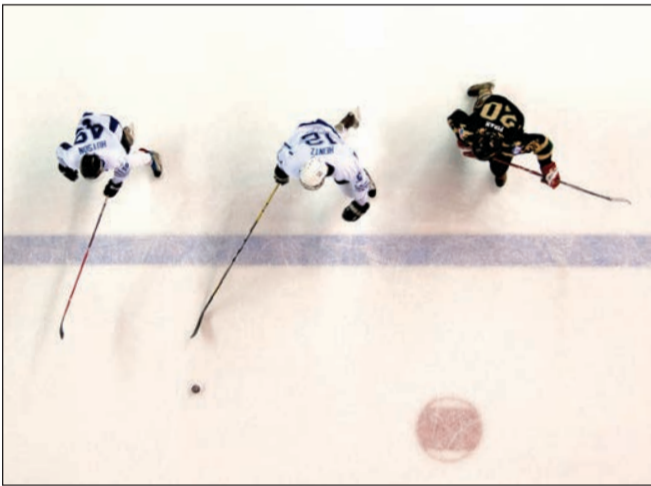


Air Force beats Army 7-3 in hockey game



Airmen from Eielson Air Force Base, Alaska, take a photo with a trophy after beating a team of Soldiers from throughout Alaska in an Army vs. Air Force hockey game in Fairbanks Jan. 6. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)



Air Force Staff Sgt. Richard Hutson (left), a base defense operations center controller with the 354th Security Forces Squadron, and Senior Airmen Taylor Heintz (center), a power production specialist with the 168th Civil Engineering Squadron, Alaska Air National Guard, break away with the puck from Capt. Matt Piram (right), commander of the 65th Explosive Ordnance Disposal Company, during an Army vs. Air Force hockey game in Fairbanks, Alaska, Jan. 6. The Air Force team from Eielson Air Force Base beat the Army team of Soldiers from throughout Alaska with a score of 7-3. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)

See **HOCKEY** on page 4

JBER hospital offers innovative prenatal care, infant delivery

David Bedard
 Joint Base Elmendorf-Richardson Public Affairs

From the time an expecting mother presents a positive pregnancy test, healthcare professionals of the 673d Medical Group at the Joint Base Elmendorf-Richardson hospital are ready to promote a healthy pregnancy and the safe delivery of the baby.

Airmen of the Women's Health Clinic and the Perinatal Service Unit are instituting a number of initiatives to improve the experience of mothers and babies during the pregnancy and through delivery.

If a woman suspects she is pregnant or has a positive over-the-counter pregnancy test, she needs to see her primary care manager for a clinical pregnancy test.

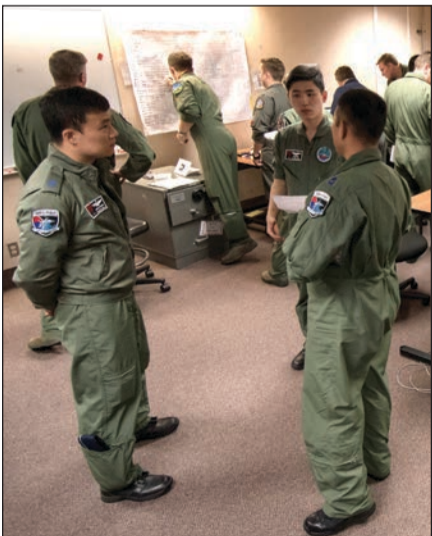
Air Force Maj. Angela Gookin, Women's Health Clinic flight commander and a certified nurse midwife, said a patient with a positive test will then be referred to her clinic.

"It's as simple as coming to the front desk and checking in," Gookin said. "There is some lab work we ask them to do. There is some paperwork we ask them to fill out, and then there is a checklist we ask them to accomplish, especially for our active-duty members."

See **PRENATAL** on page 3



Air Force Staff Sgt. CaTeah Bryant, medical technician, Air Force Capt. Omayra Nunez, charge nurse, and Air Force 1st Lt. Erin Kukay, charge nurse, all of the 673d Medical Group Perinatal Service Unit, review an order Dec. 5, 2017, at the Joint Base Elmendorf-Richardson hospital. Medical professionals are available 365 days a year around the clock to deliver babies at the hospital. (Photo by David Bedard, Joint Base Elmendorf-Richardson Public Affairs)



Behind the scenes of RF-A

Republic of Korea Air Force, U.S. Air Force and Japan Air Self-Defense Force members begin mission planning during RED FLAG-Alaska (RF-A) 17-2, June 12, 2017, at Eielson Air Force Base, Alaska. RF-A 18-2, the second exercise for calendar year '18, is scheduled for June 7-22, 2018, and is still in the planning stages. (Photo by Airman 1st Class Sadie Colbert, 354th Fighter Wing Public Affairs)

Senior Airman Cassandra Whitman
 354th Fighter Wing Public Affairs

Eielson Air Force Base hosts several RED FLAG-Alaska exercises every year. For the 2018 calendar year, there are four RF-As in the works. It takes a lot of time, energy and dedication from various Airmen and civilians in the 353rd Combat Training Squadron and from around the base to make these exercises a success.

See **PLANNING** on page 7

354th Civil Engineer Squadron brings the heat



U.S. Air Force Staff Sgt. Matthew Auger, a 354th Civil Engineer Squadron heating, ventilation and air conditioning technician, repairs a leaking glycol pump Dec. 27, 2017, at Eielson Air Force Base, Alaska. The pump, which is essential to the building's heating system, required a new seal to stop the leak and return to normal function. (Photo by Airman 1st Class Eric M. Fisher, 354th Fighter Wing Public Affairs)

Airman 1st Class Eric Fisher
 354th Fighter Wing Public Affairs

Alaska's notoriously cold winters can be hazardous to people, vehicles and even buildings if the heat goes out for long enough.

Luckily, the 354th Civil Engineer Squadron's heating, ventilation and air conditioning shop works tirelessly all year to ensure buildings have heat when the temperature starts to plummet.

"Eielson's mission wouldn't be possible without heat, so almost everything we do during the winter contributes to keeping the heat on and the mission going," said Staff Sgt. Matthew Auger, a 354th CES HVAC technician.

Though it may seem like a simple task, Master Sgt. Jason Tye, the 354th CES HVAC noncommissioned officer in charge, says they maintain heating for over 1,100 facilities each year.

"During the summer months we do preventative maintenance on the base's heating systems so they are ready to go each winter," said Tye. "Once winter is here, we switch over to emergency maintenance on broken or malfunctioning systems."

If the systems are broken, it can quickly lead to other problems, such as the pipes freezing. The HVAC shop responds quickly to bring the heat back online, and are able to provide emergency heating equipment if the job takes too long.

Even the way Eielson heats its buildings provides a challenge for HVAC Airmen who are new to Alaska.

"Most Air Force bases use natural gas and hot water to heat their buildings, but Eielson uses steam," said Tye. "For this reason there is a small adjustment period where many of our new Airmen have to familiarize themselves with a different way of heating."

Even through Alaska's tough climate, the HVAC shop rises to the challenge and brings the heat. Fighting off "Old Man Winter" and keeping Eielson's Airmen ready to go at 50 below.

JBER winter scenes



Sydney Sears rides a snow inner-tube at Hillberg Ski Area at Joint Base Elmendorf-Richardson, Alaska, Dec. 29, 2017. The Hillberg Ski Area offers those with base access a variety of winter sports and events. (Photo by Alejandro Peña, Joint Base Elmendorf-Richardson Public Affairs)

WEEKEND WEATHER

Friday



Sunny, with a high of minus 1 and low of minus 4 degrees.

Saturday



Mostly sunny with a high of high and low of 8 degrees.

Sunday



Morning snow showers with a high of 19 degrees and

MARTIN LUTHER KING JR. DAY

January 15, 2018 is the Federal holiday celebrating the life of Dr. Martin Luther King Jr. The national theme of the day is, Remember! Celebrate! Act! A Day On, Not a Day Off to encourage individuals to dedicate the day to community service. This commemoration is an occasion to remember Dr. King's remarkable life and to rededicate ourselves to his principles of unity and equality.

The Army is committed to the ideals endorsed by Dr. King -- treating every individual with dignity and respect.

Nutrition Corner: Resolutions

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

If you are like a third of the Americans who make New Year’s resolutions, you may have recently made some healthy diet and exercise changes to become healthier or lose weight. Congratulations if you’ve kept up with those resolu-tions for the past two weeks! Here are some tips to help you maintain the posi-tive momentum and not fall in with the 36 percent of Americans who do not stick with their changes past January.

It is important to avoid the “all or nothing” mentality when making lifestyle changes. “I am going to cut out ice cream for the New Year” or “I will never have chocolate again” are not realistic or sustainable goals. If your resolution sounds like that, perhaps change the language to include your favorite treats in moder-ation. Including one serving of your favorite treat, whether it be ice cream, chocolate, chips,

etc. occasionally (about once per week) will help you not feel deprived and will make it easier to keep up with the positive changes you are making.

Food should not be a source of negativity in your life, so don’t set yourself for feelings of deprivation and/or hunger. Eat healthy most of the time but include a plan to treat yourself occasionally without feeling guilty. It is important to al-so be wary of diets and products that are too good to be true and promise weight loss results that are more than one to two pounds per week. Red flags for diet programs that are unhealthy and/or unsustainable promise large amounts of weight loss, quick results and/or they cut out entire food groups or macronutrients (typically carbohydrates).

These types of plans are not only unhealthy and do not provide a balanced diet to support an active and healthy lifestyle, but they are simply not realistic to follow long term. They also tend to send the wrong messages such as, “carbo-hydrates will make you gain weight” or “dietary fat is bad”.

Both broad ideas are untrue and can make it difficult to maintain a healthy relationship with food. Instead, aim for lifestyle changes that include healthy fats from nuts and seeds, olive oil, avocados, salmon and tuna and healthy carbohydrates like fruits, whole grains, and low fat milk and yogurt.

A balanced diet also includes sources of lean proteins like beans and lean meats and plenty of vegetables. In fact, half of your plate should be fruits and vegetables, and a good goal for the day is five cups of both combined. Always remember that you can’t put a Band-Aid on a bad diet by following a “quick fix” diet promising unrealistic results. Strive for slow, sustainable changes that will help you lose weight at a rate of about one to two pounds per week and keep it off!

Featured Recipe: Quinoa and beans

1 teaspoon vegetable oil
1 cup onion, chopped
2 cloves of garlic, chopped

3/4 cup quinoa
1.5 cups vegetable or chicken broth
1 teaspoon ground cumin
1/4 teaspoon cayenne pepper
Salt and pepper to taste
1 cups frozen corn
2 (15 ounce) cans of black beans
1/2 cup chopped cilantro

Heat oil in a sauce pan over medium heat, cook and stir onion and garlic until lightly browned, about 10 minutes

Mix quinoa into onion mixture and cover with vegetable broth, season with cumin, cayenne, pepper, salt and pepper. Bring the mixture to a boil. Cover, reduce heat and simmer until quinoa is tender and broth is absorbed, about 20 minutes

Stir corn into the saucepan and continue to simmer until heated throughout, about 5 minutes.

Mix in the black beans and cilantro

Weekly Financial Tips: Making goals

Ryki Carlson
Survivor Outreach Services Support Coordinator

With the new year already started, it’s time to take a look at your personal financial goals. When setting your goals, you need to know what is important to accomplish. Your financial planning begins with setting clear concise goals. Think of your financial future as one large money map. If you have no idea where you want to go, how do you propose to get there? When creating goals, you should have both short-term and long-term goals. Here are some tips to help you create your financial map.

1. Examine your personal ambitions and take ownership in the goals. Believing in your goals will give you confidence to move forward.
2. Take time to write your goals down. The extra effort of writing your goals reinforces them. It also encourages you to move forward and stop procrastinating. Put these goals in places you will see them every day, such as on the refrigerator or your bathroom mirror.
3. Clearly state your goals. You list should identify specific actions or events that you will achieve. Focusing on a specific target to avoid ambiguity.
4. Set realistic goals. This gives you the opportunity to stretch to reach your desires.
5. Achievability plays an important role in your success. Ensure your goals are within your skills and abilities. By knowing your strengths and weaknesses, your chances of your

long-term financial success increases. If the goals are a stretch, consider taking a class to increase your knowledge and skills.

6. Measure your progress along the way. Recognizing your progress helps prevent frustration while failure to measure will result in wasted effort. Celebrate your progress along the way. Cross off your short-term goals as you achieve them.
7. Plan your goals. Carefully evaluate the steps necessary to achieve your goals. When goal setting, realize your plan of action is a vital step to success. Your plan will require action to work. Make the commitment.
8. Prioritize your steps within your action plan.
9. Remember that flexibility provides you the opportunity to change course if necessary. Knowing that sometimes life forces changes to your plans, enabling you to take a detour without losing momentum or confidence.
10. Set a timeline to reach your financial goals. Once you set the timeline, work backwards to see if it’s feasible and adjust as necessary.
11. Increase your financial knowledge. Take a class or two to help you reach your goals. The more you understand about finances, the more focused you become in reaching them. Financial knowledge will help you make better financial decisions.
12. Share your goals! The more you share your goals, the more people are willing to assist you reaching them. Ask others for resources to help you achieve success or to encourage you along the way. Knowing you are not alone makes all the difference.

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

A GREAT PLACE TO WORK
MEDDAC-AK has job openings for both clinical and non-clinical positions here at Fort Wainwright. To view job openings go to www.usajobs.gov.

IMMUNIZATIONS
The immunizations clinic at Bassett ACH is open on a walk-in basis Monday through Friday 7:30 a.m. to 3:45 p.m. for all beneficiaries.



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

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

TOBACCO FREE CAMPUS
As of Dec 1, 2017 all MEDDAC-AK facilities are tobacco free. Please refrain from using tobacco products, including vaping devices within our campus perimeters, including parking lots and sidewalks.

FRG Volunteer Spotlight

Dani O'Donnell
Fort Wainwright Public Affairs

Shines on Emy Laatsch (Spouse of Sgt. Johnathan Laatsch) the Family Readiness Group Leader for Echo Forward Support Company, 70th Brigade Engineer Battalion.

Why did you become and FRG Volunteer?

I have always been willing to help others, and being a new spouse fresh out of college, I found this as a perfect way to learn the military culture and provide value to my husband’s unit by being a part of the FRG.

What has been your biggest challenge, and how did you overcome it?

Being able to help other military families during deployments and trainings when I have my own family and responsibilities to oversee. It takes a lot of organization and planning to be able to successfully serve both the needs of my own family and others.

What advice do you have for future

FRG Volunteers?
Being part of the FRG is an amazing way to become more familiar with the military and the amazing opportunities it has to offer its volunteers.

Spouse to Spouse Corner
Are you looking for resources or wanting to get connected to your FRG? Would you like to find out how to make military life easier on you and your family? Meet people who can help you, and make new friends. The Spouse to Spouse Orientation can assist with those needs. This event occurs the second Thursday of every other month at the North Haven Community Center at 4268 Neely Road from 9:30 to 11:30 a.m.

Do you have questions you would like answered prior to this event, then send an email to usarmy.wainwright.imcom-pacific.list.pao@mail.mil. All entries will be submitted for a door prize at the next Spouse to Spouse Orientation, must be present to win.



(Courtesy photo)



Military Crisis Line

1-800-273-8255 PRESS 1

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

History Snapshot: 172nd Infantry Insignia Patch

L. Amber Phillippe
Fort Wainwright Landscape Historian

“The 172nd Infantry Brigade shoulder insignia uses three colors which represent the basic combat branches: Infantry Blue, Armor Yellow and Artillery Red. The bayonet symbolizes the Infantry in attack, the North Star and the Big Dipper represent Alaska and the snow-topped mountains depict the Arctic mission of the Brigade.”

The 172nd was first stationed in Alaska at Fort Richardson in 1963. It went through several structure changes during the 60s and 70s before being inactivated in 1986.

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.



(File photo)

Executive Team Development Series



Garrison leaders from Fort Wainwright, Alaska, kicked off their fiscal year '18 Executive Team Development Series Dec. 18, at the Birch Hill Ski and Snowboard Area lodge. The bi-monthly sessions are designed to enhance team cohesion and improve organizational performance through interactive learning activities, using the book *The Fifth Discipline* by Peter Senge as a framework. The series design is guided by the principle that leader development is a deliberate, continuous and progressive process founded on Army Values. It is part of Fort Wainwright's Leader Development System. (Photo by Etta Cornett)

PRENATAL

Continued from page 1

Expecting service members are given a profile by the Public Health Department, which will schedule a work site visit if appropriate to deem whether it is safe for pregnancy.

“For instance, if the person worked on the flight line, and they are an engine mechanic, working on the flight line is not a good idea while you’re pregnant,” Gookin said. “[The Public Health Department] would determine if and when that individual would need to be removed and put someplace else.”

Once the mother has delivered the baby, the old profile will be cancelled, and the Women’s Health Clinic will issue a new profile.

Gookin said the mother’s first full appointment will be a registered nurse intake covering matters such as nutrition and safety.

“We like to do that in a group setting because it’s a little more efficient for patients, not to mention it gives them an opportunity to meet people that are probably going to be delivering about the same time that they are,” Gookin said. “It’s a chance for them to network with other people.”

Networking is a big part of the clinic’s methodology, Gookin said. They ideally like to match mothers who have experience delivering with first-time mothers.

Key to this methodology is the use of Centering Healthcare Institute’s Centering Pregnancy prenatal care. The care regimen follows the recommended schedule of 10 prenatal visits, but each visit is longer giving women more time with their provider while networking with other mothers who are expecting around the same time.

Gookin said there is value in expecting mothers sharing their stories.

“A lot of what we find in pregnancy is anecdotal,” Gookin said. “Women will say, ‘This is what happened to me in my pregnancy.’ Another will say, ‘Oh that’s right, that happened to me too.’ It really does help to facilitate discussion.”

Topics covered during appointments cover matters such as nutrition, exercise, dental health, lactation, breastfeeding and relaxation techniques for delivery.

Future mothers can expect to visit the clinic every four to six weeks at the beginning, then every four weeks, two weeks and every week at the end of term.

Before 12 weeks, a mother will get her first ultrasound, which establishes dating and verifies the pregnancy, giving midwives the ability to pinpoint conception within six days.

The second ultrasound is between 18 and 22 weeks. Though the gender can be determined and disclosed to the parents if they so wish, the ultrasound is done for other reasons as well.



Delivery rooms of the 673d Medical Group Perinatal Service Unit are equipped with a full suite of medical instruments to monitor mother and baby, and a jet bath for hydrotherapy. The Joint Base Elmendorf-Richardson hospital also has two operating rooms for Caesarean section delivery. (Photo by David Bedard, Joint Base Elmendorf-Richardson Public Affairs)

“It’s better known by the public as the ‘gender ultrasound,’ but that is not the purpose,” Gookin said. “The purpose is to ensure the baby is growing appropriately. We look at all of the vital organs. We’re looking to rule out any anatomical or genetic defects that we wouldn’t normally know about.”

Other prenatal screenings are also offered as well based on the mother’s request and if the pregnancy is

deemed high-risk or not.

Though care is focused on the mother for obvious reasons, Gookin said fathers have a role too.

“We highly encourage all fathers to come to all of the prenatal visits because these are not just well-woman visits,” Gookin said. “These are well-pregnancy visits. The husbands have a lot to offer when it comes time for their wives to come in.”

When it is time to deliver, mothers will check in with the Perinatal Service Unit, commanded by Air Force Maj. April Franklin, a registered nurse - labor and delivery.

Franklin said mothers will be dilated to 6 centimeters before full admission for delivery.

The hospital has five delivery rooms, each equipped with a delivery bed, a full suite of medical instruments to monitor mother and baby, and a jet bath for hydrotherapy.

A new feature of perinatal care at the hospital is the offer of nitrous oxide gas for pain management. Franklin said the JBER hospital is one of the first in the Air Force to offer it.

“You can still move around with nitrous,” Franklin said, contrasting the method with intravenous and epidural pain management. “It gives you relaxation between contractions.”

She said the patient is the only one authorized to use the mask during labor.

“It really does put pain control back in the hands of the patient,” Franklin said. “For other women whose only options used to be IV pain medication or an epidural, once we’ve given it to them we’ve taken their control away. This really puts the control of the delivery back in their hands.”

The hospital has two operating rooms where Caesarean section delivery can be performed if necessary, Franklin said. A C-section drape is offered so the mother can see the birth and get

skin-to-skin contact immediately upon delivery.

Franklin said skin-to-skin contact is critical immediately following all births, so they follow a regimen of delayed umbilical cord clamping and delayed bathing to immediately get the baby to the mother’s arms.

For more information about prenatal care at the JBER hospital, call the Women’s Health Clinic at 580-5808.

Prevent Cervical Cancer with HPV Vaccine

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

This year over 12,000 women will hear the words, “you have cervical cancer;” approximately 4,000 of them will lose their battle to the disease.

The good news is there is a vaccine that can drastically cut the likelihood of a woman developing cervical cancer.

According to the Centers for Disease Control and Prevention, the development about 91 percent of all cervical cancers can be prevented by being vaccinated against the Human Papillomavirus (HPV), a virus that is transmitted through sexual contact. Most adults have been infected with HPV at some point in their life, but the majority of these infections clear up on their own.

An HPV infection that does not go away can cause cervical cancer in women as well as cancers of the anus and genitals in men.

The CDC recommends the HPV vaccine be given to both boys and girls starting at age 11 through age 26 years, but can be given as young as nine. The vaccine is routinely given at 11 or 12 years of age as a two-dose series. Those that start vaccination around 15 years of age or older should complete a three dose series.

Why vaccinate so young? The HPV vaccine works only as a preventative measure, not as a treatment, so it must be administered before a person becomes sexually active and HPV is contracted. According to the National Cancer Institute, HPV exposure can occur with any type of sexual contact; intercourse is not necessary to become infected.

While it may be hard for parents to think about vaccinating a child so young for something that is spread sexually, Capt. Ashley Ryan, population health nurse for Medical Department Activity – Alaska, encourages parents to focus on the benefits the vaccine will provide to fight their risk for infections and cancers.

“The focus is on primary prevention,” says Ryan. “Studies have shown that vaccines are more effective given at a younger age, as the child’s immune systems can respond better to it, and once a person has been

exposed to HPV it is too late to vaccinate.

“I truly believe if there was an immunization for breast or colon cancer there would be waiting lists of patients wanting to protect themselves,” says Ryan. “The HPV vaccine is the same. HPV is widely associated with cervical cancer, as well as vaginal, penile, anal and throat cancers.”

According to Ryan, the side effects for the HPV vaccine are minimal.

The vaccine is also recommended for anyone age 13 through 26 years of age who have not yet been vaccinated or completed the vaccine series.

Whether vaccinated or not, women should know the signs, symptoms and screening tools used to make a cervical cancer diagnosis.

Cervical cancer forms in the cervix, and under most circumstances is a slow-growing cancer that does not have many symptoms in early stages. Symptoms can include pelvic pain, pain during intercourse, bleeding after menopause, menstrual periods that last longer or heavier than before, bleeding after a pelvic exam or between menstrual periods.

Because symptoms can be so mild it is important for women to know the risk factors and screening tools used to diagnose cervical cancer. It is recommended that all women ages 21 to 65 years old have a cervical screening at the following intervals:

Ages 21 to 29: Every three years if normal (may require more frequent follow-up if result is abnormal)

Ages 30 to 65: Every five years if HPV testing is done at the same time as the Papanicolaou (Pap) smear. If the HPV testing is not completed at the same time, a cervical cancer screening is recommended in three years.

Those over the age of 65 years may stop screening if their history was adequately negative, and are not otherwise at risk for cervical cancer.

“It’s important for women to get a Pap within the set guidelines because it detects changes in cervical cells early, which can detect development of cervical cancer,” says Ryan.

Beneficiaries can schedule a Pap by calling the appointment line at 361-4000. Beneficiaries between the ages of 9 and 26 can use the walk-in immunizations clinic to receive their HPV vaccine.

HOCKEY

Continued from page 1

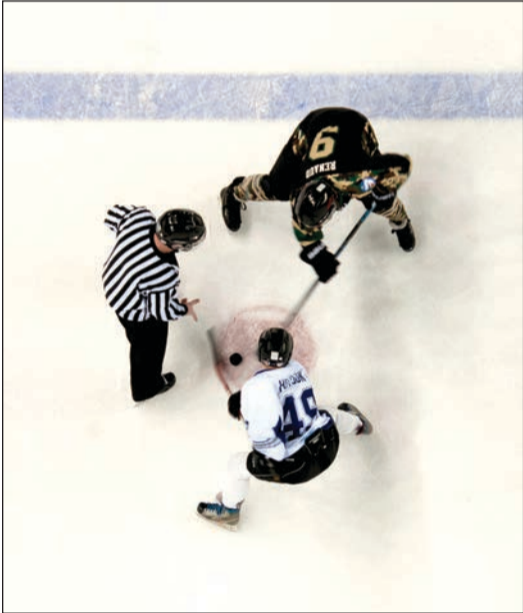


Soldiers from throughout Alaska line up for the national anthem before their game against Airmen from Eielson Air Force Base Jan. 6, in Fairbanks. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)



Army Staff Sgt. Jeremy Cannon, an instructor assigned to the Northern Warfare Training Center, Fort Wainwright, Alaska, repels down to the ice with the ceremonial hockey game puck, moments before the Army and Air Force hockey teams face off on Jan. 6, in Fairbanks, Alaska. (Photo by Brady Gross, Fort Wainwright Public Affairs)

Soldiers from Fort Wainwright, Alaska, along with Airmen from Eielson Air Force Base take to the ice as a joint color guard for an Army vs. Air Force hockey game Jan. 6, in Fairbanks. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)



Col. Sean Fisher (far left), Fort Wainwright garrison commander, sits with his family for a hockey game between Soldiers from throughout Alaska and Eielson Air Force Base Airmen Jan. 6, in Fairbanks. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)

Spc. Drew Renaud (top right), an information specialist assigned to the 49th Missile Defense Battalion, Fort Greely, Alaska, faces off against Air Force Staff Sgt. Richard Hutson (bottom right), an aircraft structural maintainer with the 354th Maintenance Squadron at Eielson Air Force Base, during an Army vs. Air Force hockey game Jan. 6. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)

1st Lt. Benjamin Cohen, brigade adjutant with Headquarters, Headquarters Company, Fort Wainwright, skates onto the ice to perform warm-up exercises before facing off for an Army vs. Air Force hockey game Jan. 6, in Fairbanks, Alaska. (Photo by Brady Gross, Fort Wainwright Public Affairs)



1st Lt. Johnny Cotton (bottom left), platoon leader for Bravo Company, 1st Battalion, 5th Infantry Regiment, conducts a reenlistment ceremony with Sgt. Brett McGillvray (bottom right), an infantryman assigned to 1/5 IN, before facing off for an Army vs. Air Force hockey game Jan. 6, in Fairbanks, Alaska. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)



Air Force Staff Sgt. Stanislav Barilov, a security forces member with the 268th Security Forces Squadron, Alaska Air National Guard, stands ready to defend his goal during an Army vs. Air Force hockey game Jan. 6, in Fairbanks. (Photo by Daniel Nelson, Fort Wainwright Public Affairs)

An Airmen from Eielson Air Force Base, Alaska, hits the puck into the net during an Army vs. Air Force hockey game against Soldiers from throughout Alaska Jan. 6, in Fairbanks. (Photo by Daniel Nelson, Fort Wainwright)



Air Force hockey players clear the bench as the time clock hits zero and they celebrate a 7-3 win over Army during the Army vs. Air Force hockey game Jan. 6, in Fairbanks, Alaska. (Photo by Brady Gross, Fort Wainwright Public Affairs)



Spc. John Paul, an unmanned aerial systems operator with Delta Company, 25th Aviation Regiment, keeps his high spirits as he exits the ice after a 7-3 defeat by the Air Force hockey team during the Army vs. Air Force hockey game Jan. 6, in Fairbanks, Alaska. (Photo by Brady Gross, Fort Wainwright Public Affairs)

Col. David Mineau (left), Eielson Air Force base garrison commander, and Col. Sean Fisher, Fort Wainwright garrison commander, pose for a ceremonial puck drop before the military appreciation hockey game at the Carlson Center in Fairbanks Jan. 6 between the University of Alaska Fairbanks and the University of Alabama in Huntsville. (Photo by Brady Gross, Fort Wainwright Public Affairs)



Weekly Events

January 12 – 19

13

Bring a Friend to Class Day

January 13

Bring a friend to today's fitness classes, and find out how much more fun exercise can be! Choose between Cycling in the morning or Zumba in the afternoon... or both!

Physical Fitness Center, building 3702

Call 353-7223

15

Bowl-GO Monday

January 15

11 a.m. to 5:30 p.m.

Nugget Lanes Bowling Center is opening up its doors for this holiday special! Buy one game of bowling, get the second free! Shoe rental rates apply.

Nugget Lanes Bowling Center, building 3702

Call 353-2654

16

Tuesday Trivia Night

January 16

7 p.m.

Bring your buddies to the Warrior Zone and see who is the smartest of them all. Team up or challenge each other and compete for prizes and bragging rights. Enjoy a cold one while you're there, then head on over to the Gaming side and play pool, poker, or any of the video games on hand.

Warrior Zone, building 3205

Call 353-1087

18

Family Fun Game Night

January 18

4:30 to 6:30 p.m.

Looking for a way for the entire family to get out and have some fun? How about a way to get out all of that pent up energy? Join other families for family Fun Game Night! We'll have bounce houses, board games, life-size games, and more! This event occurs the first and third Thursday of each month, and you're always invited!

Last Frontier Community Activity Center, building 1044

Call 353-7755

19

Friday Family Night Rock Climbing

January 19

5:30 to 7:30 p.m.

Bring the family out for an evening of rock climbing fun as you and your family scale the indoor rock wall. All skill levels are welcome! Ages 5+.

Outdoor Recreation Center, building 4050

Call 361-6349

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

UNITED STATES ARMY CHILD & YOUTH SERVICES

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

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

WOMEN IN THE WILDERNESS: ICE FISHING

Jan 6, 8 a.m. - 5 p.m.

Location: Birch Lakes

Price: \$30 An Alaska State Fishing License is required!

WHITE MOUNTAINS SNOWMACHINE TRIP

Jan 6, Mar 31, 8 a.m. - 5 p.m.

Location: ODR Price: \$110

SNOWMACHINE SAFETY COURSE

Jan 13, Feb 24, Mar 10

9 a.m. and 1 p.m.

Location: ODR Price: \$15

FRIDAY FAMILY CLIMBING

Jan 19, 5:30 - 8 p.m.

Location: ODR Price: \$10

STILES CREEK SNOWMACHINE TRIP

Jan 20, 8 a.m. - 5 p.m.

Location: Chena River State Recreation Area Price: \$110

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

CHENA HOT SPRINGS BIKE AND SOAK

Jan 27, 9 a.m. - 6 p.m.

Location: Chena Hot Springs Price: \$70

TRY A SNOWMACHINE

Jan 28, Feb 11, March 11

11 a.m., 1 p.m. and 3 p.m.

Location: Birch Hill Price: \$40

FRIDAY FAMILY CROSS COUNTRY SKIING

Feb 9, 5:30 - 8 p.m.

Location: ODR Price: \$10

SKIING CABIN EXPEDITION

Feb 16-19, 7 a.m.

Location: Bird Creek Cabin Price: \$295

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.

@WainwrightMWR #WainwrightMWR #WainwrightODR

QUEST FEST 18

YUKON QUEST CHEERING PARTY

These pups have a long way to travel... 1,000 miles to be exact!

Cheer them on while enjoying other winter activities for the entire family

SATURDAY, FEBRUARY 3 • 10 A.M. - 2 P.M.

GLASS PARK, NEXT TO THE OUTDOOR RECREATION CENTER

Outdoor Recreation Center, (907) 361-6349

www.wainwright.armymwr.com

@WainwrightMWR #WainwrightMWR #WainwrightODR

Daniel Dugar and Friends

COMEDY SPECIAL

JEREMIAH "JJ" WILLIAMSON

DARREN FROST

January 25, 2018 7:30 p.m.

Warrior Zone

GOOD TIMES, FRONT AND CENTER

www.wainwright.armymwr.com

@WainwrightMWR #WainwrightMWR #WainwrightCYS

Warrior Zone Bldg 3205, Santiago Ave. For more information call: 353-1087

JANUARY | AURORA 2018

FAMILY PROGRAMS

12 FRIDAY EARLY EXPLORERS

10 AM - 12 PM

5 and under (with adult)

Siblings welcome!

Drop in with your toddler or preschooler to create and discover. Materials and activities provided.

13 SATURDAY JUNIOR CURATORS

2 - 4 PM

6 and up (with adult)

Siblings welcome!

Stop by the Creativity Lab and enjoy an experience together. Discover science, history, culture, and art through hands-on investigations and crafts.

19 FRIDAY EARLY EXPLORERS

10 AM - 12 PM

5 and under (with adult)

Siblings welcome!

21 SUNDAY AURORA FUN

1:30 - 2:30 PM

Free Event

Noel Wien Library, 1215 Cowles Street, Fairbanks

Join us to learn the secrets of the aurora! Listen to a story about the northern lights and try hands-on activities.

26 FRIDAY EARLY EXPLORERS

10 AM - 12 PM

5 and under (with adult)

Siblings welcome!

Interested in Volunteering?

Complete a Volunteer Application at any of the following locations:

Army Community Service • Chapel • Youth Sports • Child & Youth Services

Eielson Air Force Base

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 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.

HAPPY DEATH DAY (PG-13), 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.

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

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

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.

SMURFS: THE LOST VILLAGE (PG), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Monday- 15th
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 – 16th
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 – 17th
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 – 18th
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, Ei-elson 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 – 19th
LAP SWIM, 6 to 8 a.m. and 11 a.m. to 1 p.m., pool inside Baker Field House, Eielson AFB, Call 377-1925.

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

BALLISTICS, 11 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.

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

Saturday – 20th
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.

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

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

Sunday – 21st
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.

LILO & STITCH (PG), 2 p.m., Ernie Walker Theater, Eielson AFB, Call 377-2269.

Air Force saves Airmen time, no longer requires first year evaluations

Secretary of the Air Force Public Affairs

Air Force officials announced Jan. 4, 2018, Enlisted Performance Reports are no longer required for regular Air Force Airmen in the grade of airman first class and below with less than 36 months’ time-in-service or Air Reserve Component Airmen below the grade of senior airman.

This policy change supports Air Force senior leaders’ focus on revitalizing the squadron and saving Airmen time. It is intended to eliminate an unnecessary administrative requirement and empower frontline supervisors, raters and commanders to frequently engage with their Airmen face-to-face, said Lt. Gen. Gina Grosso, deputy chief of staff for Manpower, Personnel and Services.

“While the Air Force values the contributions of all enlisted personnel, the requirement to document performance in a formal evaluation prior to the grade of senior airman is not necessary,” said Grosso.

Instead, the Air Force has additional means available to document an Airman’s performance and to ensure he or she is meeting the training, developmental and experiential skills required to perform as professional Airmen.”

Performance feedback and Airmen Comprehensive Assessments will still be

required. Initial feedback sessions will occur within 60 days of raters taking over as supervisors and then every 180 days until an EPR occurs.

The removal of EPRs prior to promotion to senior airman will allow Airmen more time to learn their primary skills and missions before their performance is documented on an EPR, Grosso said.

All active-duty enlisted Airmen will receive their initial evaluation upon reaching their first March 31 Static Close-out Date after either promotion to senior airman, or after completion of a minimum of 36 months’ time-in-service, regardless of grade, whichever occurs first. All Air Force Reserve Component enlisted Airmen will receive initial evaluations upon the first March 31 SCOD as a senior airman.

Commanders still retain the option to complete a Directed By Commander evaluation to document substandard performance for those Airmen first class and below any time after an Airman reaches 20 months’ time-in-service. If a Directed By Commander evaluation is written, the Airman will receive a subsequent evaluation the following March 31 SCOD.

More information about the policy change is available at myPers.

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
Use a smaller plate, bowl and glass. When eating out, choose a smaller size option or share a dish.

CABIN FEVER CHECKLIST CHALLENGE
Until 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.

HALF-OFF ICE FISHING EQUIPMENT RENTALS
Contact Outdoor Recreation Jan. 12 to 14 to get half-off you ice fishing equipment rentals! They are open from 10 a.m. to 6 p.m. Call 377-1232 for more information.

MARTIN LUTHER KING Jr. Meal
The Two Season Dining Facility will have a full meal to celebrate Martin Luther King Jr. Day Jan. 15, from 11 a.m. to 1 p.m. Active Duty members, DoD civilians, and retirees (immediate family members) are invited to share a meal. Call 377-2563 for more information and pricing.

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 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

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

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

For a free ride home.

Army, Alaska Fire Service fight fire danger with fire

John Pennell
U.S. Army Alaska Public Affairs

A report released Dec. 15 by the National Oceanic and Atmospheric Administration shows that the likelihood of a severe fire season in Alaska, similar to 2015 when more than 5.1 million acres burned, has risen significantly – 34 to 60 percent – due to human-caused climate change. According to the Alaska Division of Forestry, the 2015 Alaska fire season burned the second largest number of acres in Alaska since records began in 1940.

Fire danger during Interior Alaska’s often dry, sunny summers can range from minimal to extreme on a weekly basis, especially on military live-fire ranges. Managing the threat of wildfire while maximizing training time and opportunities for U.S. Army Alaska units is a multi-agency effort coordinated by the Fire Mitigation Community of Interest Working Group, or FMCoI, at Fort Wainwright.

FMCoI members include representatives from U.S. Army Alaska’s Operations, Range Control and Safety offices and the 65th Explosive Ordnance Disposal Company and USARAK

Aviation Task Force; U.S. Army Garrison Fort Wainwright’s Natural Resources and Resource Management offices, as well as the Fort Wainwright Fire Department; the U.S. Air Force; the Bureau of Land Management Alaska Fire Service; and the community of Delta Junction. The group continued working collaboratively in 2016 to reduce and mitigate black spruce and other fuels near active ranges that pose a wildfire threat in both the Yukon and Donnelly training areas.

Controlled burns in the spring and fall bookended a fire season which normally ranges from June through September. The spring prescribed fire projects included 16 military ranges – a total of 62,309 acres – burned. The plan continued throughout the year, with AFS and Army crews cutting and piling brush to not only increase range functionality, but also to prepare for late fall prescribed burns which ended in November.

“These controlled burns remove the dead and decaying vegetation in an effort to reduce the chances of a wildfire,” explained AFS spokesperson Beth Ipsen. “We would much rather burn when conditions are in our favor than end up fighting a wildfire under the worst possible conditions. It would be difficult

to contain a fire in Black Spruce when burn conditions are extreme.”

Ipsen said removing the grass now will reduce fire danger around training targets used during the summer, create barriers that could contain an incidental fire and help protect communities from wildfires that could ignite from the use of military weapon ranges and training areas. She said prescribed burning promotes the growth of succulent green forage that is resistant to fire, but is favored by small and large species of wildlife and a benefit their habitat.

Weekly FMCoI meetings throughout the year created an effective collaborative strategy, based on fire science and detailed predictive analysis, to implement a fire waiver process that reduced unnecessary bureaucracy, maximized military training opportunities and prevented fires sparked by military training from escaping military training areas explained Lt. Col. Peter Bonin, former FMCoI chairperson.

“This is not a risk averse effort,” Bonin explained. “The team carefully considers each event, weighing the benefit of training against the risks.

“This season the team successfully accomplished all requested training events even at times under extreme fire

conditions - no training event losses due to fire conditions,” Bonin said. “Although training events may have been modified, all requested training was accomplished. This is due to the expertise and effective communication of the team.”

Range fires are an inevitable risk that comes with military training, Bonin said. The challenge is maximizing training opportunities and still preventing fire from escaping control.

“With the business we are in, the tools we use will cause fires. The key is to ensure that those fires are predicted and managed,” Bonin said. “It is inevitable that fires will occur due to the nature of our training. The key is to establish mitigation measures that provide safeguards to prevent escapement.”

Bonin said control measures are established to eliminate or reduce available fuel sources by using methods like controlled burns, and the training events are managed to reduce the threat for the given event by taking into effect conditions such as target locations, munition selections and preferred training times for differing weather conditions.

Coast Guard chiefs host senior citizens’ luncheon

Army Staff Sgt. Dayton G. Will
U.S. Coast Guard District 17

Pots clanking, knives chopping, water boiling and 12 busy cooks scurrying around are all familiar sights and sounds in a busy kitchen. This time, though, the scurrying cooks weren’t culinary professionals, but rather volunteers from the Kodiak chapter of the U.S. Coast Guard Chief Petty Officers’ Association.

The Chief Petty Officers’ Association hosted their annual Christmas luncheon for Senior Citizens of Kodiak Inc, Dec. 20, at the Golden Anchor banquet facility on Coast Guard Base Kodiak. This is the organization’s largest annual event.

“Giving is a big part of what we do in the military. It’s important to show that we appreciate the communities we get stationed in,” said Senior Chief Petty Officer Ayumi Sanders, the equal opportunity coordinator for Coast Guard Base Kodiak.

Members of the Chief Petty Officers’ Association spent several weeks planning, coordinating and preparing for the event.

The annual Christmas luncheon has long been a fixture in the Kodiak community. Sanders conferred with several other volunteers staffing the event, and confirmed that it has been happening since long before any of them arrived in Kodiak.

Pat Branson, executive director for Senior Citizens of Kodiak Inc, said that the Chief Petty Officers’ Association has been hosting the luncheon for at least 20 years, and this is the biggest turnout they’ve ever had. “We usually have around 100 people attend and there were 150 this year,” she said.

Laurie Murdock, Senior Citizens of Kodiak Inc’s executive assistant, said that having events like this is important and beneficial.

“It just makes us feel loved, and we love them. Our military is important to us. It’s really good to be involved in the community around this time of year,” she said.

Becoming involved in community affairs is one of ten categories of activities that the Chief Petty Officers’ Association is responsible for, according to the organization’s official website. The organization holds fundraisers throughout the year, which provides them with the necessary funding to host community events.

Other recent events the Kodiak chapter of the organization has been involved in include a haunted house and a visit to Coast Guard Base Kodiak by Santa with his elves cruising the streets in his sleigh. The Chief Petty Officers’ Association also partners with Project Healing Waters to bring a group of disabled veterans to Kodiak for a fly-fishing trip every summer.

A major point of pride for the Chief Petty Officers’ Association is the fact that they plan and execute many of their activities without outside aid. The organization was created “by the Chiefs, of the Chiefs and for the Chiefs of the United States Coast Guard,” according to their website.

This pride is clear when Sanders discusses the luncheon. When asked if anyone else supported it, there was a distinct glint in her eye. “No, this is purely our function,” she said. “We take pride in it.”

PLANNING

Continued from page 1

“The planning starts approximately 10 to 11 months out for each different exercise,” said Capt. Eric Fenske, a 353rd CTS range duty officer and the RF-A 18-2 team chief. “Typically the first planning meeting happens about eight months out from the event. They happen at four concurrent times with the four different exercises we have scheduled this year.”

Each unit interested in participating in the exercise generally sends a small planning team to the Middle Planning Conference. The team is usually comprised of an operations, maintenance, logistics and an intelligence or weapons tactics officer.

One of the unique features of RF-A is that each exercise is catered to the participating units.

“We are laying the foundation for a successful RF-A this summer,” said Col. David Mineau, the 354th Fighter Wing commander, while speaking to the attendees of the MPC. “What is great about RF-A is we shape the exercise to what each individual unit and nation wants to practice. We insert objectives and specific training opportunities based on the input you give us during these meetings.”

During the MPC, various tasks are discussed. With an exercise this large in scale, Eielson relies on augmentees from

the participating units to support the influx of personnel.


Besides manning, scenario development is also discussed. They take what each unit wants to accomplish and what Eielson is capable of offering, then mesh them all together to design each scenario.

“There are 10 flying days with two periods of flying each day, except on the final Friday when they only do a morning scenario,” said Fenske. “That’s 19 separate scenarios we have to develop. Each player discusses their capabilities and what their goals are for their time here, and we try to incorporate everyone’s learning objectives into the separate, yet cohesive, scenarios.”

After the MPC, the RF-A planning team takes a bit of a breather and waits for the inevitable changes to take their course.

“After all the changes from each unit roll in, we start the finalization process,” said Fenske. “About four months before the exercise is when we really work to get every scenario finalized and scheduled.”

With larger exercises like RF-A, it can be difficult to arrange the requested scenarios. However the men and women of the 353rd CTS work closely with each unit to know and understand their goals and objectives for each exercise. Ultimately, establishing that relationship to open communication is the key to our mission success and joint-partnership with our foreign allies.



GET READY!

WINTER STORMS AND EXTREME COLD

Most of the United States is at risk for winter storms. Severe storms can cause dangerous or life-threatening conditions. The dangers include blinding wind-driven snow, extreme cold, ice road conditions, avalanches, and downed trees and power lines. It's important to prepare before the winter storm season.

Before

- Stay informed of winter weather.
- Keep a sufficient supply of heating fuel. Consider storing a back-up fuel, such as a good supply of dry, seasoned wood for your fireplace or wood stove.
- Winterize your home. Insulate walls and attics, caulk and weather-strip doors and windows, and install storm windows or cover windows with plastic.
- Insulate pipes with insulation or newspaper and plastic and allow faucets to drip a little during cold weather to avoid freezing.
- Learn how to shut off water valves in case a pipe bursts.
- Winterize your car. Keep a shovel, a windshield scraper, and a small broom in your vehicle.
- Add rock salt, sand, and shovels to your emergency supplies kit, as well as extra socks, hats, mittens, and blankets.


During

- Conserve fuel.
- Stay safe and dry indoors.
- If you are outside, cover your mouth, keep dry, and avoid overexertion. Dress for the weather, wear layers, mittens, and a hat.
- Watch for signs of frostbite, including loss of feeling and white or pale extremities. If you detect any symptoms, seek immediate medical attention.
- Watch for signs of hypothermia, including uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Get the victim to a warm location; remove any wet clothing; put the person in dry clothing and wrap their entire body in a blanket; warm the center of the body first; give warm, non-alcoholic or non-caffeinated beverages; and seek medical attention.
- Drive only if absolutely necessary. If you become trapped while you have a cell phone, call 9-1-1, explain your situation, and tell them to try to track your location by the phone signal. If you must drive,


- travel during the day; don't travel alone; keep others informed of your schedule; and stay on main roads.
- If a blizzard traps you in your car, pull off the highway and stay in your vehicle. Tie a brightly colored cloth to the antenna and turn on the inside light at night for rescuers to see. Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, open a downwind window slightly and periodically clear snow from the exhaust pipe. In extreme cold, use any available means to insulate and maintain body heat. Make sure at least one person is awake at all times to watch for rescuers.

After

- Check on neighbors or anyone who may need assistance.
- Use common sense when going outdoors Dress warmly and always wear a hat. Stretch before shoveling heavy snow. Take frequent breaks. Use caution when walking on snowy walkways.
- Supervise children at all times. Children should be told to play only in safe, supervised areas outdoors—never in the street or snow banks on the side of the road.



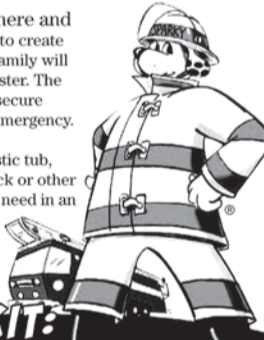
For more information, visit the National Fire Protection Association at www.nfpa.org/disaster. Developed by NFPA. Funding provided by the U.S. Department of Homeland Security, Office of Domestic Preparedness.



GET READY!

Disasters can happen anywhere and at any time. By taking the time to create an emergency supplies kit, your family will be prepared in the event of a disaster. The kit also helps children feel more secure knowing it is there in case of an emergency.

The supplies can be kept in a plastic tub, small suitcase, trash can, backpack or other container. To learn what else you need in an emergency supplies kit, go to www.ready.gov.



EMERGENCY SUPPLIES KIT:


<input type="checkbox"/> Water – one gallon per person per day for drinking and sanitation — store 3-day supply	<input type="checkbox"/> A complete change of clothing including long pants, long sleeve shirt, and sturdy shoes stored in a waterproof container.
<input type="checkbox"/> Ready-to-eat food, canned juices, comfort/stress foods — at least a 3-day supply	<input type="checkbox"/> Sleeping bag or warm blanket for each person
<input type="checkbox"/> Battery-powered or hand-cranked radio and a NOAA weather radio, and extra batteries for both	<input type="checkbox"/> Rain gear
<input type="checkbox"/> Flashlights and extra batteries	<input type="checkbox"/> Mess kits, paper cups, plates and plastic utensils
<input type="checkbox"/> First aid kit	<input type="checkbox"/> Cash or traveler's checks, change
<input type="checkbox"/> Non-prescription drugs such as pain reliever, anti-diarrhea medication, antacid, laxative	<input type="checkbox"/> Paper towels
<input type="checkbox"/> Prescription medications, contact lenses and supplies, denture needs	<input type="checkbox"/> Tent
<input type="checkbox"/> Whistle to signal for help	<input type="checkbox"/> Compass
<input type="checkbox"/> Infant formula and diapers, if you have an infant	<input type="checkbox"/> Matches in a waterproof container
<input type="checkbox"/> Water and pet food if you have pets	<input type="checkbox"/> Signal flare
<input type="checkbox"/> Moist towelettes, garbage bags and plastic ties for personal sanitation	<input type="checkbox"/> Paper, pencil
<input type="checkbox"/> Dust mask or cotton t-shirt to filter the air	<input type="checkbox"/> Personal hygiene items
<input type="checkbox"/> Plastic sheeting and duct tape to shelter-in-place	<input type="checkbox"/> Soap
<input type="checkbox"/> Wrench or pliers to turn off utilities	<input type="checkbox"/> Disinfectant and household chlorine bleach
<input type="checkbox"/> Can opener for food	<input type="checkbox"/> Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. Remember to include emergency contact numbers.
<input type="checkbox"/> Aluminum foil	<input type="checkbox"/> Passport, bank account numbers, credit card account numbers and companies
<input type="checkbox"/> A jacket or coat, hat and gloves	<input type="checkbox"/> Books, games puzzles, portable music device

NOTE: Replace food every six months. Re-think your kit and family needs once a year. Replace batteries and update clothes, etc.

My Personal Pack Checklist

Have children create their personal pack. Have them include things like their favorite book or stuffed animal. These familiar things will help keep them comfortable during an emergency.

- ✓ Change of clothes
- ✓ Blanket
- ✓ Books
- ✓ Favorite toy
- ✓ Paper, pencils and crayons



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iWATCH ARMY

iREPORT

i KEEP US SAFE