

ALASKA POST

FREE

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FAIRBANKS
Daily News - Miner

The Interior Military News Connection

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Vol. 8, No. 24

Fort Wainwright, Alaska

June 16, 2017

MEDDAC-AK celebrates 10th anniversary

Brandy Ostanik

Medical Department Activity – Alaska Public Affairs

Medical Department Activity – Alaska staff joined with members of the Fort Wainwright and Fairbanks community June 9, to celebrate the 10th anniversary of the new Bassett Army Community Hospital which opened its doors for the first time May 30, 2007

“Today marks a great day in both Army medicine and Fort Wainwright history,” said Col. Christopher Jarvis commander of MEDDAC-AK to the over 300 guests in attendance. “Ten years ago, the doors to the new hospital opened, and since then Bassett has been leading the way in providing world-class health care.”

While the current Bassett ACH has been open 10 years, the operation of the building is only a fraction of its history, having been around since 1963.

“Old Bassett served the Fort Wainwright community well during its nearly 50 years of operation,” said Jarvis.

See BASSETT on page 7



Pvt. Noel Rubio (left), Bassett ACH operating room technician, Col. Christopher Jarvis, MEDDAC-AK commander, Catherine Stevens, widow of Senator Ted Stevens, and Susan Turley, director of supply chain management cut the ceremonial cake at the Bassett Army Community Hospital's 10th Anniversary celebration June 9. Rubio is the most junior employee with only two weeks at the hospital while Turley is the most senior employee with over 37 years of service to the organization. (Photo by Brandy Ostanik, Medical Department Activity – Alaska Public Affairs)

Garrison commander's safety message June is Army Safety Month

Col. Sean C. Williams

U.S. Army Garrison Fort Wainwright
Commander

Each June, the U.S. Army observes National Safety Month, this time presents all Commanders, Directors, and Supervisors with opportunities to emphasize the importance of risk management and recognize safety accomplishments within their Units and Directorates. This is a prime opportunity to engage personnel on your established safety programs and make adjustments where needed for the coming summer. I want you to focus on the significance of safety in your home and office, off-duty driving, civilian injury prevention, and recreational safety.

While safety is a 24/7 imperative it is even more important here in Alaska where the warm summer months with

the extended daylight hours which makes us all want to do as much as we can outside. It is a time for summer fun, recreational sports, weekend outings and extended vacation trips. This long awaited summer season will present us with an increased likelihood of accidents. We should anticipate and plan for an increase in highway traffic, overcrowded recreational areas, and overzealous people.

The summer months are among the most dangerous times of year for everyone, especially regarding accidents involving private motor vehicles, motorcycles and personal watercraft. Every day is critical when it comes to risk.

Leaders, Soldiers, Family members and Army Civilians must work together to prevent needless losses within their organizations. By using National Safety Month as a starting point for dialogue,



leaders establish or enhance safety programs that pay dividends throughout the year, regardless of season. Contact the Installation Safety Office for topics you can use in your weekly safety meetings.

Army Safe is Army Strong!

Fort Wainwright Garrison installation exercise

Staff Report

Fort Wainwright Public Affairs

ICE FOG 06-17 is Fort Wainwright's annual antiterrorism and emergency management exercise. The acronym stands for Installation Capabilities Exercise for Our Garrison. This full scale exercise will take place from June 21-23.

The exercise will assess Fort Wainwright's ability to implement emergency response plans, policies and procedures as they pertain to all hazard incidents. This exercise will also validate Fort Wainwright's ability to implement selected Force Protection Condition Measures.

During the course of this exercise you may:

Expect delays at Access Control Points.
Expect reduced access to buildings participating in the exercise that normally operate with multiple entrances.

Expect access to buildings participating in the exercise to require you to show an ID Card.

Expect to have hand carried items inspected at some buildings participating in the exercise.

Expect to hear messages over the installation mass notification system which is sometimes referred to as Giant Voice.

Expect that there may be road closures or detours in the vicinity of exercise events.

Expect that access control points may be closed due to exercise requirements.

Expect to see NIXLE messages or posts on social media about the events in the exercise.

All exercise messages will begin and end with "Exercise" in order to distinguish them from real events.

Information on shelter in place procedures and emergency kits can be found at www.acsim.army.mil/readyarmy/index.htm.

Take a moment to review plans for the home and workplace. Get a kit, make a plan, be informed.

For information about the exercise or activities, call Krista Paul, the Fort Wainwright Emergency Manager, at 353-9757 or the Directorate of Plans, Training, Mobilization, and Security at 353-6612.

Stryker Rodeo



Mechanics from the 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team participated in a Fort Wainwright Alaska Vehicle Maintenance Facility equipment rodeo in Fairbanks, Alaska from March to May 2017. (Photo by Staff Sgt. Christina J. Turnipseed, 1st Stryker Brigade Combat Team Public Affairs)

Capt. Jeffrey P. Kelley

25th Brigade Support Battalion Unit
Public Affairs Representative

Soldiers from the 25th Brigade Support Battalion, 1st Stryker Brigade Combat Team participated in a Fort

Wainwright Alaska Vehicle Maintenance Facility equipment rodeo in Fairbanks, Alaska from March to May 2017.

On a normal day around the VMH, you will find military mechanics working on all kinds of Army Equipment. Soldiers work on all varieties of equipment ranging from night vision goggles up to

the Stryker combat vehicle variations.

However, the last couple of weeks have been a less than normal time for the maintainers as different units prepare to send Soldiers across the globe in support of an Army USARPAC

See RODEO on page 3

WEEKEND WEATHER


Friday
Partly Cloudy, Highs near 70. Lows near 60.


Saturday
Mostly Cloudy, Highs near 70. Lows near 50


Sunday
Mostly Cloudy, Highs near 70. Lows near 50.

FATHER'S DAY EXTRAVAGANZA

Scheduled for June 16, 5 to 7 p.m., come celebrate Dad this year with the Father's Day Extravaganza! Enjoy a birdhouse craft together, then zip around in the Laser Tag arena while playing "Protect the Dad." Is your dad deployed? Send him a message as part of our video collage. Event takes place at the Last Frontier Community Activity Center, building 1044. Call 353-7755 for more information.

Nutrition Corner: Myth busters

The 2015 Dietary Guidelines for Americans recommends making at least half of your grains from whole grain sources. There are a lot of grains that fall into this category, including but not limited to oats, wheat, quinoa, millet, brown and wild rice, other colored rice, rye, corn and faro.

Whole Grains naturally contain many nutrients like fiber, iron, zinc, manganese, folate, magnesium, copper, thiamin, niacin, vitamin B6, phosphorus, selenium, riboflavin, and vitamin A. Refined grains often carry similar nutrients but are enriched, meaning the nutrients are added back in after the refining process. Individuals who do consume refined grains should choose products that have been enriched. Be sure to limit the refined grains that contain large amounts of sugar and fat, like cookies and sugared breakfast cereals.

The health benefits found with consuming whole grains, including a reduction in the risk of cardiovascular disease, cancer, and diabetes, and supporting weight management, are attributed to consuming all parts of the whole grain.

To be considered a whole grain, the grain must contain all three parts- the bran, the germ, and the endosperm. During the refining process, at least one part is removed.

The bran is the outer shell and serves to protect the seed. It contains fiber, B-vitamins, and various trace minerals. The germ contains antioxidants, vitamin E, and healthy oils. The endosperm contains carbohydrates and protein which serve as the energy source for the growing plant. Each variety of whole grain listed has different nutrient compositions so be sure to get a good variety. Do not limit yourself to brown rice and whole wheat pasta. Explore options that you may have never tried before like quinoa and millet.

Featured Recipe: Quinoa Pancakes

1.5 cups water
¾ cups quinoa, rinsed
2 garlic cloves, minced
½ tsp salt

2 eggs
½ cup grated parmesan cheese
½ tsp dried basil
½ tsp ground pepper
4 tsp olive oil
6 cups baby spinach leaves
1 cup salsa

1) In a saucepan, heat water to boiling. Add quinoa, garlic, and salt. Simmer, covered (10 min). Uncover and cook 2 minutes longer until dry. Transfer to large bowl; cool.

2) Preheat the oven to 350

3) Stir eggs, parmesan, basil, and pepper into quinoa

4) In a nonstick skillet, heat 2 tsp oil over medium heat. Using ¼ cup measure, make 4 quinoa pancakes; flatten. Cook until golden (2 min per side). Transfer to a baking sheet. Repeat with remaining oil and quinoa.

5) Bake pancakes 5 minutes until heated through. Serve on spinach with salsa.

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

It's getting warm out there. Remember, infants, young children and elderly, whose body systems are not able to regulate heat as well as health adults, are at risk. Minimize their exposure to high temperatures and direct sunlight.

MEN'S HEALTH FAIR AND FAMILY FUN RUN

Bring the whole family for a 5K Fun Run in celebration of Men's Health June 24, from 9 to 11 a.m., at Bassett Army Community Hospital. Healthy snacks and information on men's health topics such as prostate and testicular cancer, heart disease, diabetes and routine health screenings will be available at the end of the race. To pre-register or for more information, call 361-3057.

DO YOU KNOW JOE?

We want to hear from you and starting June 20, the Joint Outpatient Evaluation System will be randomly mailed to beneficiaries requesting input on appointment satisfaction. Your responses will assist MEDDAC-AK leadership to improve services and your overall experience. Look for your envelope in the mail.

STAY FIT AND INFORMED

A Performance Triad app has been launched by Army Medicine to assist Soldiers and Family Members in creating healthy nutrition, activity and sleeping habits. The app is free and is available by searching "Performance Triad" on your mobile device's app store.

NEED LAB RESULTS?

No need to come into Bassett ACH or call into your provider. You can get lab results, schedule medication refills, schedule appointments and more through TRICARE Online. Go to www.tricare.mil to log in or create an account.

WALK-IN CLINIC

Beneficiaries 18 and older- can utilize the Walk-in Clinic Nurse option when needing to be seen for strep throat screening, urinary tract infection screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic is open 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Monday through Friday. For more information call 361-5833.

It's grillin' time

Robert Tanner Installation Safety Office

The weather is warm(er) and it's time for picnics, friends, family and barbecues. You can already smell the hot dogs, hamburgers, ribs, and steaks. Oh, and don't forget the bratwurst and chicken.

Before you get it all fired up, take some time and make sure you do it safely. Here are some things to do before you start your grilling season.

Ensure that your barbecue is sound and in good working order.

Make sure the cooking site for the barbecue is flat and is away from sheds, fences, and overhanging branches.

Position the grill at least 15 feet from siding, deck railings and out from under eaves. Never use on a wooden deck!

Never use a barbecue indoors or in tents. This is a dangerous fire hazard and can cause high levels of carbon monoxide.

Keep children and outdoor games away from the cooking area. Never leave a barbecue unattended.

Light barbecues with a long match or mechanical lighter designed for lighting barbecues. Keep all matches, lighters and barbecue lighters out of the reach of children.

Use long-handled grilling tools to give the chef plenty of clearance from heat and flames

Allow the barbecue to cool before

attempting to move it

Charcoal Barbecues

When removing the ashes from the barbecue, make sure they are cool or put them into a non-flammable container such as a metal bucket. Water may be added to the cool ashes, remembering to stay back, away from potential hot steam. Empty spent ashes onto bare garden soil—do not put ashes into a garbage can or paper bag. House fires have been caused by hot ashes which later ignited when left on a deck or porch. Did someone say "Make sure they're good memories?"

Gas Barbecues

Follow the manufacturer's instructions. To check the gas cylinder or pipe for leaks, brush soapy water around all joints and watch for bubbles. If you find a leaky joint, try to tighten, but do not over tighten. If ever in doubt about the integrity of your gas cylinder, have it tested. Never use gas cylinders that are past their legal use date. Open the barbecue lid before turning on the gas or lighting. When you have finished cooking with a gas barbecue, turn off the gas cylinder. Change gas cylinders in the open air, not in a confined space. Avoid storing gas cylinders indoors and never in basements.

For more information, go to www.nfpa.org/gallery/grill_safety/slideshow.html.

Weekly Financial Tips: Fresh vegetable storage

Ryki Carlson
Survivor Outreach Services Support Coordinator

With the longer days, the growing season is getting into full swing. The farmer's markets and grocery stores offer a wide variety of produce at reasonable prices. With so much produce at our fingertips this growing season, it's time for refresher on the proper way to store fruits and vegetables to make the most of our investment. For additional information visit www.usda.gov.

Do NOT store fruits and vegetables together. Fruits that give off high level of ethylene (the ripening agent, think apples, bananas, melons, and tomatoes) can prematurely ripen and spoil surrounding vegetables.

Storing fresh cut fruits and vegetables. Immediately refrigerate any fresh-cut items such as salad or fruit for best quality and food safety.

Preparing vegetables. Leave refrigerated produce unwashed in its original packaging or wrapped loosely in a plastic bag, except mushrooms and herbs. If your greens are dirty, rinse and dry them well then wrap them in a paper towel before placing them in a bag. Fruits and vegetables stored at room temperature should be removed from packaging and kept loose. Here are some tips for storing vegetables:

Asparagus – Cut an inch off the bottom of asparagus spears. Submerge the ends in water or wrap the stalks in a damp paper towel and refrigerate in an unsealed plastic bag.

Beets – Cut the tops off to keep firm. Leaving any top on a root vegetable draws moisture making them lose flavor and firmness. Beets should be washed and kept in an open container with a wet towel on top. To store the tops, wrap them in a paper towel and place in a plastic bag.

Bell peppers – Refrigerate peppers, unwashed, in a plastic bag in the vegetable drawer. Keep them dry, as moisture will eventually cause them to rot. Red and yellow peppers will last four to five days, while green ones will last about a week.

Carrots – Remove the tops and store in a perforated plastic bag in the refrigerator. You can use the tops like herbs in soups or main dishes. Store the tops like a bouquet, place them in a glass with water in the fridge.

Celery – Wrap tightly in foil and refrigerate. It will stay crisp for up to two weeks.

Cucumbers – These should be stored at room temperature since they are sensitive to temperatures below 50 degrees. Do not store with high ethylene producing fruits.

Eggplant – The best place to store eggplant is in a cool spot, away from direct sunlight at room temperature. Ensure you do not store with bananas, tomatoes, melons, or apples since they are all high ethylene producers and can cause the eggplant to ripen and spoil quickly.

Herbs – Store herbs like a bouquet. Snip off the bottom of the stems, make sure the leaves are completely dry, and then place them in a glass with water in the fridge.

Mushrooms – These do well removed from their plastic-wrapped container from the store and placed in a paper bag in the fridge. The paper allows for better airflow while the crisper drawer keeps the air slightly humid and prevents the mushrooms from drying out.

Onions – Sweet onions produced in early summer have a high moisture content and they will not keep long. Wrap each one in a paper towel and keep them in your fridge. The pungent onions harvested in late summer and early fall can be stored for months. They have sulfurous compounds (the stuff that makes you cry when you cut them) that help preserve them. Store these in a well ventilated, cool and dry place. Do NOT use a plastic bag, they need to breathe. Consider using a reusable produce bag or delicate bag. Do NOT store with root vegetables such as potatoes, carrots, or turnips.

Potatoes, including sweet potatoes – These don't need to be refrigerated and should ideally be stored in a dark environment at about 45 to 50 degrees in a paper bag. At warmer or more humid temperatures, they have a tendency to start sprouting or going bad.

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

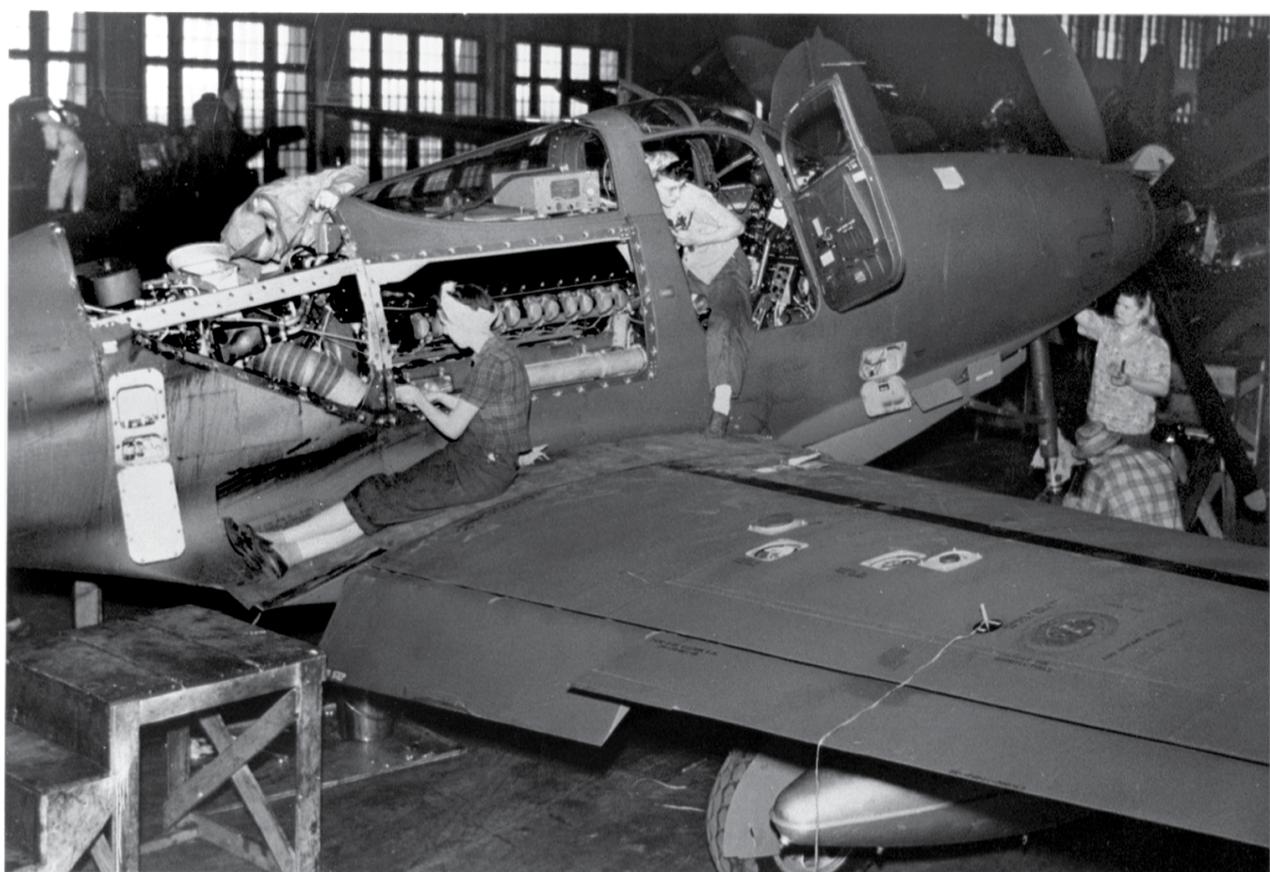
History Snapshot: Cold weather fighters

L. Amber Phillippe
Fort Wainwright Landscape
Historian

East Base, in Great Falls, Montana was the beginning of the Alaska-Siberia Route of the Soviet Lend-Lease program.

New planes arrived in crates and had to be assembled, or were flown in from various factories across the country. From there, each plane was winterized and thoroughly checked over before the Soviet red star was painted on the side and the plane was parked on the tarmac, ready for its long, cold journey north.

Like Historic Photos? 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.



CREW DEPLOYMENT ON P-63 UNDERGOING PROCESSING, FINAL OUTFITTING HANGER: GREAT FALLS AAB, JUNE 1945

(Image courtesy of the Pioneer Air Museum in Fairbanks, Alaska)

Identifying unsafe motorcycle helmets

Staff Report
National Highway Traffic Safety
Administration

It's clear, motorcycle helmets save lives. To help protect the lives of riders, the U.S. Department of Transportation requires that all motorcycle helmets sold in the United States meet Federal Motor Vehicle Safety Standard (FMVSS) 218. This standard defines minimum levels of performance that helmets must meet to protect the head and brain in the event of a crash.

Each year, the DOT conducts compliance testing of a variety of motorcycle helmets to determine whether helmets being sold in the United States meet the federal safety standard. Because they add such a critical margin of safety for riders, many states now have laws requiring the use of helmets that meet FMVSS 218. Some motorcycle riders are violating these state laws by wearing unsafe helmets that do not meet the standard. Most of these helmets are sold as novelty items and circumvent FMVSS 218's requirements.

In some cases, motorcyclists purchase these helmets with the mistaken belief that they offer protection. However, many people who wear these novelty helmets know that they are but wear them anyway. This article explains how to identify unsafe novelty helmets as well as how to distinguish unsafe helmets from those that meet the federal safety standard. Here's what to look for:

THICK INNER LINER

Helmets meeting the minimum federal safety standard have an inner liner usually about one-inch thick of firm polystyrene foam. Sometimes the inner liner will not be visible, but you should still be able to feel its thickness. Unsafe helmets normally contain only soft foam padding or a bare plastic shell with no padding at all.

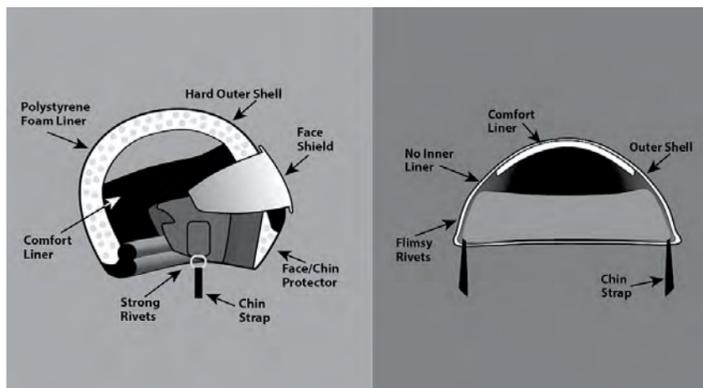
STURDY CHIN STRAP AND RIVETS

Helmets meeting the DOT safety standard have sturdy chin straps with solid rivets.

WEIGHT OF THE HELMET

Depending on design, unsafe helmets weigh only one pound or less. Helmets meeting FMVSS 218 generally weigh about three pounds. Become familiar with the weight of helmets that comply with the federal safety standard. These helmets provide a more substantial feel.

DESIGN/STYLE OF THE



Things to look for when finding a well constructed helmet (right). Qualities to avoid (left). The U.S. Department of Transportation requires that all motorcycle helmets sold in the United States meet Federal Motor Vehicle Safety Standard (FMVSS) 218. (Image courtesy of the National Highway Traffic Safety Administration)

HELMET

The DOT safety standard does not allow anything to extend further than two-tenths of an inch from the surface of a helmet. For example, while visor fasteners are allowed, a spike or other protruding decorations indicate an unsafe helmet.

A design such as the German army or skullcap style may be a clue to an unsafe helmet. Unsafe helmets are noticeably smaller in diameter and thinner than ones meeting the DOT standard. However, some German army-style helmets may meet federal requirements. You'll need to check for weight, thickness, sturdy chin straps as well as the "DOT" and manufacturer's labels to make sure the helmet meets the federal safety standard. Familiarize yourself with brand names and designs of helmets that comply with DOT requirements. For example, a full-face design is a good indicator of a safe helmet. To date, we have never seen a full-face design novelty helmet.

DOT STICKER

Helmets that meet FMVSS 218 must have a sticker on the outside back of the helmet with the letters "DOT," which certifies the helmet meets or exceeds FMVSS 218. It is important to note that some novelty helmet sellers provide DOT stickers separately for motorcyclists to place on non-complying helmets. In this case, the DOT sticker is invalid and does not certify compliance.

SNELL OR ANSI LABEL

In addition to the DOT sticker, labels located inside the helmet showing that a helmet meets the standards of private, non-profit

organizations such as Snell or the American National Standards Institute are good indicators that the helmet also meets the federal safety standard. To date, we have never seen a novelty helmet that has a phony DOT sticker in addition to a phony Snell or ANSI label.

MANUFACTURER'S LABELING

Manufacturers are required under FMVSS 218 to place a label on or inside the helmet stating the manufacturer's name, model, size, month and year of manufacture, construction materials and owner's information. A helmet that does not meet the federal safety standard usually does not have such labeling.

CONCLUSION

Remember, a DOT sticker on the back of the helmet and proper inside labeling do not necessarily indicate that a helmet meets all DOT requirements. Many helmets have counterfeit DOT stickers and a limited few also have manufacturer's labeling. But the design and weight of a helmet, thickness of the inner liner and the quality of the chin strap and rivets are extra clues to help distinguish safe helmets from non-complying ones.

RODEO

Continued from page 1

mission.

Soldiers had the recent help of General Dynamics Land Services in preparing the 1SBCT for its future missions by conducting a Stryker service rodeo.

Maj. Joshua Ford, 25th BSB, support operations officer stated that, "The rodeo is designed to service a large number of Stryker vehicle systems in a relatively short period of time to assist the 1SBCT in meeting its mission requirements and maintaining its operational readiness."

The General Dynamics mechanics have been assisting Soldiers with the massive workload; completing almost 50 vehicles in just over a month.

They also provide the technical expertise and knowledge base. This expertise closes the gap between the Soldiers knowledge of the equipment and the company that produces the vehicle for the military.

Pfc. David Newman, a 91S or Stryker systems maintainer, states that "having them [General Dynamics mechanics] here is kind of cool. They're really smart on the Strykers and they've taught me a lot."

"It also helps to have additional people working on them so we can get more done a lot faster," Newman said.

Not only does this rodeo involve mechanics that work directly on the Strykers, but it also incorporates all other types of mechanics. The rodeo included mechanics that work on air conditioner and heating systems, electrical, missile, and communication systems.

Collectively, these maintainers worked together to ensure that every individual system within the Stryker works harmoniously.

"The ultimate goal of this project is readiness, and that is what we are providing here on Fort Wainwright with this Rodeo," Ford stated.

The objective is to have a Stryker drive into the bay in a used and worn condition and leave serviced, clean and ready to conduct any future mission the Army assigns.

The local Garrison teams supported this mission as well by providing extra environmental compliance, safety and fire awareness support to ensure that all Soldiers and civilians involved in the operation are working safely in a clean environment.

Camp Cheechako



Paige Burkett, daughter of Nina and Sgt. 1st Class Franklin Burkett of 70th BEB, and Alexis Blackwell, daughter of W01 Kimberley Puntillo 125 HHC and Anthony Puntillo engaged in Alaskan culture by panning during Camp Cheechako. (Photo courtesy of Child and Youth Services)

Michael Campbell Family and MWR

The Youth Sponsorship Program supports family readiness by connecting Youth with peers who share similar interests- to learn about our community and provide support during their transition process.

Twelve Youth in grades 6 through 12 completed the Camp Cheechako leadership training June 6- 9, to prepare them to serve as Sponsors for other transitioning Youth. These skills are

transferrable their school's student ambassador program.

Youth completed the Comprehensive Soldier and Family Fitness Program's Master Resiliency Training-Teen, and expanded their Character Counts ethics knowledge through laser tag lessons. Youth panned for gold, participated at a leadership exploration workshop at the Fairbanks Children's Museum, and learned archery from Child & Youth Services' Youth Sports & Fitness program.

The Alaskan culture was celebrated with the Garrison Department of Public

Works' Cultural Resources Division who provided educational information regarding regions, peoples, and languages, as well as an Atlatl throwing activity. Youth learned about the Alaskan cultures, animals and vegetation of our region at the Morris Thompson Cultural and Visitors Center. Their cultural experience included beading traditional Athabaskan bracelets, and exploring with the Bureau of Land Management scavenger hunt through the exhibit "How We Live: The People and the Land."

Feedback received from participants

include that "Camp is a lot more fun than I expected. I met some new friends who will also go to Tanana." Another participant stated that "I only knew my brother at youth center the first day- now I have some new friends because of the group activities."

The next session of Camp Cheechako will be July 18 thru 21; no cost to participate. Register through July 12, at the Youth Center, building 4109 Neely Road or at Parent Central Services, in building 1046 Chena Road, apartment #2.



Aalana Lacewell, Child & Youth Services' Youth Sports & Fitness Program Associate teaches Archery fundamentals to Jacob Johnson, 12, son of Staff Sgt. Miranda Johnson. (Photo courtesy of Child and Youth Services)



Youth learned the fundamentals of Archery from Child & Youth Services' Youth Sports & Fitness Program during Camp Cheechako. (Photo courtesy of Child and Youth Services)



Paige Burkett, daughter of Nina and Sgt. 1st Class Franklin Burkett of 70th BEB, and Alexis Blackwell, daughter of W01 Kimberley Puntillo 125 HHC and Anthony Puntillo engaged in Alaskan culture by panning during Camp Cheechako. (Photo courtesy of Child and Youth Services)



In support of Men's Health Month

Take control of your health

Saturday, June 24
8:30 Registration
9 a.m. Start
Bassett ACH Parking Lot
 Route will stay on FWA, beginning and ending at Bassett ACH

- Giveaways
- Door Prizes
- Health Information

Call Preventive Medicine at 361-3057 for more Information or to reregister.



Fort Wainwright Family & MWR

Weekly Events

June 16 – 23

British Soccer Camp Registration

16 June 16 through 25
8 to 5 p.m.

Challenger Sports' British Soccer Camp is the most popular soccer camp in the country. Children of all ages will participate in foot skills, technical drills, tactical practices, freestyle soccer, small-sided games and coached scrimmages. Register your child for this innovative camp before space runs out!

Parent Central Services, building 1049 #2
Call 353-7713

Chena River Half-Day Float Shuttle

17 June 17
3 to 6:30 p.m.

Outdoor Recreation makes floating the Chena River easy for you! You no longer have to worry about the dreaded back and forth of car shuttling— Outdoor Recreation will either pick you up or drop you off at a designated location.

Outdoor Recreation, building 4050
Call 361-6349, registration required

Preschool Story Time

20 June 20
10 to 10:45 a.m.

Join the Post Library every week for Preschool Story Time, where we explore a new and exciting theme, and dive into the world of reading!

Post Library, building 3700
Call 353-2642

Bootcamp Fitness Class

21 June 21
Noon to 12:45 p.m.

Join a certified instructor every Wednesday for an intense workout in the Bootcamp Fitness Class.

Physical Fitness Center, building 3709
Call 353-7223

Midnight Sun Golf Competition

23 June 23 through 25
Opening to closing

We're celebrating the Midnight Sun with an entire weekend full of golf! During solstice weekend, Chena Bend Clubhouse and Golf Course will host non-stop golf action. Make your reservation for any time, day or night, and enjoy a one-of-a-kind golf outing.

The clubhouse and course will be open starting at normal business hours on Friday, June 23, and will continue to be open until closing hours on Sunday, June 25.

Chena Bend Clubhouse, building 2090
Call 353-6223

Upcoming Events

non-stop fun for everyone

24 **Women in the Wilderness: Stand Up Paddleboarding**
June 24

9 a.m. to 5 p.m.

Enjoy a day out on the water and in the sun right after solstice. Either cruise your way around on your personal paddleboard or take it easy and learn the ropes before setting out. This fun trip is for all skill levels and a fun day out with the ladies. All skill levels are welcome. All transportation, equipment, and instructions included.

Outdoor Recreation Center, building 4050
Call 361-6349

On behalf of Fort Wainwright, Alaska Family and MWR Community Recreation Division, the Army NAF Contracting Office is soliciting for the following services: Coffee/Snack Bar Food Service Concession. Interested parties should contact the contracting officer at (907) 384-2398 for further information. A site visit will be set once the solicitation has been released.



Parents Day & Night Out

Saturday, July 15, 10 a.m. – 2 p.m.
Saturday, August 12, 10 a.m. – 2 p.m.
Friday, September 15, 6:30 – 10:30 p.m.

The School Age Center and the Child Development Center are giving parents some free time!

Parents, drop off your child for 4 hours of premium childcare. Your child will have a blast while they participate in creative activities and playtime, in a fun and safe environment.

\$20 per child

Please make sure your child's CYS Registration is up to date prior to this event. This event is open to children registered with CYS. Registration ends one week prior to the event.

For more information (907) 353-7713



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[#WainwrightCYS](https://www.facebook.com/WainwrightCYS)
www.wainwright.armymwr.com

Eielson Air Force Base

Friday – 16th

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 – 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.

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 – 18th

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 if you take leave during a TDY you need to have your leave authorized in LeaveWeb?

NUTRITIONAL TIP

Be a healthy role model. Show by example; let your child see that you like to munch on raw vegetables.

CORNHOLE TOURNAMENT

Friday, June 23, get your team together and have a great time competing against eight teams at the Yukon club. There will be prizes for first and second place. Sign up by June 19. \$20 entry fee for each team of two. Call 377-5219 for more information.

FISHING CHARTERS IN VALDEZ

Join us for a Halibut or Salmon fishing excursion in the Prince William Sound and the

Gulf of Alaska aboard the "Chinook" and "English Maiden". Charters run April 15 thru Sept. 4. Call 377-1232 to register or for more information.

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 geared 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.

STORYTIME AT THE LIBRARY

The Eielson library holds story time every Thursday from 10 to 11 a.m. for children age 5 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

Mattis: 2018 budget will continue readiness recovery

Jim Garamone

DoD News, Defense Media Activity

An additional \$21 billion to the fiscal year 2017 Defense Department budget started the recovery from the effects of sequestration spending cuts, but Congress must pass the fiscal 2018 request and repeal the Budget Control Act to continue those gains, Defense Secretary Jim Mattis told a Senate subcommittee on Monday.

The secretary and Marine Corps Gen. Joe Dunford, the chairman of the Joint Chiefs of Staff, called for increased defense spending and stable budgets during testimony before the Senate Appropriations Committee's defense subcommittee.

"Your support has put more aircraft in the air, more ships to sea and more troops in the field," Mattis told the panel. "However, we all recognize it will take a number of years of higher funding delivered on time to restore readiness."

President Donald J. Trump requested a \$639 billion top line for the fiscal 2018 defense budget. "Our first priority is continuing to improve warfighter readiness begun in 2017, filling in the holes from trade-offs made during 16 years of war, nine years of continuing resolutions and Budget Control Act caps," the secretary said.

Dunford said the proposed budget increase would only maintain forces, and more will need to be done in the years to come.

"While we've been primarily focused on the threat of violent extremism, our adversaries and our potential adversaries have developed advanced capabilities and operational approaches specifically designed to limit our ability to project power," the chairman said.

POWER PROJECTION IS CRUCIAL

Potential adversaries took note of America's success in Desert Storm in 1991 and the country's ability to deploy and sustain hundreds of thousands of troops in Afghanistan and Iraq, Dunford said. "They recognize that our ability project power is the critical capability necessary for us to defend the homeland, advance our interests and meet our alliance commitments," he told the senators.

Russia, China and Iran field a wide range of cyberspace, aviation, maritime and land capabilities, he noted. "Those are specifically designed to limit our ability to deploy, to employ and to sustain our forces," Dunford said.

Russia and China have modernized their nuclear arsenals, the general said, while North Korea has been on a relentless path to field nuclear-armed missiles that could strike the United States.

"In just a few years, if we don't change the trajectory, we will lose our qualitative and quantitative competitive advantage, and the consequences will be profound, in my judgment," Dunford told the senators. "It will adversely affect our nuclear deterrence, our conventional deterrence and our ability to respond should deterrence fail. Alternatively, we can maintain our competitive advantage with sustained, sufficient



Defense Secretary Jim Mattis provides testimony on the Fiscal Year 2018 National Defense Authorization Budget Request from the Department of Defense to members of the Senate Committee on Armed Services during a hearing in the Dirksen Senate Office Building in Washington D.C., June 12, 2017. (Photo by U.S. Army Sgt. Amber I. Smith)

and predictable funding."

He called the 2018 budget request "an essential step" in fixing problems caused by sequestration and continuing resolutions. "But this request is not going to fully restore readiness or arrest the erosion of our competitive advantage," he said. "Doing that is going to require sustained investment beyond [fiscal 2018]."

CONTINUED GROWTH

Future defense budget recommendations will be informed by Mattis' National Defense Strategy, a process now underway, the chairman said. "However," he added, "we know right now that continued growth in the base budget of at least three percent above inflation is the floor necessary to preserve the relative competitive advantage we have today."

A three percent increase will not build the force needed for the future, he emphasized, but rather would just "maintain the relative competitive advantage that we have today."

Plans call for a 355-ship Navy and growth in the number of Army and Air Force personnel. The United States must modernize its nuclear arsenal, the bedrock

of deterrence, Dunford said, and it must invest in technologies and equipment that ensure the United States never has to fight a foe on an equal basis.

To do all this will require a budget growth closer to 5 percent, the general said.

"This budget request holds me accountable to the men and women of the Department of Defense," Mattis told the senators. "Every day, more than 2 million service members and nearly 1 million civilians do their duty, honoring previous generations of veterans and civil servants who have sacrificed for our country. It's my privilege to serve alongside them."

The secretary called on Congress to work with the Defense Department to ensure the United States military remains the best and most powerful force on Earth.

"Many times in the past we have looked reality in the eye, met challenges with the help of congressional leadership, and built the most capable warfighting force in the world," he said. "There is no room for complacency, however, and we have no God-given right to victory on the battlefield."

BASSETT

Continued from page 1

In 1994, 43 years after the building was initially built as an Air Force Hospital to serve Ladd Air Field, talk began of the need for a hospital to better meet the needs of the military community, with the focus changing from inpatient care to outpatient treatment.

Ground was broken and site development for the new Bassett ACH began in April of 2000, but when bids for the building came in much higher than the \$133 million appropriated by congress for the project, work came to a halt.

It was then that Senator Ted Stevens, a long-time proponent for military in Alaska and a staunch supporter of the need for a new Bassett citing the old building was no longer adequate, lobbied congress for the additional \$82 million to proceed with the project, stating a new hospital was essential to Fort Wainwright's survival.

Stevens secured the additional \$82 million to proceed with the project and was on hand to cut the ribbon and celebrate the opening of the new Bassett ACH, the only Army hospital in Alaska, in 2007.

Mrs. Catherine Stevens, Stevens' widow, came back to Fairbanks on Friday to join in the hospital's 10th anniversary as guest speaker, and remembered her husband's love for the Bassett ACH project.

"Ted would be so happy to see this," said Stevens. "Ted was the grandfather of earmarks and you can thank him for that. This was one of the projects (that was) like, 'lead, follow or get out my way, this hospital will be built'," said Stevens.

The new Bassett ACH, which took four years to build, is nothing short of amazing, said Jarvis.

"The design of the building and the capabilities it houses assists us in

providing the highest quality of care to ensure a globally ready force," said Jarvis. "However it's what is inside these walls that are most impressive."

"For the last 11 months, I've had the honor of commanding an award winning hospital, full of award winning professionals, often looked at to lead the way for army medicine. Team Bassett, past and present, is comprised of individuals who strive every day to live our mission and be patient-centered in all they do, and I believe they are the reason why we can look forward to another 10 years of safe, quality care."



Col. Christopher Jarvis speaks during the 10th Anniversary of Bassett Army Community Hospital June 9 outside the hospital's main entrance. Jarvis spoke of the beauty and capabilities of the new Bassett ACH as well as the dedicated professionals who work within its walls. (Photo by Brandy Ostanik, Medical Department Activity – Alaska Public Affairs)

Above: Over 300 audience members joined in celebrating the 10th Anniversary of Bassett Army Community Hospital June 9 outside the hospital's main entrance. The celebration featured Catherine Stevens, widow of Senator Ted Stevens, as guest speaker. Senator Stevens was the driving force behind funding for the new Bassett ACH citing the 50-year-old original Bassett was no longer adequate. (Photo by Brandy Ostanik, Medical Department Activity – Alaska Public Affairs)

DOD launches Blended Retirement System comparison calculator

Lisa Fernando
DOD News, Defense Media Activity

With the launch of the new Blended Retirement System, service members may wonder how to compare their retirement benefits with the existing legacy system. To help with this, the Defense Department has launched a comparison calculator for eligible service members to analyze their estimated retirement benefits under both the legacy system and the Blended Retirement System (BRS).

The tool walks members through five screens, allowing users to adjust 12 data fields and compare benefit scenarios under both systems, according to Air Force Maj. Michael Odle, the Defense Department's assistant director of military compensation policy.

The calculator is aimed at helping eligible members make the best decision about whether to remain in the current retirement plan, known as the High-3 System, or opt into the Blended Retirement System, which goes into effect Jan. 1, 2018, he said.

Eligible service members have until Dec. 31, 2018, to enroll in the new system. Military members who enter service on or after Jan. 1, 2018, will automatically be enrolled in the BRS.

The tool is meant to provide flexibility so that members can compare estimated benefits under a variety of situations, said Steve Galing, the lead analyst in the Defense Military Personnel Policy Analytical Directorate.

Service members are advised to consult with a financial professional, he said. "This is a personal decision," he added. "There are a lot of various resources available to our members, but ultimately it is up to the member."

DOD-ENDORSED CALCULATOR

The calculator is a comprehensive tool designed to take into account the unique financial situations of all who serve -- active duty, National Guard members and reservists, Odle said. It is designed to be used in conjunction with the mandatory BRS opt-in course.

This comparison calculator is the only comparison tool endorsed by DOD, he added.

The opt-in BRS course is available with a common access card (CAC) through Joint Knowledge Online, or through a service's learning management system.

Additionally, an optional training course for the calculator will be available in the next few weeks, Odle said.

EXPLORING OPTIONS UNDER CALCULATOR

If users hover over underlined text in the calculator, an information box will pop up that will highlight further information on that particular topic, Odle explained. More information is available through the links in the "more info" section under each page of the calculator.

After a user inputs all the information in the 12 data fields, the calculator will generate a results page. Service members are encouraged to go through the process several times to see how their projected benefits change under various situations, Odle said.

The comparison calculator does not take into account optional Thrift Savings Plan service member contributions under the legacy retirement plan, and it does not account for optional monthly automatic Treasury Direct Government Savings Bonds purchased under the legacy plan, he explained.

All currently-serving members are grandfathered



The Defense Department has launched its official Blended Retirement Comparison calculator for eligible service members to analyze their estimated retirement benefits under the legacy system and the new Blended Retirement System. (Department of Defense graphic)

under their legacy retirement plans. Active component service members with fewer than 12 years of service as of Dec. 31, 2017, and reservists in a pay status with fewer than 4,320 retirement points as of Dec. 31, 2017, are covered under the existing system, but are eligible to opt into the Blended Retirement System.

B.O.S.S. LIFE SKILLS: VEHICLE MAINTENANCE

June 26, 1 to 5 p.m., at the Automotive Skills Center A 2-part series on maintaining a working automobile all year round in Alaska's harsh climate.

PERFORMING PERIODIC MAINTENANCE AND TUNE-UPS

(Part 2): June 27, 1 to 5 p.m., The second part of the series will focus on understanding the basic components of an engine, checking fluid levels and tire pressure, rotating tires, understanding the vehicle electrical system, battery maintenance, engine oil and filter replacement, air and fuel filters replacement, and checking and replacing spark plugs and wires. Registration required, call 353-7648.

NEWCOMERS ORIENTATION

June 28
The Newcomers Orientation is a mandatory brief giving to all Soldiers that are arriving to Fort Wainwright. The orientation is held the 2nd and 4th Wednesday of each month at the Last Frontier Community Activity

Center, building 1044, from 9 a.m. to 3:30 p.m. Military Spouses and DoD civilians are highly encouraged to attend. There will also be an Information Fair conducted from 1:30 to 2:30 p.m. where over 15 vendors will have stations set up to highlight programs and services. For more information, call 353-7908.

TEEN BABYSITTER CERTIFICATION

June 27-30, Noon to 6 p.m.
At the Youth Center, join us for a babysitting certification class and become a certified babysitter. Learn what it takes to care for a child, respond to basic emergency situations, and babysitting etiquette. This course includes CPR and First Aid certification. For youth ages 13 to 17. Registration required through Parent Central Services, call 353-7713.