

ALASKA POST

FREE

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Fort Wainwright, Alaska

January 5, 2018

Heavy shop Airmen help maintain airfield integrity

Senior Airman Cassie Whitman
354th Fighter Wing Public Affairs

When thinking about flight-line operations and how to keep a resilient airfield, most people think about the snow equipment clearing the flight line, the maintainers aiding each aircraft in taking-off or the pilots flying the aircraft.

What most people fail to recognize is that without the expertise of the 354th Logistics Readiness Squadron vehicle maintenance Airmen, none of that would happen.

While their usual day-to-day operations include fixing broken construction equipment, the 354th LRS heavy shop gears up all year to prepare for snow fleet maintenance in the harsh Alaskan winter.

"In the spring, we bring every piece of snow equipment into the shop, and they go through summer rebuild," said

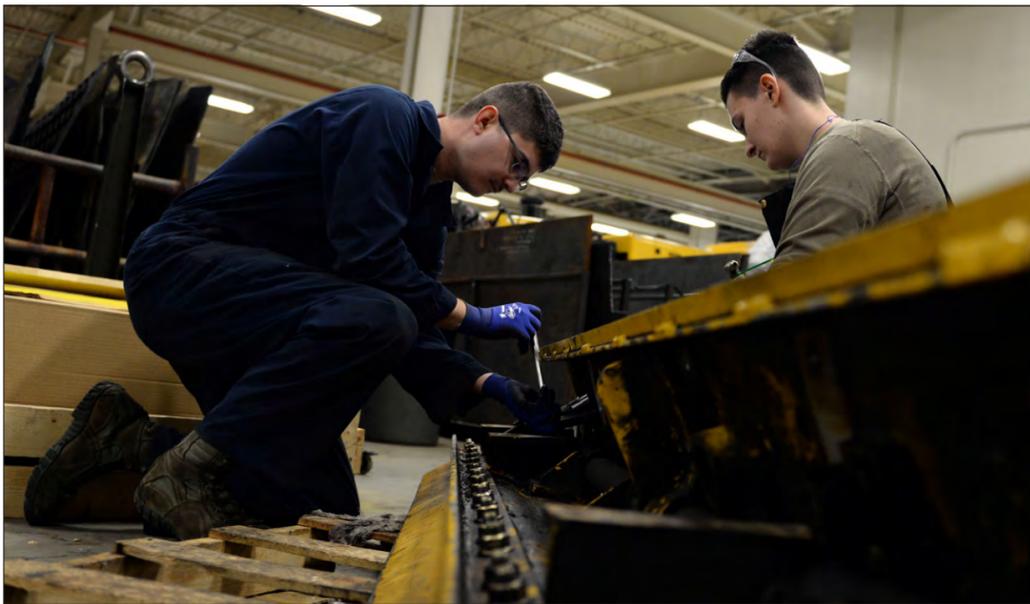
Staff Sgt. Zack Ingram, a 354th LRS mission generating vehicle equipment maintenance craftsman. "We conduct the yearly scheduled maintenance and fix any problems that may have come up throughout the year."

In the summer, the heavy shop Airmen switch to 12-hour work days to ensure they complete their summer rebuilds, which also gives them an opportunity to perform preventative maintenance on the snow fleet.

Once winter arrives, the heavy shop has a night shift, ensuring they have 18 hours of full coverage for equipment that may break at night. They also have 24-hour stand-by, which safeguards maintenance coverage in case of an emergency break.

"If there are no vehicles, the base can't function," said Airman 1st Class Jacie Coplin, a 354th LRS mission

See HEAVY SHOP on page 3



U.S. Air Force Airmen 1st Class Jacie Coplin and Kyle Duhon, both 354th Logistics Readiness Squadron (LRS) mission generating vehicle equipment maintenance journeymen, work on the underbody of a snowplow Dec. 6, 2017, at Eielson Air Force Base, Alaska. These Airmen are part of the 354th LRS heavy shop, which spends the majority of the winter season repairing snow fleet vehicles to ensure the Eielson flight line is always ready to go. (Photo by Senior Airman Cassie Whitman, 354th Fighter Wing Public Affairs)

1/25 Stryker Brigade donates to the Women and Children's Center for Inner Healing

Brady Gross
Fort Wainwright Public Affairs

Alaska's Army hockey team gives to local Fairbanks women and children's shelter

Alaska's Army hockey team, comprised of active and retired Army Soldiers from various units, chose a local shelter this year as the recipient of a collection of donated gifts and toys this holiday season. The shelter came up as an option through local word-of-mouth and a co-worker association.

The Women and Children's Center for Inner Healing is a program that works in conjunction with several federal, state and native agencies to fund the entirety of their program needs. The center provides 12 beds for use, can support women 18 years of age and older and up to three of their children up to seven years of age - for up to four months. After four months, if more care is needed, the center can assist with establishing their next steps forward.

See GIVING on page 3



Army hockey team members, Kris Olsen (Far left), Johnny Cotton (Middle) and Stephen Stafford (Far right), present holiday gifts to the program director, Jackie Sunnyboy (Left middle), and families at the Women and Children's Center for Inner Healing in Fairbanks, Alaska. (Photo by Brady Gross, Fort Wainwright Public Affairs)



Coast Guard rescues 3 men in Prince William Sound, Alaska

A Coast Guard Air Station Kodiak MH-60 helicopter crew pose with three men they rescued from Chenega Island, Alaska, Jan. 1, 2018. The three men went missing Dec. 29, in Prince William Sound after experiencing mechanical problems on their 20-foot Duckworth jet boat. Coast Guard air and boat crews searched over 1,600 square miles in harsh weather conditions before locating the missing men. (U.S. Coast Guard photo)

Poker game ends in full house



Bassett Army Community Hospital welcomed the first baby of 2018 at 11:22 a.m. Jan. 1. Carlos Jr., 7 pounds, 3 ounces and 19 inches long, was born to Esmeralda Valdez (second from left) and husband Spc. Carlos Valdez (second from right), assigned to Delta Company, 1st Battalion, 52nd Aviation Regiment. Carlos will join his three older sisters, (front row, left to right) Kattie; 6. Jenaly; 10 and Zulema; 4.

Brandy Ostanik
MEDDAC-AK PAO

Medical Department Activity - Alaska welcomed its first baby of 2018 as he made his appearance at Bassett Army Community Hospital at 11:22 a.m. Jan. 1.

Carlos Jr., 7 pounds, 3 ounces and 19 inches long, was born to Esmeralda Valdez and husband Spc. Carlos Valdez, assigned to Delta Company, 1st Battalion, 52nd Aviation Regiment.

While watching their nurse, Capt. Amtul Davis, give Carlos Jr. his first bath Jan. 2, in her hospital room, Esmeralda recounted the story of going into labor.

"We were at home having a poker night with friends going into the New Year," says Esmeralda. "We were having a good time and celebrating, but I had to stop the game and tell them it was time for me to go in to have the baby."

Not quite convinced that it was time, the game continued into the New Year, when at 12:30 a.m. Esmeralda told her guests it was time to leave so she could head into Bassett.

When they arrived at Bassett and were checked in, Esmeralda was at 5 cm dilated and went on to have an uncomplicated birth.

"It was a good experience here at Bassett," said Esmeralda.

This was the Valdez's first child born at Bassett ACH, as well as their first boy. Carlos Jr. went home to join his three older sisters, Jenaly (10), Kattie (6) and Zulema (4) who are excited to be big sisters.

In addition to a healthy baby boy, the Valdez family was also sent home with a gift basket of baby items and a diaper cake put together by staff from the maternal newborn unit. A tradition for the first baby of the New Year.

773rd Civil Engineer Squadron Airmen clear the JBER flight line



U.S. Air Force snow plow operators assigned to the 773rd Civil Engineer Squadron pass a C-5 Galaxy while clearing the flight line during the first heavy snowfall of the year at Joint Base Elmendorf-Richardson (JBER), Alaska, Jan. 3, 2017. The civil engineer Airmen work continuously in any climate to keep the JBER flight line operational. (Photo by Alejandro Peña, Joint Base Elmendorf-Richardson Public Affairs)

WEEKEND WEATHER

Friday 
Sunny, with a high of 10 and low of 5 degrees.

Saturday 
Sunny with a high of 7 degrees and a low of minus 1.

Sunday 
Sunny with a high of 1 degree and a low of minus 11.

ARMY VS. AIR FORCE HOCKEY GAME

Voluntary service members from Fort Wainwright and Eielson Air Force Base will compete in the Army vs. Air Force Hockey Game Jan. 6, from 2:30 to 4:30 p.m. at the Carlson Center in Fairbanks. This event is free and open to the entire community. No tickets are required, and seats will be filled on a first-come, first-served basis. The game will also be live streamed this year at the following link:
<https://www.youtube.com/watch?v=mONSeOaxS4E>
Doors open at 1:45 p.m.
<https://www.facebook.com/events/208058116407444/>

Nutrition Corner: Did you know...

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

Did you know that only 75 percent of the people who set New Year's resolutions keep them after the first week of January, and only 46 percent keep them after six months?

Weight loss is among the top New Year's resolutions, yet not even half are successful. The key to success is setting goals that are realistic for you; the lifestyle changes someone else makes may not work for you. Start by setting "SMART" goals, and try to get away from the perception that you have to completely overturn your life to incorporate some healthy and weight loss promoting behaviors.

"SMART" goals: 1) Specific – state exactly what you want to accomplish; 2) Measurable – set measurable goals so you know if you were successful; 3) Attainable – set realistic goals that fit into your schedule; 4) Relevant – they should reflect your interests, needs, and current abilities; 5) Time based – define an end point.

An example of a "SMART" goal is: "I will do cardio at the gym for 45 minutes, four days out of the week before work" or "I will cut back from one large sugared beverage per day to one small

sugared beverage per week."

If you feel you have a lot of weight to lose, start with 5 to 10 percent of your body weight over six months. This is much more attainable and healthier than trying to lose 60 pounds before spring break.

Meaningful and long-term weight loss weight loss takes several months, and sometimes over a year to achieve. It is supposed to be slow, so be patient and continue doing the right thing.

If you slip up on a goal, get up and try again the next day. Many people get discouraged when they see the scale move slowly or they slip up one time.

Fast weight loss is not only unsustainable, but is not healthy. People who lose large amounts of weight through drastic dieting tend to gain it back as soon as they go back to their old habits. Drastic dietary restrictions also put you at risk for nutritional deficiencies and deny your body the energy and protein it needs to function properly.

If weight loss is among your resolutions, take a look at your current lifestyle and think about some "SMART" goals you can set.

Featured Food:

Portobello mushrooms are rich in potassium, essential amino acids and vitamin B. They are low in calories

and fat-free, which can make them a good choice for people watching their cholesterol intake or their waistline. They are a great substitute for meat!

When purchasing a Portobello, select plump, firm and solid mushrooms. They should not be shriveled or slippery.

Recipe Spotlight:

BBQ Portobello Quesadilla

This mushroom filled quesadilla will remind you of pulled pork. Add a touch of chipotle chili peppers to add extra heat. Great with coleslaw and guacamole.

YIELD: Serves 4. Each serving provides 311 calories and 5 grams of fat.

INGREDIENTS:

½ cup BBQ Sauce
1 tablespoon tomato paste
1 tablespoon vinegar
1 chipotle chili in adobo sauce, (see Note), minced, or 1/4 teaspoon ground chipotle pepper
1 tablespoon plus 2 teaspoons canola oil, divided
1 pound Portobello mushroom caps, (about 5 medium), gills removed, diced
1 medium onion, finely diced
4 8 to 10 inch whole-wheat tortillas
¾ cup shredded Monterey Jack cheese

PREPARATION:

1. Combine barbecue sauce, tomato paste, vinegar and chipotle in a medium bowl.

2. Heat one tablespoon oil in a large nonstick skillet over medium heat. Add mushrooms and cook, stirring occasionally, for five minutes. Add onion and cook, stirring, until the onion and mushrooms are beginning to brown, five to seven minutes. Transfer the vegetables to the bowl with the barbecue sauce; stir to combine. Wipe out the pan.

3. Place tortillas on a work surface. Spread three tablespoons cheese on half of each tortilla and top with one-fourth (about one-half cup) of the filling. Fold tortillas in half, pressing gently to flatten.

4. Heat one teaspoon oil in the pan over medium heat. Add two quesadillas and cook, turning once, until golden on both sides, three to four minutes total. Transfer to a cutting board and tent with foil to keep warm. Repeat with the remaining one teaspoon oil and quesadillas. Cut each quesadilla into wedges and serve.

Weekly Financial Tips: Keys to succeeding at your financial resolutions

Ryki Carlson
Survivor Outreach Services Support
Coordinator

The top three New Year's resolutions are losing weight, getting in shape and getting control of our finances. Making a clear plan will increase your opportunities for success. Here are some financial tips to help you reach your financial goals:

1. Understand your money style. It's important to understand your own financial personality and traits. Some of us are savers, spenders, investors or a little of each. Understanding your style will help identify your habits. Changing bad habits and reinforcing good habits is an effective tool to reach your goals.

2. Figuring out a starting point. This is where you create a realistic budget; include all household income and expenses. Review bank statements, pay stubs and other income documents to ensure the budgets are accurate. Look for avenues to cut your costs and strive to live within your means. Consider using one of the following free sites to help you: www.mint.com and www.budgetpulse.com.

3. Set realistic financial goals. Setting realistic long- and short-term goals will help focus your finances. Be sure you include all the challenges you might incur and their solutions when creating your goal action plan.

4. Build an emergency fund. This takes more effort, but it's worth it. Start by setting up a savings account at a bank or credit union other than where you have your current checking. This will help you avoid tapping into this resource unless it's a real emergency. Ensure you are making minimum payments on your bills while you do this.

5. Prioritize your debt. This will allow you to successfully reduce your debts while paying the least amount of interest. This sounds simple, but it can be difficult to achieve. Yet every dollar that doesn't go toward debt can be invested in your future.

a. List all your debts, including balance and interest rates.

b. Prioritize payments based on interest rates or lowest balances.

c. Set up a payment plan to pay off credit card debts by paying more than the minimum to the cards with the highest interest rate or lowest balances. As the cards are paid off, continue to pay down on other cards with the additional amount, eventually all the credit cards will be paid off.

d. Remember to make payments on time to avoid late fees and rate increases. Use tools such as your electronic calendar to remind you of due dates.

e. Using a debt reduction calculator can help you see how much the extra payment helps.

6. Plan for predictable expenses. Planning for car maintenance, school clothes, holidays and other routine expenses can remove unneeded stress in your relationship. Consider opening separate savings accounts for each of these to help you with this process.

7. Track your spending! The hardest part of living within your means is tracking your everyday spending. Consider using a financial app to help you. Remember the more focused you are on your goals the better the chances of success!

8. Monitor your credit. Keep in mind that having a good credit score can be valuable when it comes to controlling your finances. You can pull your credit report for free each year at www.AnnualCreditReport.com. As you pay down debt, your credit score will increase.

9. Don't get discouraged. When you are trying to change your financial habits, it's a process. It's important to understand your goals will take time to accomplish. You will have successes and setbacks along the way, but don't give up. Celebrate your achievements and learn from your setbacks. Remember the road to success is littered with mistakes.

MEDDAC Minute

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

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

If you know you're not going to get enough sleep in the next few days, try getting extra sleep each day leading up to that day. This will help to pay off your 'sleep debt' and resupply your sleep bank.

WELLNESS CENTER APPOINTMENTS

The Fort Wainwright Wellness

Center is open for appointments. With health assessments, nutrition information, stress management services and physical fitness programs beneficiaries will find tools to take small but important steps to a healthier future. To make an appointment or to inquire about services call 361-2234.

ANONYMOUS OR NOT

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

ARMY MEDICINE'S AMBASSADOR PROGRAM

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



Chapel Night

DINNER DIALOGUE DEVELOPMENT

Chapel Night provides individuals and families the opportunity to dine, dialogue, and develop their faith together.

Wednesday Evenings
10 January through 7 March
5:30 — 7:30 p.m.
Northern Lights Chapel

For more info call 353-6278 or email Garrett.L.Northway.civ@mail.mil

Studies Include

Adults

- How to Study the Bible Like a Pro: An Intense Look at the 23rd Psalm as Case Study
- For the Life of the World: Letters to the Exiles
- The Book of James

Youth of the Chapel (6th through 12th Grade)

- Snacks, Games, & Age Specific Small-Group Studies in Leader's Home on Post

Children

- Growing With God for Pre-K through 1st Grade
- The Beatitudes for 2nd through 5th Grade

National Park Service announces Fee-Free Days for 2018

Katherine Belcher

The National Park Service is inviting the public to experience all national parks, without entrance fees, on four days in 2018.

The four entrance fee-free days for 2018 will be:

- Jan. 15 – Martin Luther King, Jr. Day
- April 21 – First Day of National Park Week
- Sept. 22 – National Public Lands Day
- Nov. 11 – Veterans Day

"Fee-free days in national parks allow visitors the opportunity to participate in service projects, enjoy ranger-led programs and explore uniquely wild and wonderful places like Denali National Park and Preserve," said Don Striker, Denali superintendent.

Normally, 118 of the 417 national parks charge an entrance fee. The other 299 national parks do not have entrance fees. The entrance fee waiver for the fee-free days does not

cover amenity or user fees for activities such as camping, boat launches, transportation or special tours.

The annual \$80 America the Beautiful National Parks and Federal Recreational Lands Pass allows unlimited entrance to more than 2,000 federal recreation areas, including all national parks that charge an entrance fee. There are also free or discounted passes available for senior citizens, current members of the military, families of fourth grade students and disabled citizens.

The National Park System includes more than 84 million acres, and is comprised of 417 sites, including national parks, national historical parks, national monuments, national recreation areas, national battlefields and national seashores. There is at least one national park in every state.

Last year, 331 million people visited national parks spending \$18.4 billion, which supported 318,000 jobs across the country and had a \$35 billion impact on the U.S. economy.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

Learning to be back home

Chaplain Paul Tolbert
3rd Battalion, 21st Infantry Regiment, 1st Brigade
Combat Team, 25th Infantry Division

Military Families routinely deal with the challenge of reintegration. Whether it be a field training exercise or a combat deployment, Soldiers and their Families can wrestle with establishing a new normal following these periods of prolonged absence.

Recently the 3rd Battalion, 21st Infantry Regiment, experienced such a separation when the “Gimlets” participated in two Pacific Pathways rotations spanning three months across five countries.

From July to October, 3/21 IN conducted multi-national training exercises in Australia, Singapore, Malaysia, Thailand and Japan. In preparation for their return to Alaska, the battalion’s Unit Ministry Team was tapped with spearheading the Gimlet’s reintegration efforts. Chaplain (Capt.) Paul Tolbert and Spc. Columbus Noble developed a 30-60-90 day concept aimed at providing opportunities for intentional reintegration across the formation.

The effort began while the unit was still in Japan where Army Community Service from Camp Zama provided reintegration training prior to the Soldiers’ redeployment. Back in Alaska, ACS at Fort Wainwright provided the same training to Family members at the Northern Lights Chapel.

In the 30-day phase, the battalion held reintegration

luncheons for each of its five companies during the week of Oct. 16 to 20, at Pike’s Waterfront Lodge in Fairbanks. With funding provided by the Alaska USO, the UMT conducted a “Taste of Oxygen” program for each company entitled “Breaking the Barriers to Great Communication” whereby 97 Soldiers and spouses



Chaplain Paul Tolbert gives a class over the “7 Habits of Highly Effective People” at Pike’s Lodge on Dec. 13. The training was aimed to be a final step to help Soldiers of 3rd Battalion, 21st Infantry Regiment, 1st Brigade Combat Team, 25th Infantry Division, reintegrate after their 90-day deployment to the south Pacific last summer. (Courtesy photo)

enjoyed a catered lunch and received training on empathic listening.

Highlighting the reintegration application, one NCO commented, “this training will come in handy when counseling my Soldiers. It will help when confronting

challenges in their job performance and in their personal lives.”

Turning to the 60-day phase, the UMT followed up the Taste of Oxygen training with the full Oxygen 365 marriage seminar on Nov. 15. Once again at Pike’s Lodge with funding by the Alaska USO, 24 married couples received eight hours of training in self-awareness and interpersonal communication techniques along with a catered lunch.

Finishing with the 90-day post-pathways phase, the unit leveraged the Army Strong Bonds program to provide each company a duty-day reintegration event in December for married and single Soldiers. Training venues included the Yukon Club on Eielson Air Force Base, the North Haven Community Center on Fort Wainwright, the Westmark Hotel and Pike’s Lodge in Fairbanks.

Married couples received training on Gary Smalley’s The Five Love Languages while single Soldiers received a block of instruction on Stephen Covey’s The Seven Habits of Highly Effective People. The initiative was able to reach 96 couples going through the married track and 98 Soldiers going through the singles’ track. In addition, the unit was able to provide childcare for 50 children during the training.

A successful reintegration period strives to return Soldiers and their Families to healthy levels of well-being. 3/21 IN recognizes that facilitating strong Families is a key component of the battalion’s overall readiness efforts, and have demonstrated that commitment through its reintegration efforts as part of

the duty day.

With the UMT as a pillar strengthening Soldier and Family resiliency, Gimlet Soldiers and Families stand ready to answer the nation’s call whenever it may come.

HEAVY SHOP

Continued from page 1



Snow fleet vehicles in need of repair sit on the 354th Logistics Readiness Squadron heavy shop maintenance bay Dec. 6, 2017, at Eielson Air Force Base, Alaska. The heavy shop adds a night shift during the winter months to have 18 hours of full coverage in case vehicles break, but they also maintain a 24-hour stand-by phone for emergencies. (Photo by Senior Airman Cassie Whitman, 354th Fighter Wing Public Affairs)

generating vehicle equipment maintenance journeyman. “If there is no snow fleet, you can’t clear the snow, planes can’t take off and the roads won’t be cleared for people to drive to work.”

The Airmen use this knowledge as self-motivation to always get the job done, and Ingram said most of the Airmen in the shop are intrinsically motivated and seek to do good work all the time.

“We have a job to do, and if we don’t get it done then no one else can do their job,” said Coplin. “We have people relying on us, and that’s what makes me want to push as many vehicles out as I can and continue doing preventative maintenance.”

Even with the skills to fix every type of vehicle from a law-enforcement car to a bulldozer, the biggest challenge these Airmen face is time. It takes time to diagnose the problem of each piece of equipment brought in. If there isn’t something physically falling off of the vehicle, there is a troubleshooting process that takes place.

“Diagnosing a problem really depends on each vehicle itself and who manufactured it,” said Ingram. “It can be as simple as a burned out light bulb all the way to a broken ball bearing in a transmission.”

Whether they know what’s broken or have to troubleshoot the problem, whether they are working at 8 a.m. or 10 p.m., or if they have to face the snow head-on for a mobile call on the flight line at 3 a.m., the 354th LRS heavy shop Airmen are an integral part in maintaining a resilient airfield and base.

Without their core values of service before self and excellence in all we do, air operations would come to a halt in the dead of winter in the Last Frontier.

GIVING

Continued from page 1

Jackie Sunnyboy, program director of the center for the last seven years, has spent the later-half of her adult life in Alaska supporting various non-profits.

“We try to work with each woman individually to figure out their specific needs,” Sunnyboy said.

The shelter inhabitants are always in need of community exposure, Sunnyboy added, and spoke of how beneficial engagement and outreach with groups like the Army hockey team are.

With a network of shelters all over Alaska, including Barrow, Wasilla, Anchorage and Juneau, the shelters can work together to accommodate as many people as possible and share resources as necessary.

Retired Army Staff Sgt. Kris Olson coaches the Army hockey team and participates alongside volunteer Soldier players from various units, with most players coming from the 1st Stryker Brigade Combat Team, 25th Infantry Division.

Each year the team has played, they’ve chosen a local entity to donate to. Last year the team chose the Boy Scouts of America, Midnight Sun Council, here in Fairbanks.

On Dec. 20, 2017, three members of the hockey team were able to present the gifts in person and spend a little bit of time with the inhabitants of the shelter. Approximately seven families were

on-hand to accept the gifts along with plenty of questions from the children about hockey and the Soldier’s “cool” jerseys.

Olson talked of his time here in Fairbanks and how much the community has given him and his family in the past.

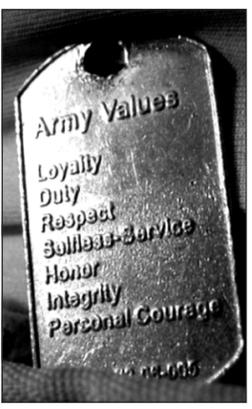
“Having the opportunity to give back in these ways is just so important to all of us,” Olsen said.

Olsen also talked about the hockey team, the upcoming Army versus Air Force game and provided donated tickets to the upcoming game for the shelter as well.

“The women and kids have recently been asking about ice skating actually,” Sunnyboy said. “So having the Army Hockey team come by, this is just perfect. The kids loved the interaction.”

For more information about the shelter and how you can donate resources or time, contact info is below: (907)451-8164 info@fairbanksnative.org https://www.fairbanksnative.org/our-services/behavioral-health/women-and-childrens-center-for-inner-healing-wccih/

THC in any form is prohibited for Soldiers, federal employees and contractors on or off duty. Absolutely no waivers and no exceptions regardless of state law! Possession of THC in any form is prohibited on federal lands for everyone including family members and visitors. Violators will be barred from Post and are subject to arrest and prosecution.



Weekly Events

January 5 – 12

5 **New Year, New You: Free Fitness Class Demo Week at the Physical Fitness Center**
January 5 and 6

Jump start those resolutions, and discover what is waiting for you with Free Fitness Classes during Demo Week at the Physical Fitness Center.

Physical Fitness Center, building 3702
Call 353-7223

7 **Family Fun Sundays**
January 7
11 a.m. to 4:30 p.m.

Get the group together and enjoy a discounted bowling package that includes games, shoe rentals, pizza, and soda for just \$40!

Nugget Lanes Bowling Center, building 3702
Call 353-2654

9 **B.O.S.S. Tuesdays with ODR: Indoor Rock Climbing**
January 9

Race to the top as B.O.S.S. goes rock climbing! Since it's too cold outside, we'll stay indoors and practice our skills on the Indoor Rock Wall. This event is open to all B.O.S.S. eligible Service Members. Register with B.O.S.S. or your B.O.S.S. Representative.

Outdoor Recreation Center, building 4050
Call 353-7648, registration required

10 **Newcomers Orientation & Information Fair**
January 10
9 a.m. to 3:30 p.m.

Are you new to Fort Wainwright? Whether you are a Soldier, Family Member, Civilian Employee, or contractor, you are more than welcome to attend the informative Newcomers Orientation and Information Fair. Learn about the communities surrounding Fort Wainwright, find out what you can do throughout the year, and meet organizations that provide meaningful programs to the community.

Last Frontier Community Activity Center, building 1044
Call 353-7755

11 **Read and Roll**
January 11
1:30 to 2:30 p.m.

Bring the little ones for preschool activities, including science projects, reading, sing-a-longs, and of course, bowling!

Nugget Lanes Bowling Center, building 3702
Call 353-2654

Please note that Fort Wainwright Family and MWR facilities will have updated hours for the upcoming holiday weekend.

YOUTH SPORTS SPRING REGISTRATION

SEASON DATES: FEBRUARY 12 – APRIL 14, 2018

REGISTRATION EXTENDED THROUGH JANUARY 19!

- Indoor Soccer** 3 - 4 yrs \$25 5 - 13 yrs \$55
- Fat Tire Biking** 11 - 18 yrs \$65
- Bowling** 5 - 18 yrs \$65
- Snowshoeing** 5 - 18 yrs \$65
- Hiking**
- Volleyball** 5 - 13 yrs \$55

All children must be registered with CYS to participate. For more information, contact Parent Central Services at 907-353-7713 or Bldg. 1049, Suite 2 Chena Rd.



For more information please call 907-353-7482

www.wainwright.armymwr.com @WainwrightMWR

#WainwrightMWR #WainwrightCYS #WainwrightYouthSports



ADVENTURE AWAITS



Pick up your copy today at a Fort Wainwright Family and MWR facility, or check out the digital version at www.wainwright.armymwr.com

WHAT'S HAPPENING AT THE LIBRARY:

READ AND ROLL
EVERY THURSDAY, STARTING AT 1 P.M.
At Nugget Lanes Bowling Center, there will be a variety of free kids activities rotating throughout the month, including but not limited to movie and game sing-a-longs, arts and crafts, a whacky science show, magic act, puppet show, and more!

PRESCHOOL STORY TIME
Come out and join us for Preschool Story Time, where every Tuesday at 10 a.m. we explore a new theme in the book world! Perfect for children under 5.

WOMEN'S BOOK CLUB
3RD TUESDAY OF EVERY MONTH 5:30 P.M. LFCAC
Join the Post Library for a coming together of minds to bring you a whole new world of reading opportunities. You are welcome to join in on the fun during any period of the program.

MOVIE DEBUT TUESDAYS
EVERY TUESDAY, 9 A.M. - 6 P.M.
The Library will play new releases throughout the day! Join the continuous fun and watch back to back movies, all day long. Requests are taken ahead of time. Please contact the Library staff to make a request. All movies will be rated PG-13 or lower.

SATURDAY FAMILY MOVIE DAY
EVERY SATURDAY, 10 - 2 P.M.
Bring your friends and family to the Library every Saturday for family-friendly films on request. If you have a special movie in mind, request it ahead of time with Library staff.

Tuesday Trivia Night
EVERY TUESDAY 7 - 8 P.M.
Test your knowledge at the trivia night! Join the Post Library at Warrior Zone for an evening of themed questions, and see if you can walk away the winner!

907-353-2642
Bldg 3700, Santiago Ave
www.wainwright.armymwr.com @WainwrightMWR
#WainwrightMWR #WainwrightLibrary
ALA American Library Association

OUTDOOR RECREATION January-February Trips

BIRCH HILL SKI AND SNOWBOARD CAMPS
Jan 3-5, Mar 14-16, Noon - 3 p.m.
Location: Birch Hill Ski and Snowboard Area
Price: \$175 DoB; \$225 Non-DoB

CROSS COUNTRY SKIING FOR BEGINNERS
Jan 20, Feb 10, 10 a.m. - 3 p.m.
Location: Glass Park Price: \$35

ICE CLIMBING
Jan 21, Feb 25, Mar 3, Mar 17
8 a.m. - 6 p.m.
Location: ODR Price: \$70

WOMEN IN THE WILDERNESS: ICE FISHING
Jan 6, 8 a.m. - 5 p.m.
Location: Birch Lakes
Price: \$50 An Alaska State Fishing License is required!

CHENA HOT SPRINGS BIKE AND SOAK
Jan 27, 9 a.m. - 6 p.m.
Location: Chena Hot Springs
Price: \$70

WHITE MOUNTAINS SNOWMACHINE TRIP
Jan 6, Mar 31, 8 a.m. - 5 p.m.
Location: ODR Price: \$110

TRY A SNOWMACHINE
Jan 28, Feb 11, March 11
11 a.m., 1 p.m., and 3 p.m.
Location: Birch Hill
Price: \$40

SNOWMACHINE SAFETY COURSE
Jan 13, Feb 24, Mar 10
9 a.m. and 1 p.m.
Location: ODR Price: \$15

FRIDAY FAMILY CROSS COUNTRY SKIING
Feb 9, 5:30 - 8 p.m.
Location: ODR Price: \$10

FRIDAY FAMILY CLIMBING
Jan 19, 5:30 - 8 p.m.
Location: ODR Price: \$10

SKIING CABIN EXPEDITION
Feb 16-19, 7 a.m.
Location: Bird Creek Cabin
Price: \$295

STILES CREEK SNOWMACHINE TRIP
Jan 20, 8 a.m. - 5 p.m.
Location: Chena River State Recreation Area Price: \$110

QUEST FEST 18
Feb 18, 10 a.m. - 2 p.m.
Location: ODR Price: Free

GO. EXPLORE.

For trip details and to reserve your spot, call us at 907-361-6349 or stop by the Outdoor Recreation Center, Bldg. 4050.

www.wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR #WainwrightODR

Daniel Dugar and Friends COMEDY SPECIAL

January 25, 2018 7:30 p.m.
Warrior Zone

GOOD TIMES, FRONT AND CENTER
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR #WainwrightLibrary
Warrior Zone Bldg 3205, Santiago Ave. For more information call: 353-1987

The light shines in the darkness, and the darkness has not overcome it. (John 1:5)

CHAPLAIN FAMILY LIFE CENTER

3429 Rhineland Ave
907-353-6112
0900-1700 M-F

- Faith-based, collaborative approach
- Strictly confidential
- Individual, couples, & family counseling
- Marriage workshops & seminars
- Support Groups
- Grief support
- Divorce care
- More!

Appointments recommended

Eielson Air Force Base

Friday – 5th
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.

GEOSTORM (PG-13), 6 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 6th
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.

CONE DE FORCE, 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.

MOANA (PG), 3:30 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

ONLY THE BRAVE (PG-13), 7 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Sunday – 7th
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.

MY LITTLE PONY (PG), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Monday- 8th
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.

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

Tuesday – 9th
SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925.

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

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

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

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

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

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

Wednesday – 10th
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.

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

Thursday – 11th
SPIN, 5:30 a.m., Baker Field House, Eielson AFB, Call 377-1925

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

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

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

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

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

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

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

Friday – 12th
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 p.m., Baker Field House, Eielson AFB, Call 377-1925.

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

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

POLAR EXPRESS (G), 6 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Saturday – 13th
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.

CONE DE FORCE, 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.

Sunday – 14th
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 dorm residents will receive BAS while on leave status?

NUTRITIONAL TIP

Play detective in the cereal aisle; teach your children how to find the amount of total sugars in various cereals.

CABIN FEVER CHECKLIST CHALLENGE

From Dec. 1, 2017 to March 1, 2018, read your way through the winter using the Eielson Library's checklist as your guide! Ages 5 to 18 can sign up at the front desk. Each entry will be entered into a prize drawing. One entry per person. Call 377-3174 for more information.

WINTER CRAFT

Join the Arts and Crafts Center staff from 1 to 2 p.m. on Jan. 6, for a winter sticker's craft. Children ages 3 to 8 years old are welcome to participate. The cost is \$5 per child.

EATING HEALTHY ON A BUDGET

Licensed Dietician, Heather Campbell, will be at the Airman and Family Readiness Center on Jan. 10, to teach a healthy eating class on a budget. Learn how to menu plan, find affordable ingredients and cook healthy meals on a budget. The class will be from 5 to 6 p.m.

PIANO LESSONS

Piano lessons are available at the Eielson City Center. If you or your child have ever wanted

to learn to play piano, now's your chance. Call 377-2642 for more information and to sign up for lessons.

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 stories 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

Cervical Cancer Awareness Month

Beth Hughes
Public Health Nurse Educator

January is the time of year set aside to bring awareness to cervical cancer. According to the Centers for Disease Control and Prevention, cervical cancer used to be the leading cause of cancer deaths in the United States, however, these numbers have decreased significantly due in large part to preventive care.

When cancer starts in the cervix, it is called cervical cancer. Cervical cancer is highly preventable in the United States because screening tests and early detection are the keys to early treatment and high survivability rates. There is also a vaccine to prevent human papillomavirus (HPV) infections, which is one of the leading causes of cervical cancer.

Almost all cervical cancers are caused by HPV, a common virus that can be passed from one person to another during sex. Although there are many types of HPV, some HPV types can cause changes on a woman's cervix that can lead to cervical cancer over time, while other types can cause genital or skin warts.

HPV is so common that most people get it at some time in their lives. HPV usually causes no symptoms so you can't tell that you have it. For most women, HPV will go away on its own; however, if it does not, there is a chance that over time it may cause cervical cancer.

Other factors can increase a woman's risk of cervical cancer, such as smoking, having HIV (the virus that causes AIDS) or

another condition that makes it hard for your body to fight off health problems, using birth control pills for five or more years, having given birth to three or more children and multiple sexual partners.

The good news is there are several things women can do to reduce the risk of getting cervical cancer. The most important one of these is to have an annual Pap-Smear starting at the age of 21. If Pap test results are normal, the chance of getting cervical cancer in the next few years is very low. For that reason, doctors often do not recommend another Pap test for as long as three years.

For women 30 years old or older, requesting an HPV test along with the Pap test can be beneficial. If both test results are normal, five years is the recommended timeframe for the next Pap test, although regular checkups are still a good idea.

Women, aged 21 to 65, should continue getting a Pap test as directed by a doctor, even if they are no longer sexually active. However, women older than 65 who have had normal Pap test results for several years, or have had their cervix removed as part of a total hysterectomy for a non-cancerous condition, like fibroids, can discuss with their doctor about not needing to have a Pap test anymore.

Remember that prevention is the key to early detection and treatment. If you would like to be screened for cervical cancer or HPV, contact your primary care manager or call 907-361-5081 for an appointment.

Doughnuts and Dialogue with the DGC



(Courtesy photo)

Christine Donovan
Workforce Development Specialist

Twenty garrison team members joined Angela Major, deputy to the garrison commander, for the inaugural Donuts and Dialogue with the DGC Dec. 15, for...well, donuts and dialogue!

Major used this informal, small gathering to get to know team members a bit, and for them to get to know her over coffee or hot chocolate. She spent time listening to attendees one-on-one and as a group. Questions about professional development opportunities,

career program coaches, developmental assignments and a future workforce council were discussed.

Major plans to continue to hold regular Donuts and Dialogue sessions, which any garrison employee is invited to attend.

Garrison leaders understand that engaging with team members helps to build trust, relationships and a commitment to the valuable work we do -- enabling Soldier readiness.

For more information about Donuts and Dialogue with the DGC, or if you'd like to attend an upcoming session please email Major or Christine Donovan, Workforce Development Specialist.

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

Scooping Up the Savings

1st Lt. Josh Austin

70th Brigade Engineer Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division

When most of the post have already gone home from work, the snow removal team from 2nd Platoon, Bravo Company, 70th Brigade Engineer Battalion, has just arrived and begun warming up their vehicles.

Their work will take them through the night as they head out to clear snow from yet another motor pool. Upon arrival, the noncommissioned officer in charge directs his Soldiers, and soon the grader is clearing down lanes in between the vehicles, and fully loaded dump trucks are hauling away the piles of snow and ice.

Second platoon shoulders the role of the 1st Stryker Brigade Combat Team's sole earthmoving asset. During the warmer months, the Horizontal Engineer Platoon conducts their primary missions of constructing survivability positions and general engineering projects, mainly road construction.

Through construction alone, 2nd Platoon has saved the Yukon Training Area, Donnelly Training Area and Marine Base Twenty-Nine Palms over \$359,000 in equipment and labor costs. As permafrost hardens the ground, blade assets are no longer fully able to push earth and construction and training comes to a halt. When snow hits the ground, second platoon continues to save the Army money.

This year, the snow removal teams have already passed up their own previous records in snow removed and money saved. Teams have already logged in 1,304 man hours this season and transported over 11,234 cubic yards of snow. The alternative civilian service orders necessary to clear the same amount of snow project costs at \$163,000.

Although 2nd Platoon has put a great amount of effort into snow removal, there is always more demand for their services. In addition to ensuring that the BEB footprint is cleared, the battalion has received constant removal requests from four of her sister battalions. The success of snow removal thus far can be attributed to the preparation and coordination with these battalions, as well have the hard work of many other units and individuals.

Units seeking snow removal support first request support through the Brigade Engineer who works with the BEB Construction Chief to determine priorities and to pass a point of contact to 2nd Platoon leadership. The platoon contacts the requesting unit and outlines any necessary preparations that must be accomplished before the snow removal team arrives. They then conduct a recon of the area and ensure everything is ready for the night crew to begin work.

In order to be removed, lanes or snow piles must be three meters away from equipment or walls to accommodate the engineer equipment. It usually takes several nights for a motor pool or equivalent parking lot to be cleared. Continual updates and communication address any issues that arise, and are then resolved between the two parties until the job is complete.

During the day, the rest of the platoon has balanced the daily battle rhythm, red cycle tasks, preparation for future training and constant maintenance.

Quick reactionary support in dispatching and maintenance ensures the snow removal fleet goes out every night. The platoon and their maintenance support labor tirelessly to ensure vehicles remain functional in arctic temperatures.

The platoon already has responded to 33 instances of vehicles breaking down or malfunctioning during



(Courtesy photo)

the night relating to sub-zero conditions. The day crew evaluates each issue and combined with mechanics, ensures the vehicle readiness for that evening.

Looking forward, maintenance issues are not over, and certainly more snowfall will come. With that snowfall, the BEB will receive more requests for snow removal all across post. Second platoon will continue to utilize their unique vehicles to haul away snow and to help the brigade save money. They will uphold their mission to ensure the mobility of friendly units, even if it is only within a motor pool.

Federal Workplace Drug Testing Change

Cheryl Adamson
Army Substance Abuse Program

The Department of Defense Instruction 1010.09, DoD Civilian Employee Drug-Free Workplace Program, has widened its scope of drug testing Federal civilian employees. Effective Dec. 31, 2017 the Department of Army will add four schedule II opioid drugs to the testing panel: Oxycodone, oxymorphone, hydrocodone

and hydromorphone. These include prescription drugs such as OxyContin, Vicodin, Percocet and Dilaudid. The Army Substance Abuse Program wants to remind all employees of the availability of assistance, treatment and rehabilitation through the Employee Assistance Program.

For more information about the Army Substance Abuse Program, call (907) 361-1381.

Garrison commander present quarterly customer service team award



(Courtesy photo)

Christine Donovan
Workforce Development Specialist

Team members from the Black Wolves and Moose rooms at the Child Development Center 1 were recognized Dec. 19, as the recipients of the Garrison Customer Service Award -- Team for last quarter.

Col. Sean Fisher, Fort Wainwright garrison commander, thanked them for their commitment to providing exceptional service, and for their dedication to supporting the mission and community.

Team members from these rooms model great teamwork, and are passionate about making a positive impact to the social and emotional development of the children they serve. They demand the best of each other, and help hold each other accountable.

Recently, a Child, Youth and School Services training specialist visited Fort Wainwright from Installation Management Command-Pacific for a Technical Assistance Visit.

Writing about the Moose and Black Wolves classrooms, he said, "Headed by a couple of very devoted lead CYPAs (child and youth program assistants), everyone in those classrooms is focused on the mission and providing top notch care. I really liked seeing the activities, teamwork, interaction, etc... I was excited to see how they all took ownership of their programs."

Thank you and congratulations to both teams!

Patient Safety: Eliminate Mistaken Identity

Soncirie Putnam-Rivera

With the start of a New Year, many people are talking about New Year resolutions, and while few people include resolutions related to prevention of identity theft to their list, Medical Department Activity – Alaska is suggesting you do just that.

MEDDAC-AK would like to see beneficiaries make an alternative to traditional resolutions by adding a resolution focused on the prevention of mistaken identity when receiving medical care such as using the tools in the "Speak Up" program. Think for a minute; "What happens when two different patients have the same name? Does the hospital have a process for proper patient ID confirmation at every step of clinical care?"

Ensuring the correct patient identification is a prerequisite to safe care, the Joint Commission has made accurate patient identification one of its National Patient Safety goals since 2003 when the first set of goals went into effect. One of the most important things medical staff ensures at MEDDAC-AK to help avoid mistaken identity is to properly identify patients, and then match them to the correct procedures and treatment. Taking the time to complete that step at every visit for every procedure is important because once the wrong information is entered into a patient's record due to mistaken identity, it can be difficult

to get it corrected – which increases the chances that more mistakes could occur.

This is why hospital staff ask for the patient's name and date of birth at every encounter. This information is then matched to the medical record or order sheet to verify that the right person is receiving the correct care.

At MEDDAC-AK, patients are encouraged to partner with us in the prevention of mistaken identity by making sure the two-patient identifier process is always followed for themselves and their family members. Staff will continue to ask for the patient's full name and date of birth. Here is where your New Year's resolution comes in-if they don't, "Speak Up":

- Ask to see the labels on the containers that your samples are put in. The label should have your full name and date of birth.

- Look at your prescriptions and instructions before you leave the hospital to make sure the correct patient's information is displayed.

- Learn more about "The Speak Up: Right ID, Right Care" campaign sponsored by The Joint Commission. https://www.jointcommission.org/facts_about_speak_up/

The entire MEDDAC-AK team is committed to eliminating mistaken identity and hope in this New Year beneficiaries partner with us by using tools from the "Speak Up" program.

US ARMY ALASKA AND 354TH FIGHTER WING PRESENT

The 23rd Annual
Army vs. Air Force
Hockey Game

January 6, 2018
2:30-4:30PM
Carlson Center

This Event is FREE and
Open to the Community!

No Tickets Required!

Military
Crisis Line
1-800-273-8255 PRESS 1