of your contact information at the DMDC site: <https://www.dmdc.osd.mil/milconnect>.

MILITARY CHILD, FAMILY THERAPY

Family members of active and retired military can consult the Child and Family Assistance Center for assistance with youth and Family issues. Individual and group therapy is available. Referrals are not required. For more information or an appointment, call 361-6284 or 361-6059.

PREVENT ABUSE AND NEGLECT

Help for abused and neglected children is available locally and through a toll-free hotline. Call the 24-hour Child Help National Child Abuse Hotline at (800) 4A-CHILD or on post, call Army Community Service at 353-7317. If you suspect a child is being hurt or neglected, contact the local police. Tips and resources are available for parents, educators, caregivers and volunteers at www.myarmyonesource.com.

HOUSING ALERT

Are you on the waiting list for post housing? If your phone number, email address or lease end date changes, contact North Haven Communities at 356-7000 (press 3, then 1) to update your status.

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NORTHWIND BEHAVIORAL HEALTH
/NORTHWIND BEHAVIORAL
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18409682
PURE ESSENTIALS DAY SPA
AK POST/NOV AK POST
2 x 2.0

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FAIRBANKS SKI PATROL
AK POST/WARREN MILLE
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