

ALASKA POST

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Fort Wainwright, Alaska

April 14, 2017

Air National Guard Airman exercises lessons learned in and out of the classroom

Senior Master Sgt. Paul Mann
168th Refueling Wing Public Affairs

National Guard Airmen and Soldiers have unique connections to their communities, connections that stretch beyond the gates of their bases.

One such connection is that of a teacher and student, or in this case, Airman and students.

When in uniform, Staff Sgt. Megan Schreder performs the duties of a services craftsman for the 168th Force Support Squadron, part of the 168th Wing at Eielson. When Schreder is out of her camouflage uniform, she dons the uniform of a 5th-grade teacher.

This is Schreder's second year of teaching, her first year as a 5th-grade teacher. "They make moves within the district, and I knew I was being transferred," she said.

"Then I found out I was teaching fifth, and I was very excited, and I love this school," Schreder said. "The staff and administration are amazing. It makes me love teaching more."

She teaches at Arctic Light Elementa-

ry School, located inside the gates of Fort Wainwright, Alaska, which is collocated with the city of Fairbanks. All of Schreder's students have a mom or dad, and sometimes both parents, who currently serve in the armed forces.

"With my kids I definitely talk to them a lot about the fact that I'm in the Guard," Schreder said.

"That's so cool Ms. Schreder, do you fly airplanes?" asks some of her students. She is quick to respond "no" and tells them that there are different jobs in the Air Force, but acknowledges that her connection to the military helps these kids connect with her, especially at this school.

"Having that connection, that I'm in the military and their parents are in the military, really helps them warm up to me," Schreder said.

During the month Ms. Megan Schreder is home room teacher to 26 students, and with the exception of physical education or music, provides all of the lessons for her fifth-graders.

Schreder feels her service with the Air

See SCHREDER on page 4



Staff Sgt. Megan Schreder, services craftsman for the 168th Force Support Flight, Alaska Air National Guard, Eielson AFB, Alaska, stands surrounded by her fifth-graders inside their classroom at Arctic Light Elementary School, Fort Wainwright, Alaska. Schreder, who used her military tuition assistance to pay for college, is in her second year of teaching elementary school here in Alaska's Interior. (Photo by Senior Master Sgt. Paul Mann, 168th Refueling Wing Public Affairs)



On March 29, Eielson broke ground for the F-35A Lightning II flight simulator facility, which marks the beginning of improvements to the base's infrastructure in order to house the new aircraft. Since Eielson's selection to be the Air Force's first operational overseas F-35A location, there has been a lot of work done to prepare for their arrival. Preparations include construction and renovations planned in support of 54 F-35s and approximately 3,500 Airman, contractors and their families. (Photo by Airman Eric M. Fisher, 354th Fighter Wing Public Affairs)

Eielson breaks ground for F-35A Lightning II flight simulator

Staff Report
354th Fighter Wing Public Affairs

In April 2015, the Air Force selected Eielson Air Force Base to become the first operational overseas location for the F-35A Lightning II.

On March 29, Col. David Minneau, the 354th Fighter Wing commander, officially broke ground for the F-35 beddown; less than a year after the initial selection was made.

"The ground breaking for the flight simulator is the first major military construction project in the F-35 beddown," said 1st Lt. Brett Brunner, the 354th Civil Engineer Squadron F-35 construction project manager chief. "The ceremony is both for this facility and the entire project at large."

The flight simulator will allow the initial F-35 pilots, who arrive to Eielson approximately six months before the first aircraft arrive, to

maintain many of their flying currencies and skills during the half-year gap. It also allows them to train against modern threats in a highly-realistic environment.

The F-35 beddown project is expected to cost \$550 million and take place over the next three years. Construction and renovations have already begun and Eielson is preparing to support 54 F-35s and approximately 3,500 Airmen, contractors and their families.

Making a better place: why we volunteer

Ryki Carlson & Nicole Piazza
Army Community Service

Volunteers are the backbone of our community. April is Volunteer Recognition Month and is a great opportunity to reflect on those who contribute to our organizations as well as the benefits of volunteerism.

Volunteers are the people that take on tasks, responsibilities, or projects by taking initiative to help. Over the past year, Fort Wainwright volunteers contributed over 22,000 hours of service to our 174 registered organizations. Here in our Fort Wainwright community, they offer vital help to people in need, worthwhile causes, and the military community. They generously give their time, skills, and knowledge to help our programs succeed.

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives, making a difference in their community, and connecting with others.

See VOLUNTEER on page 7

Abuse in a child's world



Karen Abad
FAP Prevention Coordinator

Our worlds are different in many ways. Thinking we know everything as parents, or at least pretending that we do. Our children see it as something very important, it's their world being turned upside down but as adults we may not recognize the change or realize what is happening. After all, we have big people concerns consuming our time,

See ABUSE on page 6



Last call for Tax Assistance Center, Tuesday

The Tax Assistance Center on Fort Wainwright will be closing on Tuesday, April 18, at 10 p.m. So if you haven't done so yet, get your tax information in as soon as possible, or call their office at 353-2613 to find out what you need to file an extension.

The following is a list of important documents to bring with you when you visit the Tax Assistance Center:

Social Security Card or Tax ID, military ID, banking information such as routing and account numbers, W2 Forms and all other income records for 2016. Also if applicable bring your Alaska Permanent Fund Dividend, 1098/1099 Forms, day-care expenses, college expense records and itemization deduction records.

Returns are filed electronically, whether you are getting a refund or owe taxes.

Only taxes prepared by a Fort Wainwright Tax Assistance Center staff member can be electronically filed at the Tax Assistance Center. The center can only process simple tax returns. Those with returns that include Schedule C with losses; complicated and advanced Schedule D (capital gains and losses), Form SS-5 (non-deductible IRA), Form 8606 (minor's investment income) and Form SS-8

(determination of worker status for purposes of federal employment taxes and income tax withholding) are not able to be completed through the tax center.

The Tax Assistance Center is located in building 1051, Suite 9, near the law center on the north side of Fort Wainwright.

For more information, call 353-2613.

WEEKEND WEATHER



Friday
Sunny, with a high near 47. Low near 29.



Saturday
Mostly sunny, with a high near 45. Low near 18.



Sunday
Sunny, with a high near 34. Low around 23.



EARTH DAY CELEBRATION

Members of the community will come together for a special Earth Day celebration Friday, April 21, at the Physical Fitness Center, building 3709, on Fort Wainwright. The celebration of sustainability and to highlight the partnerships forged between the civilian community and the military to reduce the environmental impact on the planet. Earth Day 2017 encourages people of all nationalities and backgrounds to stand united for a sustainable future and calls upon individuals, organizations and governments to do their part.



A U.S. Air Force F-16 Fighting Falcon aircraft sits in a hangar April 4, at Eielson Air Force Base, Alaska. The F-16 recently received a new paint scheme called "Splinter," which is being adopted as the standard pattern for the 18th Aggressor Squadron's aircraft. (Photo by Airman Eric M. Fisher, 354th Fighter Wing Public Affairs)

Same jets, different look

Airman Eric M. Fisher
354th Fighter Wing Public Affairs

January 20, 1974, marked a momentous occasion for the U.S. Air Force as Phil Oestricher, a General Dynamics test pilot, strapped into the cockpit of the F-16 prototype and prepared to take off. The first flight lasted mere moments and only made it a few feet off the ground.

Since then, the F-16 Fighting Falcon has improved by leaps and bounds to become the aircraft it is today. More than 4,500 jets have been built since their first production in 1978 and are based at more than 80 locations worldwide.

One of those locations happens to be right here on Eielson, which houses more than 20 F-16's. These aircraft are used by the 18th Aggressor Squadron to provide critical combat training to pilots around the globe. Due to their goal of threat replication, the 18th AGRS aircraft are painted to match that of possible enemy fighter aircraft and have flown with their current paint scheme for more than a decade.

A lot can change in a decade, to include the appearance of the force being replicated. To accommodate this difference, the 18th AGRS will be

updating their paint scheme.

"We've been flying a legacy scheme for a number of years and will be changing to a new one called 'Splinter,'" said Lt. Col Brian Ford, the 354th Maintenance Group deputy commander. "The reason we're switching to the new paint scheme is to better replicate the enemies our pilots could encounter."

This new paint scheme will take time to implement on all the aircraft due to the time consuming process.

"Typically, to fully repaint an aircraft it takes about a week to two-weeks," said Tech. Sgt. Augustus White, the 354th Maintenance Squadron structural maintenance repair section NCO in charge. "This process takes a lot of man-power so we run a three shift operation to get it done."

With the hard work from Icemen at the structural maintenance repair section, one aircraft is already sporting its new look.

"The first aircraft with the new scheme is operational, with plans to have another finished in a couple weeks, which is our flagship," said Ford.

Expect to see a few fresh looking paint jobs out on the flightline in the coming months, especially as Eielson begins gearing up for RED FLAG-Alaska season, where U.S. forces and their allies will continue



A U.S. Air Force F-16 Fighting Falcon aircraft sits in a hangar April 4, at Eielson Air Force Base, Alaska. The F-16 is being painted with the new "Splinter" paint scheme by the 354th Maintenance Squadron's structural maintenance repair section. (Photo by Airman Eric M. Fisher, 354th Fighter Wing Public Affairs)

to receive adversary training with a more accurate representation of real-world threat aircraft.

MILITARY
CHILDCARE.COM

Department of Defense Launches MilitaryChildCare.com at Fort Wainwright

Bobbie Jones
Parent & Outreach Services Director

Families at Fort Wainwright will have access to a new Department of Defense website starting Thursday, April 27, designed to simplify and improve the child care request for care process.

MilitaryChildCare.com provides a single online gateway for families to access military-operated or military-subsidized child care options worldwide across all Services. The site enables families to create a household profile, conduct child care searches, submit requests for care, and manage their requests at any time and from any location.

The new DoD site – which is being introduced worldwide in phases – offers a more streamlined approach to finding and requesting care, expedites placement through a standardized request process and waitlist management tools, and provides reports that help programs

better plan for future placement needs.

Through MilitaryChildCare.com, eligible families can search and request care for full day and part day options in facility-based and home-based programs for children from birth through age 12. Families may remain on a preferred program's waitlist even after being offered care or enrolling in another program.

Families at Fort Wainwright who are currently on waitlists will be automatically transitioned to the new web-based system. These families will retain the original date of their request(s) for care, and all program enrollment processes will remain the same.

For additional information, families are invited to attend the next CYS Parent Advisory Board at the School Age Center, 4166 Neely Road, from 6 to 7 p.m. You can also contact CYS Parent Central Services at 907-353-7713 for more information or visit our office at 1049 Chena Road, Suite #2.

PCS Season is here
Recycle your unwanted
electronic waste on **Earth Day**

Friday, April 21st, 8 a.m. to 5 p.m.
Fort Wainwright Physical Fitness Center Parking
Lot, Building 3709, Meridian Road



Almost anything that plugs in or has batteries:
Computers, Monitors, Laptops, TVs,
Printers, Fax Machines, VCRs, DVD Players,
Stereos, Cameras, Keyboards, Scanners,
Servers, Game Systems, Batteries, Cell
Phones, Ink Cartridges, VHS/DVDs

Provided by Mainscape and Green Star of Interior Alaska, a local non-profit that encourages and enables our community to reduce waste and increase recycling.

For more information, contact 907-353-9507.

Green Star
of Interior Alaska

MAINSCAPE
LANDSCAPE MAINTENANCE SERVICES

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

FORT WAINWRIGHT

Are you ready to take your career to the next level as an Army Warrant Officer?

The U.S. Army Warrant Officer Recruiting Team will be in your area conducting briefings on qualifications and application procedures to become an Army Warrant Officer.

DATE/TIME/LOCATION:	RECRUITING TEAM POC:
• 25-26 APRIL 2017- 10 a.m. and noon	• CW3 LONDON
• EDUCATION CENTER	• Cell: 808-371-9691
• BLDG: 4391	• Email: tivon.d.london.mil@mail.mil
• RM: 3	• SSG McCOY
	• Cell: 253-888-1933
	• Email: jon.p.mccoy.mil@mail.mil

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History Snapshot: Chichagof Harbor, Attu

L. Amber Phillippe
Fort Wainwright
Landscape Historian

(Photo courtesy of the US Navy) 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.

NUMBER	DATE
FAW 4 #5410	3 June 1943
TAKEN BY:	
FAW 4	
LOCATION:	
<i>Captured Jap Equipment</i>	
SUBJECT: Japanese equipment captured in the Chichagof Harbor area on Attu, the Aleutian Islands.	
Lt. Donley, USNR, inspects one of the (3") AA guns. Notice numerous cases scattered about and blistered paint work, giving evidence to recent heavy usage. Dug-out adjacent to gun provided ample shelter. When the going got extra tough, these dug-outs (deep and large) gave proof of the oft heard statement of our soldiers, "Bombs and shells were a help but often ineffective, you had to go in and dig 'em out".	
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Romance scams can cost you thousands of dollars

Michelle Tabler
Better Business Bureau

Romance Scams and the fraudulent activities related to them originate with online dating sites. On Better Businesses Bureau's Scam Tracker, 177 Romance Scams have been reported with some victims having been scammed out of thousands of dollars. And these are just the reported scams to BBB. It's just the tip of the iceberg.

Scammers post fake profiles online, often by hijacking photos and text from existing accounts or off the internet. The scammers claim to be from your local area but temporarily out of town, working out-of-country on a project or deployed military. These are some of the excuses given for not meeting in person. On the other end, if a scammer sees by the online profile that the person searching is in the military, they'll use the fake profile to lure the person in.

Soon after contact with an interested "victim," the scammer will request moving contact from the online site to personal email or text messaging. All the while, these scammers are trying to build a romantic relationship with their victim while garnering trust. Soon they will come up with a reason for the victim to send money.

The reasons for needing money vary but often involve cash for airfare to visit the victim or for a family emergency.

In one case, a woman met someone online who was supposedly working as a contractor overseas.



Eventually, he did ask for money for his business project which he promised to repay. The victim wired the money. A family member who reported this scam to our BBB Scam Tracker wrote that her relative was "financially drained, in addition to heartbroken."

Another victim reported that she had been corresponding with someone she met online who told her he had just inherited \$2 million from a relative but needed to pay the tax up front – of course, asking the victim to front the money until he received his "inheritance."

Luckily, she didn't send the money although the scammer did convince her to wire money for his trip back to the U.S. to meet her so they could be together. They spoke on the day they were supposed to finally meet: "I spent the whole day preparing and he told me to be ready by 5 p.m." The time came and went without his arrival. The victim hasn't heard from him since. Of course, this online person never

really existed.

Both men and women of any age are susceptible to these types of scams. In some cases, losses have totaled thousands of dollars.

Here are some important tips to remember if you are using online dating services:

- Be cautious if the person is not currently local.
- Avoid sending money for whatever reason is given, especially to someone you've never met. Remember that wiring money or filling a prepaid card (such as iTunes) is the same as sending cash. You'll never get it back.

- Be wary if the person finds excuses not to communicate other than by text or email.

- Enter the photo and text from a profile into a reverse image search. Fake profiles tend to have a recent join date and just a few friends listed. Look for grammatical errors and discrepancies between their photo and their profile.

- Never give out personal information or any bank account or credit card numbers.

- Social media and online dating sites have made meeting new people easier. Just be cautious, protect your personal information, and do your research.

Editor's note: The online Better Businesses Bureau's Scam Tracker, at <https://www.bbb.org/scam-tracker/us/> is an excellent source to check on known scams being committed in your area.

American Red Cross
Tanana Valley Chapter
3501 Lathrop St., Unit G
456-5937

"Together, we can save a life."

Fort Wainwright Family & MWR: Weekly Events April 14 – 21

EASTER EGGSTRAVAGANZA

April 14, from 5 to 7 p.m.

Happy Easter! Celebrate the season with an afternoon of family-friendly activities centered around the springtime excitement of Easter. Get your pictures taken with the Easter Bunny, have a blast in the bounce houses, and get pumped for a wild game of Easter-themed laser tag. At the Last Frontier Community Activity Center, building 1044. Call 353-7755.

BEACH BOWL PARTY

April 15, from 8 p.m. to midnight.

Put on your best tropical attire and get the party started! Join your friends at the annual Great Big Beach Bowl Party as we shake off the shackles of winter. Enjoy high-energy music, food and drink specials, door prizes, and more! At the Nugget Lanes Bowling Center, building 3702 Call 353-2654, reservations recommended.

GROW & GIGGLE

April 17, from 9:30 to 11:30 a.m.

Join other new parents of the New Parent Support Program on Mondays and Thursdays for an interactive playgroup to assist in learning developmentally-

appropriate play techniques with your small child. At the Last Frontier Community Activity Center, building 1044. Call 353-7755.

BOUNCE HOUSE NIGHT

April 20, from 4:30 to 6:30 p.m.

Bounce, bounce around and get out all of that energy! Children 13 and under are welcome to attend, with parents also present. At the Army Hotel: Holiday Inn Express, building 3402. Call 353-4243, registration required.

FRIDAY FAMILY NIGHT: INDOOR ROCK CLIMBING

April 21, from 5:30 to 8 p.m.

Bring the family out for an evening of rock climbing fun as you and your family scale the indoor rock wall. All skill levels are welcome! Ages 5+. All minors must be accompanied and supervised by an adult guardian. Equipment, and instruction is included. At the Outdoor Recreation Center, building 4050. Call 361-6349, reservations required.

MONTH OF THE MILITARY CHILD CARNIVAL

April 22, from 10 a.m. to 2 p.m., come celebrate the Month of the Military Child with a carnival of

the grandest scale! This year we're recognizing the strength of our military children through Building Up Military Youth. The annual Carnival will have games, crafts, activities, CYS information, and more! Don't miss out on all of the fun! At the School Age Center, building 4166. Call 353-7713.

NEWCOMERS ORIENTATION AND INFORMATION FAIR

April 26, Newcomers Orientation: 9 a.m. to 3:30 p.m., Information Fair: 1:20 to 2:30 p.m.

Are you new to Fort Wainwright? Whether you are a soldier or a civilian, Newcomers Orientation is the perfect place to learn about your new home. This orientation provides a basic introduction to the Fort Wainwright Community, its agencies and services, and focuses on cultural adaptation. The Information Fair is an extension of the Newcomers Orientation, and offers you the chance to learn what the surrounding community has to offer. Various representatives from Fort Wainwright, Fairbanks, and the surrounding communities will be on hand to welcome you to the area and describe the services they have available to you. At the Last Frontier Community Activity Center, building 1044. Call 353-7713 for more information.

SCHREDER: Air National Guard, teacher

Continued from page 1

National Guard helps foster a better understanding with community and school members, particularly those who do not have any direct ties to the military.

"We are a more traditional school, they're in here the entire day...I have them from the moment they're at school until I let them go at the end of the day," Schreder said. Which might help explain how she walks about 10,000 steps a day, Schreder almost never stops moving as she's teaching.

"Scientists have identified about 2 million types, species of living things on Earth," is heard coming from Schreder's computer as it begins to play a 'life science' lesson. Schreder follows along and quizzes the schoolchildren during the lesson, "wasn't that one of our test questions?" she asks.

"I told my commander this past weekend that things I learn here at drill, I use in my class-

room, and things I use in my classroom, I use here at drill," Schreder said.

"I've definitely seen Megan mature since she first enlisted," said Master Sgt. Claudia Cen, 168th FSF services noncommissioned officer in charge. "She was a very naïve teenager when she got here, and now she's an amazing teacher and role model for our new Airmen."

During regularly scheduled drills, or RSDs, Staff Sgt. Megan Schreder supervises two services journeymen. Along with other members of the FSF, Schreder and her Airmen help unit members prepare for their fitness tests, work lodging issues, and of course train.

"Megan has impeccable military bearing," Cen said. "She has so much patience with our Airmen."

The teacher side of Staff Sgt. Schreder is well known by her peers and subordinates, "especially when we run PT tests, people are like, I can see the teacher side of you coming out," Schred-

er said.

"When we're reading the verbal instructions for fitness assessments, and people are talking, I tend to walk near them as I'm reading, as a sign like, 'she's probably waiting for me to be quiet, and that actually still works for adults, which is kind of funny."

Back in her classroom at Arctic Light, Schreder gets the students ready for the question section of their science block of instruction, but as kids tend to do, they're all talking. "If you're talking when I'm talking, you are not helping yourself, you are not helping others," says Schreder.

The 5th-graders respond quickly, and Schreder starts the lesson, asking one of the students to start reading, "Go ahead Matthew," she says.

"How many types of living things have scientist identified?"

Always looking for opportunities and challenges, Schreder recently applied and interviewed for a commissioning opportunity within the wing, and was select-



Staff Sgt. Megan Schreder, services craftsman for the 168th Force Support Flight, Alaska Air National Guard, Eielson AFB, Alaska, administers fitness tests inside the Baker Field House, Eielson AFB, Alaska, April 2. Schreder, when not wearing Air Force camouflage, is a full-time elementary school teacher in Fairbanks, Alaska, and is in her second year of teaching. (Photo by Airman 1st Class Mae S. Olson, 168th Refueling Wing Public Affairs)

ed as force support flight officer.

Lt. Col. Kelly Mellard, 168th Force Support Flight commander said, "I have complete confidence in Megan's leadership skills. She has the respect of her peers and Airmen, and has al-

ready proven herself as a leader in the services flight."

"We are excited to see her take this next step in her professional growth, knowing that she will make an excellent officer," Mellard said.



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APRIL 14, TIMES AND LOCATIONS VARY








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Eielson Air Force Base

Friday – 14th

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.

BALLISTICS, 11 a.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.

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

Saturday – 15th

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.

UNDERWORLD: BLOOD WARS (R), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 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.

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

MONSTER TRUCKS (PG-13), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Monday – 17th

FREE BOUNCE, 10 a.m. TO 7 P.M., Eielson City Center, Eielson AFB, Call 377-2642.

BALLISTICS, 11 a.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 – 18th

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

LAP SWIM, 6 to 8 a.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

LAP SWIM, 11 a.m. to 1 p.m., Pool inside 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 – 19th

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.

BALLISTICS, 11 a.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 – 20th

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 a.m. 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 – 21st

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.

BALLISTICS, 11 a.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.

Saturday – 22nd

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, 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.

Sunday – 23rd

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.

IN BRIEF

FINANCE TIP

Did you know that AFPC makes promotion updates on members' record for pay benefits as opposed to your local Finance Office?

NUTRITIONAL TIP

Winter time in Alaska, we need to be conscious of our Vitamin D intake. Vitamin D helps us to absorb calcium, build strong bones and teeth, and assists in regulating our immune system. Fatty fish (salmon, tuna, and sardines), fish liver oils, Shitake mushrooms, eggs, and Vitamin D-fortified foods (cereals, breads, milk, and margarines) are great choices. Speak to your health care provider if you plan to take a supplement.

WEEKLY KIDS SEWING CLASS

Join the Arts and Crafts Center Wednesdays from 10 to 11:30 a.m. and Saturdays from 1:30 to 3:30 p.m. for a kids sewing class! The cost is \$11 per person. Each class focuses on different projects gears toward different age groups. Three children at a minimum are needed to hold the class each week and basic sewing supplies will be provided. Call 377-4880 for more information.

EASTER BRUNCH

The Yukon Club Ballroom is holding a Sunday Brunch April 16, from 10 a.m. to 1 p.m. Children age 1 to 4 eat for free, children age 5 to 12 and 13+ and adults eat for a varied price. There will be an omelet bar, carving station, eggs, bacon, chicken nuggets, vegetables and more! Visit www.eielsonforcesupport.com for more information.

EIELSON PET CLINIC

The next pet vaccination and microchip fair will be April 19, from 9:30 a.m. to 4 p.m., at 2610 Central Ave on Eielson. Some of the services provided include routine vaccinations, microchip implantation, deworming, nail trims and more.

The clinic accepts cash, check or Visa and Mastercard payments and is open to active duty, reservists, guardsman and retired service members. Call 907-361-3013 to schedule an

appointment. Walk-ins will be seen with time permitting.

STRONGEST PERSON COMPETITION

Do you think you're strong? Find out by competing in the strongest person competition on April 22, at the Baker Field House, Eielson AFB. The event starts at 9 a.m. and participants must be 18 or older and sign up by April 21. Participants will be sorted into weight categories and compete in a deadlift, squat and bench press lift-off. Medals will be awarded to the strongest male and female in each category. Call 377-1925 to sign up or for more information.

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

ABUSE

Continued from page 1

which is no excuse, we must take time and remember to visit our child's world.

Not all abuse with children will be easily recognized or be shared freely by the child. As adults, we should visit their world to understand what is taking place. We should communicate with children by taking time to listen and talk to them, reassure safety for a child and most importantly give extra attention and encouragement to engage children to share with adults what is taking place in their world!

When child abuse occurs, the costs are high, and children who are neglected and experience physical, sexual, and emotional abuse are more likely to have poorer health, social and emotional difficulties and lower economic productivity in the future.

This is a call to all adults, take time to converse with children and recognize what is taking place in the Child's world. Child abuse does not only impact the child, it affects the family as a unit.

As the adult, take action and learn about child abuse so you can recognize and report the abuse that a child may be experiencing or has experienced. Please contact Family Advocacy Program, at (907) 353-4335 for any additional



Are you a Purple Heart Medal recipient

Did you know that there are several other recipients who have joined the Military Order of the Purple Heart? The Fairbanks MOPH Chapter 675 is inviting you to their monthly meetings held at the Fairbanks Veterans Center on the last Monday of every month, at 7 p.m. We are a coveted membership and would like to meet you. You do not have to be a member of the MOPH to attend, the Chapter will cover membership costs. Please contact Brad Bunnell, at 687-8601 or Dave Dean, at 378-2971 for questions and membership information.



VFW

Veterans of Foreign Wars
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VOLUNTEER

Continued from page 1

One of the better-known benefits of volunteering is the overall impact on the community. The intangible benefits such as pride, satisfaction, and accomplishment often motivate volunteers. And to top it off, the experience of helping others feels awesome.

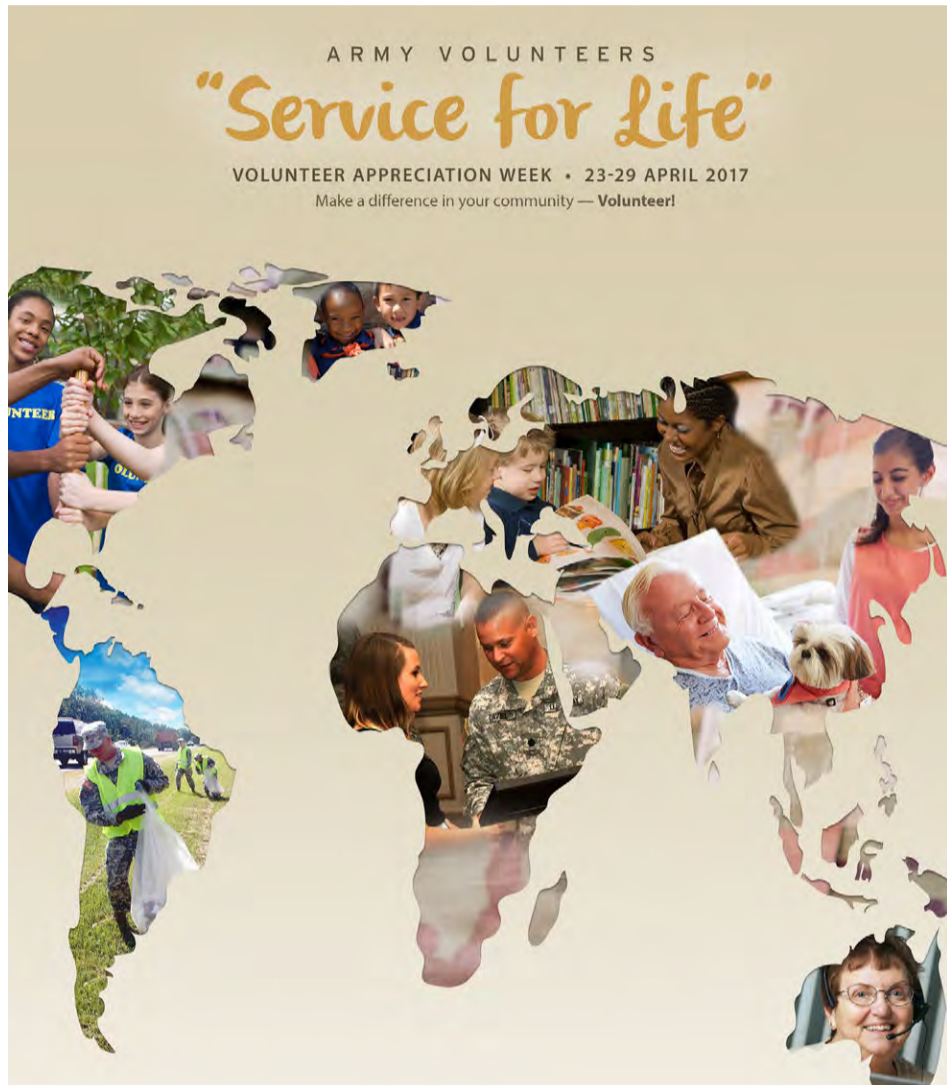
There are numerous reasons to volunteer here at Fort Wainwright and the surrounding community. Dedicating time as a volunteer helps you meet new people and expand your network, exposing you to people with common interests, local resources, and fulfilling activities.

Even though volunteer work is unpaid it doesn't mean the skills you learn are basic. Many volunteer opportunities provide extensive training. Additionally you can practice your existing job skills while developing marketable skills used in the workplace, such as teamwork, communication, problem solving, project plan-

ning, task management and organization. If you identify tasks that are a struggle, look for opportunities to gain knowledge or strengthen your skills in this area. Volunteering offers a chance at gaining experience for future jobs or positions by increasing your marketability, especially by showing that you have a degree of commitment.

Fort Wainwright's annual Volunteer Recognition Ceremony will take place April 20, 2017. This ceremony provides the opportunity to recognize and show appreciation for the many volunteers who give so much and often expect little in return. Commanding General, of U.S. Army Alaska, Maj. Gen. Bryan Owens, will serve as guest speaker to recognize the exceptional service of over 145 Fort Wainwright volunteers.

For more information about volunteer opportunities through the Fort Wainwright and Fairbanks communities, call Army Community Service 907-353-4337.



MONTH OF THE MILITARY CHILD

CARNIVAL

BUILDING UP MILITARY CHILDREN & YOUTH

APRIL 22, 10 A.M. - 2 P.M.
SCHOOL AGE CENTER, BLDG 4166

BALLOON TWISTERS
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BUILDING STATIONS
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OBSTACLE COURSE
AND MORE

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(907) 353-7713

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MAC **SUBWAY** **FAIRBANKS CHILDREN'S MUSEUM**

In celebration of the Month of the Military Child, Child and Youth Services is hosting our annual MoMC Carnival on April 22, from 10 a.m. to 2 p.m., at the School Age Center on Fort Wainwright. The theme for this year's carnival is Building Up Military Children and Youth. The Carnival is open to all Fort Wainwright Families at no cost. Activities will be available for children age 0 to 12 years old. They include: Balloon twisters, Face Painting, Building Projects, Obstacle Course, Make & Take Crafts, Infant Play room, Community Resource and Information Tables, Bouncy House and more. Call (907)353-7713 for more information.