

## JBER conducts semiannual exercise Polar Force 18-5



Air Force Staff Sgt. Danny Russo, a 673d Civil Engineer Squadron Fire and Emergency Service firefighter, puts out a fire during exercise Polar Force 18-5 at Joint Base Elmendorf-Richardson, Alaska, April 11, 2018. Throughout the routine training exercise, Airmen donned Mission Oriented Protective Posture gear while completing various mission-related tasks to test their capabilities in challenging circumstances. (U.S. Air Force photo by Airman 1st Class Crystal A. Jenkins)

**Airman 1st Class Crystal Jenkins**  
Joint Base Elmendorf-Richardson Public Affairs

“These exercises are used as an evaluation of the processes, policies and procedures of deploying personnel and equipment,” said Brad Harris, 673d Air

Base Wing inspection planner. “During Polar Force 18-5, we are also evaluating Airmen performing their collective capabilities in an exercise environment while... demonstrating their ability to survive and operate.”

See POLAR FORCE on page 6

## Fort Wainwright CRM Program preserves history on a budget



Improved stewardship and adaptive reuse of historic buildings is key to the survival of Ladd Field NHL. Greater working relationships among engineers, planners, and CRM staff contribute to efficient use of space, retention of historic building integrity, and smoother project execution. Expanding the lifespan of historic buildings not only honors installation heritage, but also helps the Army's bottom line in light of decreasing budgets. (U.S. Army photo)

**Rita Hess**  
USAEC Contractor

Fort Wainwright is comprised of 1.6 million diverse and beautiful acres in Alaska. It includes a U.S. Army cantonment, seven major training areas, and

smaller satellite locations. Originally established in 1939 as Ladd Field and designated a National Historic Landmark (NHL) in 1985, it is now home to more than 15,000 Soldiers, family members, and civilian employees.

See HISTORY on page 7

## Farewell 1-25 ARB senior leaders

**Dani O'Donnell**  
Fort Wainwright Public Affairs

On April 23, 2018, the 1st Battalion (Attack), 25th Aviation Regiment, bid farewell to six outstanding senior leaders. Each of them were presented with gifts from their fellow comrades in arms recognizing their hard work and dedication to the Soldiers, battalion and the overall mission. The snow shoes presented to the four senior leaders pictured, represented each of the companies they were responsible for, and were all hand made by 1st Sgt. David Vazquez. Vazquez was presented a plaque with the NCO creed and lithograph of an AH-64 Apache helicopter.



From left to right: 1st Sgt. David Vazquez, Bravo Company, permanent change of station to Korea; 1st Sgt. Gary Ralston, Charlie Company, PCS to Fort Riley, Kansas; 1st Sgt. Clayton Brewer, Bravo Company, 209th, retiring to North Carolina, Master Sgt. Armando Gurule, operations noncommissioned officer in charge, retiring to New Mexico; 1st Sgt. Willard O'Donnell, Delta Company, 25th Aviation Regiment PCS to United States Sergeants Major Academy, Fort Bliss, Texas; and 1st Sgt. James Crews, Echo Company PCS to Fort Bliss. (Photo by Dani O'Donnell, Fort Wainwright Public Affairs)

## Fort Greely honors volunteers



Maj. Terrance Kratz (center right), and Irmgard Gonzalez-Colon (center left), display their Volunteer of Year certificates for earning the title of Fort Greely's Volunteers of the Year and Community Volunteer of the Year respectively. (Photo by Chris Maestas, Fort Greely Public Affairs)

**Chris Maestas**  
Fort Greely Public Affairs

Fort Greely celebrated Volunteer Appreciation Week with a Volunteer of the Year (VOY) Awards Ceremony April 19, 2018 at the Aurora Community Activity Center to recognize Soldiers, Family members, retirees and civilians who selflessly volunteered their time to the Army community.

Here at Fort Greely, over 8,200 volunteer hours were logged resulting in a budget extension of nearly \$204,000 during 2017.

Maj. Terrance Kratz received the VOY Award for logging 338 volunteer hours, and Irmgard Gonzalez-Colon received the Community VOY Award for logging 720 volunteer hours.

Volunteers support readiness in our communities by being the force behind the force, and Fort Greely thanks our volunteers for being selfless individuals who continually gave back to their community.

## Reservists provide medical care for underserved regions of Alaska through Arctic Care 2018



Capt. Roxanne Buffano, an optometrist assigned to the 927th Aerospace Medicine Squadron, MacDill Air Force Base, Florida, conducts an eye exam April 17 in support of Arctic Care 2018, at the Kivalina Clinic, Kivalina, Alaska. Arctic Care 2018 is an Innovative Readiness Training Exercise comprised of a joint and multinational force providing medical, dental, optometry and veterinary care for underserved villages in the Maniilaq Service Area April 16 to 24. (Photo by Maj. Joe Simms, 927th Air Refueling Wing Public Affairs)

**Maj. Joseph Simms**  
927th Air Refueling Wing Public Affairs

A joint and multinational contingent of Reservists kicked off Arctic Care 2018, an Innovative Readiness Training Exercise based out of Kotzebue, Alaska, April 16, 2018.

Reservists of all branches of the Armed Forces, along with the Alaska National Guard and Canadian military will provide medical, dental, optometry and veterinary care for 12 villages in the Maniilaq Service Area through April 24.

In addition to providing medical care for underserved communities in the region, this IRT will provide participants an opportunity to conduct mission and logistical training to maintain currency needed to support future contingency or humanitarian operations.

See ARCTIC CARE on page 3

### WEEKEND WEATHER

Friday



Mostly sunny with a high of 48 degrees and a low of 25.

Saturday



Mostly cloudy with a high of 48 and a low of 32 degrees.

Sunday



Cloudy with a high of 51 degrees and a low of 36.

### FORT WAINWRIGHT COMMUNITY ACTION COUNCIL

The Community Action Council is a Fort Wainwright community event open to all post residents, civilian employees and military members to attend and hear the latest in service oriented organization programs and events. A great opportunity to get information straight from department leaders and subject matter experts from garrison, U.S. Army Alaska, Bassett Army Community Hospital and other units and agencies. CAC events take place the first Wednesday of each month, starting at 10:45 a.m., at the Last Frontier Community Activity Center, building 1044. If not able to attend, watch live feed on Fort Wainwright's Facebook page, at <https://www.facebook.com/FortWainwrightPAO/>. If you have questions about attending the CAC, call 353-9441.



# Nutrition Corner: Nutrition 101

**Brandy Ostanik**  
Medical Department Activity – Alaska, Public Affairs

Coconut oil has been making a comeback in supermarkets all over the country. Despite coconut oil containing more saturated fat than butter and lard, advocates and companies claim coconut oil can help fight infection, build muscle, aid with weight loss, decrease abdominal fat and increase metabolism. With that and it’s cooking properties and flavor, it is no surprise the product has gained popularity, but what do the experts think?

The American Heart Association recommends choosing non-tropical vegetable oils for cooking because of the high saturated fat content in the tropical oils. In fact, they recommend that people who need to reduce their cholesterol consume less than five to six percent of their total daily calories from all sources of saturated fat, including coconut oil. Coconut oil does contain more medium-chain fatty acids that can raise HDL- cholesterol levels (the good cholesterol), but it can also raise LDL-cholesterol levels (the bad cholesterol).

According to Harvard University, coconut oil has a similar effect on blood lipids as butter. Coconut oil has a sweet, nutty flavor and can be used as a substitute for butter in a vegan diet. If you use coconut oil, do so in small

amounts. There is not enough research to support the fact that coconut oil is a more heart healthy option that butter and lard or that there are any benefits consistent with the health claims above.

Many of the health claims surrounding coconut oil are based on opinion, and are not based on scientific evidence. It is always best to choose the oils found to be heart healthy, and, when consumed, are much more likely improve blood lipid levels and support a healthy lifestyle – olive oil, sesame oil, flaxseed oil, peanut oil and grape seed oil. Do not forget the wonderful oils you get by consuming salmon, mackerel, avocados and nuts/seeds. You do not have to take coconut oil out of your shelf right away. It is ok to consume coconut oil, but like butter and high fat meats, do so in moderation.

**Recipe Spotlight:**  
Tofu Stir Fry  
Serves four

**INGREDIENTS:**  
½ cup vegetable broth  
2.5 tablespoons soy sauce  
½ cup dry sherry or rice wine  
3 tablespoons corn starch  
1.5 tablespoons sugar

½ teaspoon crushed red pepper  
(1) 14-ounce package of extra-firm water-packed tofu  
¼ teaspoon salt  
2 tablespoons canola oil  
1 tablespoon minced garlic  
1 tablespoon minced fresh ginger  
6 cups broccoli florets  
3 tablespoons water

1) Combine broth, soy sauce, one tablespoon corn starch, sugar and red pepper in a small bowl and set aside.  
2) Cut tofu into cubes and pat dry, sprinkle with salt. Place the remaining cornstarch in a large bowl. Add the tofu, toss gently to coat. Heat one tablespoon oil in a large nonstick skillet or wok over medium-high heat. Add the tofu, cook until browned, about three minutes. Gently turn and cook, stirring occasionally, until browned all over two to three minutes. Transfer to plate.  
3) Reduce heat to medium. Add remaining oil, garlic and ginger. Cook about 30 seconds. Add broccoli and water; cover and cook, stirring once or twice, until tender-crisp, about two to four minutes. Stir the reserved broth mixture and add to the pan. Cook until the sauce has thickened, one to two minutes. Return the tofu to the pan and toss to combine with the broccoli and sauce.

# Weekly Financial Tips: Home Improvement

**Ryki Carlson**  
Survivor Outreach Services Support Coordinator

It’s the perfect time to start on those home projects on our “to do” list. Tackling your own home repairs can be intimidating, however, with a little planning and some help you can eliminate some of those items. Here are some ideas to help you achieve your project success:

1. Planning – Preparing for a project helps put you in control and avoid costly mistakes. Taking time to plan can help you save time and money. Take accurate measurements for your projects to avoid costly mistakes. Calculate material usage and costs. Make sure you allow for damage materials and time overages for your plan. Normally, this means adding 10 percent for both.

2. Process –

a. Ensure you visit the Home Improvement Reference Center at the online library resources at [www.ebscohost.com/public/home-improvement-reference-center](http://www.ebscohost.com/public/home-improvement-reference-center) or your local library should permit you to access it with a library card.

b. For weekend projects check out the [www.instructables.com](http://www.instructables.com), [www.diyornot.com](http://www.diyornot.com), [www.diynetwork.com](http://www.diynetwork.com), [www.hometime.com](http://www.hometime.com), [www.hgtv.com/remodel/topics/home-improvement](http://www.hgtv.com/remodel/topics/home-improvement) or [www.doityourself.com](http://www.doityourself.com) for various how-to topics and videos.

3. Estimates – Once you have the process and the planning in place, you can begin to research the costs of the project. Search the internet or your local home improvement store for average prices of materials. Don’t forget to include the cost of disposing of the debris.

4. Budgeting – Compare these

estimates to your budget. If you need to cut costs to meet your budget, look for alternative product sources. Look online at auction sites, salvage yards and the classified section for usable building materials.

5. Get Permission – In most areas, a legal permit is required before you make structural changes in your home. The building permits assures that the remodeling project meets local building codes and safety regulations. If you live in a historic district, the permit also ensures that exterior changes in your home are in keeping with neighborhood guidelines. As a homeowner, this is your responsibility.

6. Tracking – Ensure you write down the lot numbers on tiles and keep the color samples for the paint in case you need more than anticipated. Log all of this in a binder for future reference.

7. Safety – Take the time to wear applicable safety gear and know how to use all power tools when working on your project. Being prepared can save you from a serious accident.

8. Purchasing supplies – After you compare prices, don’t forget to ask for a discount. Check out local sales ads, most home improvement stores will match an advertised price.

9. Tools – Having the right tools is important to any task. Make sure you know which tools you need, however before you purchase them checkout local tool lending libraries at [www.localtools.org](http://www.localtools.org).

10. Working the repair – Remember to check the plan from time to time to ensure you are on track and haven’t forgotten to complete a step. This will help you save time and money along the way. If you need an unforeseen skill, visit the internet or your local home improvement store for advice.

# Kindergarten enrollment is open for 2018 to 2019

**Sharice Walker**  
Fairbanks North Star Borough School District Public Relations Director

Attention families with five-year-old children!

Fairbanks North Star Borough School District elementary schools are holding kindergarten round up for the 2018 to 2019 school year Tuesday, May 1, and Wednesday, May 2.

To register for school, children must be 5 years old on or before September 1. Parents must provide a birth certificate as proof of their child’s age, proof of current physical address and immunization record.

We encourage families with children attending kindergarten in the fall to complete their student’s enrollment now. Registration can be completed online.

Families should stop by your attendance area school during kindergarten round up to submit documents, receive start of school schedule information, and meet the school staff.

Parents can find their attendance area schools, complete the online school enrollment application, and learn more at [www.k12northstar.org/kindergarten](http://www.k12northstar.org/kindergarten).

# Spouse to Spouse Corner

**Dani O’Donnell**  
Fort Wainwright Public Affairs

Are you interested in finding more information about resources on Fort Wainwright or in the surrounding area, then email [usarmy.wainwright.imcom-pacific.list.pao@mail.mil](mailto:usarmy.wainwright.imcom-pacific.list.pao@mail.mil), Attn: Dear Dani in the subject line.

We would love to hear from you, and remember all email participants will receive an extra door prize ticket at the next Spouse to Spouse event May 10, at the North Haven Community Center at 4268 Neely Road from 9:30 to 11:30 a.m.

# 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  
Tricare On-Line: [www.tricareonline.com](http://www.tricareonline.com)  
United Health Care: [uhcmilitarywest.com](http://uhcmilitarywest.com), 877-988-9378

## PERFORMANCE TRIAD TIP

Sleep stimulates the release of growth hormones, which leads to muscle growth, bone building, fat burning and helps athletes recover and learn.

## TOBACCO FREE CAMPUS

MEDDAC-AK facilities are now tobacco free. This includes Bassett Army Community Hospital, Preventive Medicine, Behavioral Health, DENTAC/ASAP, Veterinary Clinic and Kamish will become tobacco free facilities. Tobacco products include cigarettes, cigars, pipes, electronic nicotine delivery devices (e.g. e-cigarettes, e-pipes, e-cigars, etc.) stem pipes, water pipes, hookahs and smoke free products that are chewed, dipped or sniffed. Stay tuned to our Facebook page and the Alaska Post for more information and exact campus boundaries.

## 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.

## TEXT REMINDERS

Never forget another appointment. Beneficiaries who have their cell phone number in their TRICARE Online profile will receive text message reminders 48 hours and two hours prior to their appointment.

## UPCOMING CONSTRUCTION

This summer a new roof will be installed on Bassett ACH. Between May 1 and the snow flying, visitors to Bassett ACH will experience some parking lot closures and construction equipment. We ask your patience as we work to improve our facility.

## NEW SERVICE

Did you know you can see a specialist right here at Bassett urinary incontinence, overactive bladder, pelvic organ prolapse and fecal incontinence WITHOUT a referral from your PCM? Call 361-4000, option 4, option 1, option 1 to request an appointment with Dr. Christa Lewis.

Symptoms -

1. Stress Urinary Incontinence: leakage of urine with cough/laugh/sneeze/exercise

2. Overactive Bladder: urinary urgency, frequency, urgency incontinence; not being able to make it to the restroom in time

3. Pelvic Organ Prolapse: vaginal bulge/pressure/feeling like sitting on a ball. Noticing vaginal tissue at or beyond the vaginal opening

4. Fecal Incontinence: leakage of stool

## APPOINTMENT LINE TROUBLES

While the 361-4000 number for Central Appointments is working, the queue system is not working properly. If a staff member is not available to answer your call within three to four rings, the system continues to ring on the patient end, but not on our phones.

At this time we have added as many additional staff to the call center as possible to help remedy the situation.

We are working with Signal to try and fix the issue as quickly as possible. In the meantime, TRICARE.

# ALASKA POST

## The Interior Military News Connection

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# History Snapshot: Williwaws art work

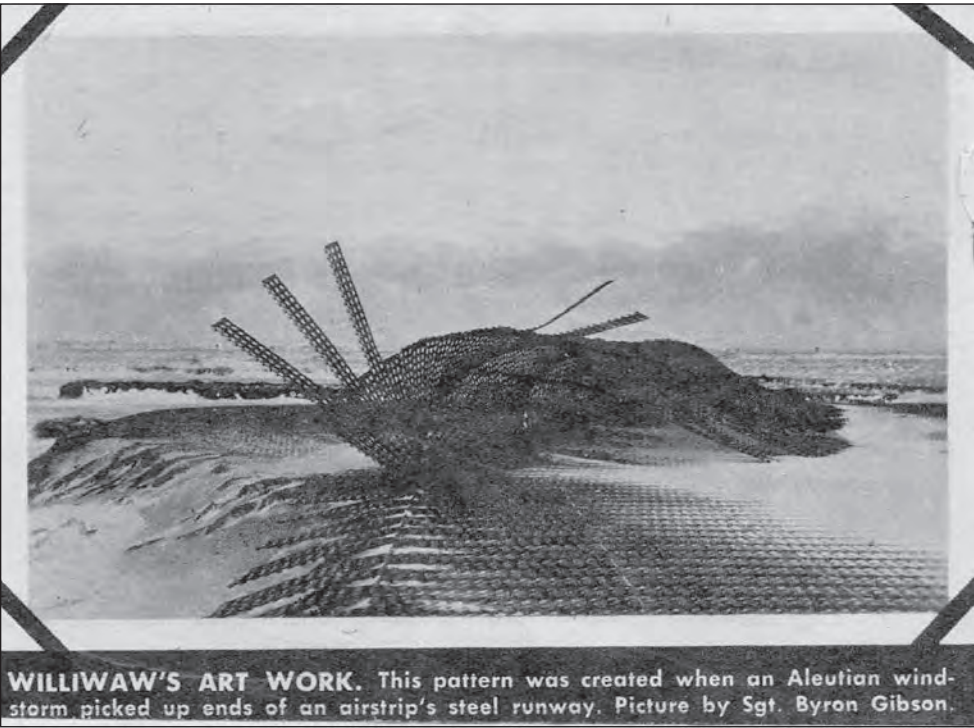
L. Amber Phillippe  
Fort Wainwright Landscape Historian

During the Aleutian Campaign of World War II, one of the biggest obstacles the military had to overcome was the weather. Frequently, the islands were shrouded in clouds and rain making flight dangerous or impossible. They were also buffeted by williwaws, violent gusts of cold air coming down off the mountains that flipped airplanes upside down, blew away supplies or ripped up runways, as shown in the photo here.

Like Historic Photos? Check out our Pinterest page for more, visit [www.pinterest.com/fvacultural/](http://www.pinterest.com/fvacultural/).

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](mailto:laurel.a.phillippe.ctr@mail.mil).

(Photo courtesy of Levi Ballard)



**WILLIWAW'S ART WORK.** This pattern was created when an Aleutian wind-storm picked up ends of an airstrip's steel runway. Picture by Sgt. Byron Gibson.

## ARCTIC CARE

Continued from page 1

To serve the 12 villages of Northwest Alaska, medical professionals in all four specialties boarded HH-60 Blackhawk helicopters and flew to a village ranging in population from 350 to 1,000 where they would work out of the local clinic. During their time in each village, many Citizen Airmen may treat some Alaskans that have not seen a medical provider in years.

“We flew into a remote village, 83 miles above the Arctic Circle, named Kivalina, where there typically is no provider throughout the year,” said Maj. Vashun Rodriguez, a flight surgeon assigned to the 927th Aeromedical Staging Squadron, MacDill Air Force Base, Florida. “If a resident here has an issue, they would need to be flown out to the nearest medical facility where they are evaluated, and if they need further treatment, they would need another trip to Anchorage or a larger facility.”

According to Paul Hansen, hospital administrator for the Maniilaq Association, the transportation costs and

manpower are major factors contributing to the health issues facing the citizens of this region.

“The Maniilaq Association oversees a region that covers an area about the size of Illinois, and access to care is a serious issue,” Hansen said. “There are no roads that connect these communities. The primary means of travel between the villages is by light aircraft or boat in the summer months, and snow machine in the winter, so transportation is very expensive which prevents many citizens from getting proper care.

“The goal is for each community to provide village-based services, but we do not have the manpower,” he continued.

Serving remote areas such as the Northwest Arctic Borough is the hallmark of IRT exercises. It not only provides a service to U.S. citizens, it enhances the capabilities of our military medical professionals and provides an opportunity to positively impact someone’s life, according to optometrist Capt. Roxanne Buffano.

“Our first day here I had the pleasure of examining a 14-year-old boy who had never worn glasses before, and it was incredible to see his eyes light up when I showed

him how much better his vision could be with glasses,” said Buffano, 927th Aerospace Medicine Squadron, MacDill Air Force Base, Florida. “Hopefully these children will remember us and the service we are able to provide for them and their community. Then one day they might be able to follow in our footsteps and provide care to their own villages and the surrounding communities.”

IRT exercises in this region, and specifically Arctic Care, continue to build on the long-standing tradition of U.S. Armed Forces addressing the underserved community health and civic needs of the Northwest Arctic Borough.

Both Buffano and Rodriquez are veterans of past IRT exercises and plan to continue serving remote areas of the U.S. whenever the opportunity arises.

“A child cannot develop and reach their full potential if their world is blurry or they have to live with a correctible medical condition,” Buffano said. “This is why I continue to participate in these missions so I can continue to improve the quality of life for others with limited access to care.”

# Cute Pets from Fort Wainwright Can Cash in Exchange Online Photo Contest

Katarayna Flatt  
Army and Air Force Exchange Service Public Affairs

Cute canines, cats, canaries and other beloved pets can finally make their adorable looks pay off.

Fort Wainwright Exchange shoppers can compete to show off their furry, feathered or fuzzy friends during the worldwide Patriot Pet Just Say “Treat” Photo Contest.

The Army and Air Force Exchange Service is partnering with Blue Buffalo and Hills Science Diet to award the cutest animal members of the military community. The grand-prize winner will receive a \$1,000 Exchange gift card, while \$500 gift cards will be awarded to two first-place winners.

Eight runner-ups will win \$250 gift cards.

“Pets are an important part of our families,” said Fort Wainwright Exchange general manager Anna Vanhovel. “The Exchange enjoys being a part of this contest every year to appreciate the role pets play in the lives of our service members and their families. I encourage Soldiers at Fort Wainwright to show off their pets. It would be terrific to have a winner from Fort Wainwright in this worldwide contest.”

Photo entries can be submitted from May 4 to June 1 at [ShopMyExchange.com/sweepstakes](http://ShopMyExchange.com/sweepstakes), where shoppers can also find the complete rules of the contest. Winners will be selected at the end of June.

# Courage Ready 18-01



Two 7th Infantry Division NCOs assigned to 2nd Battalion, 1st Infantry Regiment, 2nd Stryker Brigade Combat Team, 2nd Infantry Division, Staff Sgt. Brady Spencer, flanked by Sgt. Andrew Phillips, fire on enemy positions while wearing protective masks after a simulated chemical attack as part of the inaugural America’s First Corps exercise Courage Ready 18-01 hosted by U.S. Army Alaska on U.S. Army Garrison-Alaska training lands near Fort Greely, Alaska, April 22, 2018. (Capt. Richard Packer, United States Army Alaska Public Affairs)

# 1st Battalion, 297th Infantry Regiment Change of Command

Spc. Michael  
Risinger  
134th Public Affairs  
Detachment

Maj. Sam Scott assumed command of the 1st Battalion, 297th Infantry Regiment from Lt. Col. Jeffrey Roberts during a Change of Command Ceremony April 15, 2018 at the Alaska National Guard Headquarters here.

“Less than one percent of officers will ever command a battalion,” said the host of the ceremony, Col. Roy Macaraeg, commander of the 29th Infantry Brigade Combat Team.

Macaraeg added that the 1-297th is set to deploy a year from now.

“Units that are successful in combat are ones that have trained hard together, trust their chain of command,

understand the situation and stay rigorously true to the Army values and the code of ethics,” said Roberts. “You are nearly ready for this challenge, and Maj. Scott is the perfect commander to get you ready and lead you through this mission.”

# PATRIOT PET

just say “treat” photo contest  
MAY 4 - JUNE 1, 2018

Send us a picture of your Patriot Pet for a chance to  
**WIN ONE (1) GRAND PRIZE**  
**\$1,000 EXCHANGE GIFT CARD**  
or 1 of 2 First Place Prizes: \$500 Exchange Gift Card  
or 1 of 8 Runner-Up Prizes: \$250 Exchange Gift Card

Go to [shopmyexchange.com/sweepstakes](http://shopmyexchange.com/sweepstakes) for complete details and links to enter.

# SADD

SOLDIERS AGAINST DRUNK DRIVING

## 353-4145

For a free ride home.



# USAG Daegu Installation Emergency Management Training



The United States Army Garrison Alaska sent out a team of seven evaluators to assist the USAG Daegu, South Korea, in their Installation Emergency Management Training from April 9 to 13. Each member of the team was responsible for evaluating USAG Daegu based off the Installation Management Command's Exercise Evaluation Guide. Team chief, Greg Sanches from the installation safety office, was responsible for evaluating the communications and risk management. Jody Mandella, from the Department of Plans, Training, Mobilization and Security, evaluated their planning process. Danielle O'Donnell, from the Public Affairs Office, and Richard Carlson, from the Directorate of Family Morale, Welfare and Recreation, both evaluated the areas of communications, community preparedness and participation and mass care (shelter and feeding). Chief Ed Urbi, from the Department of Emergency Services, evaluated fatality management, search and rescue, and environmental health. Dan Gilson, also from DPTMS, evaluated the intelligence analysis and production, and critical infrastructure protection. Capt. Joshua Hyatt, with DES, evaluated the intelligence, information sharing and dissemination, and information gathering and recognition of indicators. Each of the members from the USAG Alaska team were recognized for their guidance, expertise and professionalism by the USAG Daegu command on April 13, 2018. (Photos by USAG Daegu Public Affairs Office)

# Fort Wainwright celebrates Earth Day



A quick group photo captured by Robert Wallace, chief of Plans, Analysis and Integration office, capped off Fort Wainwright's, well attended, Earth Day event at the Physical Fitness Center, April 20. From left to right: U.S. Army Garrison Alaska's Command Sgt. Maj. Juan Cornett; USAG Alaska Commander, Col. Sean Fisher; Lanien Livingston, Fairbanks North Star Borough public information officer and executive communications for Mayor Karl W. Kassel's office; Mayor Bryce Ward, City of North Pole; and Mayor Jim Matherly, City of Fairbanks Mayor. (Photo by Brian Schlumbohm, U.S. Army Garrison Alaska Public Affairs)

# Month of the Military Child Carnival



Fort Wainwright command sergeant major, Command Sgt. Maj. Juan Cornett, celebrated with members of Fort Wainwright's garrison staff, Soldiers and their Family members at the 2018 Month of the Military Child Carnival April 21. Children were treated to face painting, balloon art, games, treats, obstacle courses and bounce houses. (Photos by Daniel Nelson, Fort Wainwright Public Affairs)



# POLAR FORCE

Continued from page 1

Polar Force is made up of a variety of scenarios which test Airmen's ability to handle real-world scenarios, and strengthens and develops the skills Airmen need when faced with challenging situations.

"Our most important responsibility is to be ready to respond to a developing crisis whether here in the Indo-Pacific region or elsewhere in the world," said Air Force Col. Christopher Neimi, 3rd Wing commander. "In Polar Force we assess our ability to mobilize our Airmen and execute essential tasks

at a moment's notice."

The exercise typically includes two phases, the first week primarily focuses on deployment and reception operations, while the second week focuses on employment operations.

Before an exercise can reach its objectives, in-depth planning is necessary. Each exercise is designed to meet the commanders' priorities.

"Our planning starts about 90 days before the exercise," Harris said. "First, members of the wing inspection team from each of the squadrons meet with the inspector general office to develop a strategy to meet the wing commanders' objectives. Then, the group and squadron commanders meet to make sure their individual objectives are also falling in line with overall priorities. A plan is then developed and a Polar Force exercise emerges.

"This exercise is also a part of the Air Force inspection system where we are required to conduct a readiness assessment once a year. Once it is over, the WIT comes together and we put together a report identifying deficiencies, strengths and recommended areas for improvement which serves as a sort of after-action report to the wing commander."

Conducting regular Polar Force exercises allow personnel to work through obstacles, so when the time comes, JBER can respond efficiently and

effectively.

"We had a challenging two weeks where we tested the limits of the Pacific's power-projection platform," said Air Force Col. George Dietrich, JBER and 673d ABW commander. "We should all understand that we can be called at a moment's notice. An exercise like this is our opportunity to prove to ourselves that we will be ready to go when that call comes."



**CINCO DE MAYO**

**5K FUN RUN**

**MAY 5**  
STARTS @ 10:30 A.M.  
AT THE MUGGET LINES  
BOWLING CENTER PARKING LOT

REGISTER AT THE PFC OR MELAVEN FITNESS CENTER

EARLY REGISTRATION (BEFORE OR ON APRIL 20): \$15 AND INCLUDES A T-SHIRT  
LATE REGISTRATION (APRIL 21 OR LATER): \$20 AND NO GUARANTEE OF A SHIRT

Physical Fitness Center  
www.wainwright.armymwr.com  
3709 Meridian Road (907) 353-7223  
@WainwrightMWR #WainwrightFitness



Fort Wainwright Family & MWR

Weekly Events

April 27 – May 4

**27** **Right Arm Night**  
April 27  
5:30 to 6:30 p.m.  
Bring your “Right Arm” and enjoy camaraderie, free appetizers, and great drink specials! Bring along your buddy who has helped you through daily missions, deployments, or just life in general. This event is open to all ranks.  
Warrior Zone, building 3215  
Call 353-1087

**28** **B.O.S.S. Single Parent & Child Cooking Class**  
April 28  
11 a.m. to 2 p.m.  
Whip up something delicious in the kitchen with your little one! Single Service Members who are also single parents and their children are welcome to attend. Must pre-register with B.O.S.S. to attend.  
Chena Bend Clubhouse, building 2090  
Call 353-7648, registration required

**1** **Hourly Child Care Grand Opening**  
May 1  
11:30 a.m.  
Celebrate Hourly Child Care’s move to the Soldier Family Assistance Center! We’re doubling in size, which means more time for child care. Join in for the unveiling, refreshments, and more.  
Soldier Family Assistance Center, building 3414  
Call 353-7713

**4** **May the Fourth Galactic Party**  
May 4  
5 to 7 p.m.  
In order to become a true Jedi knight, you must first undergo a series of obstacles and training activities. Once you have completed your training, you will be put to the test in the ‘live fire’ laser tag training arena. Enjoy rebel alliance refreshments and fun at this all-ages event.  
Last Frontier Community Activity Center, building 1044  
Call 353-7755

**4** **Cosmic Bowling**  
May 4 and 5  
9 p.m. to Midnight  
Looking for something to do as we wait for the snow to melt? Check out Cosmic Bowling at Nugget Lanes Bowling Center! With non-stop music and lights, the fun never stops! Don’t forget the Mother Lode Cafe and Gold Rush Lounge are open for snacks and adult drinks. Lane reservations are highly recommended for this sought-after event.  
Nugget Lanes Bowling Center, building 3702  
Call 353-2654, reservations recommended

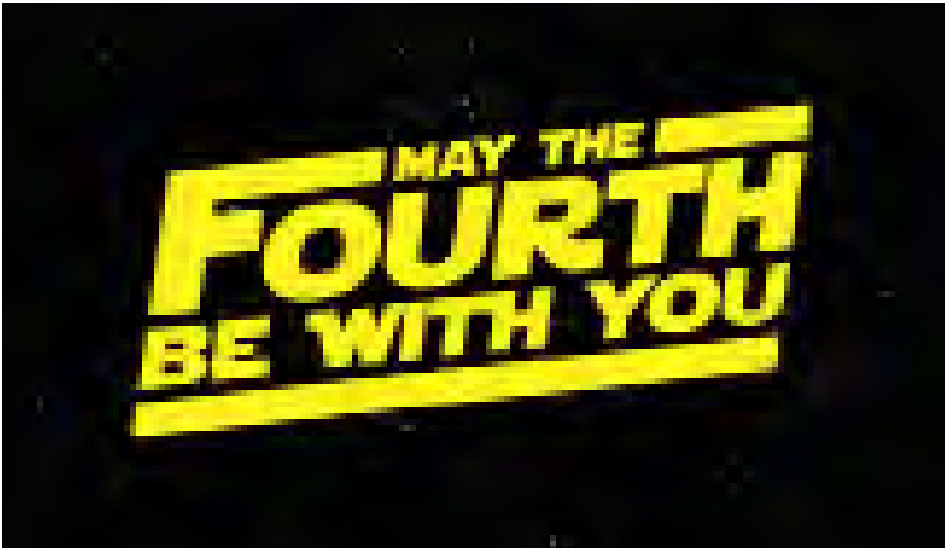
2-HOUR VARIETY FITNESS CLASS

SPIN, BOOT CAMP, KICKBOXING & ZUMBA // \$6 OR 2 PUNCHES

SATURDAY, MAY 19, 10 A.M. AT THE PHYSICAL FITNESS CENTER



For more information, contact the PFC at (907) 353-7223  
[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)  
@WainwrightMWR #WainwrightFitness





# Eielson Air Force Base

Friday – 27th

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

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

BALLISTICS, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

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

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

Saturday – 28th

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.

\*YOGA, 8 a.m., Baker Field House, Eielson AFB, Call 377-1925

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

CORE DE FORCE, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

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

Sunday – 29th

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.

Monday- 30th

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.

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

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

Tuesday – 1st

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.

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 – 2nd

\*YOGA, 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.

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.

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

Thursday – 3rd

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.

POUND, 11 a.m., Baker Field House, Eielson AFB, Call 377-1925.

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.

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

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

Friday – 4th

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

Saturday – 5th

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.

\*YOGA, 8 a.m., Baker Field House, Eielson AFB, Call 377-1925

PIYO, 9 a.m., Baker Field House, Eielson AFB, Call 377-1925.

CORE DE FORCE, 10 a.m., Baker Field House, Eielson AFB, Call 377-1925.

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

Sunday – 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.

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

\*Yoga will be held once a week - first and third Wednesday at 5:30 a.m. and the second and fourth Saturday at 8 a.m.

IN BRIEF

FINANCE TIP

Did you know that a lost receipt statement is not valid when booking your lodging online?

NUTRITIONAL TIP

Healthy eating for vegetarians. Make simple changes; pasta primavera, veggie pizza or vegetable lasagna.

CINCO DE MAYO FIESTA

The Eielson Community Center is having a Cinco De Mayo Fiesta. Join the staff May 5, from 11 a.m. to 1 p.m. for a live performance, food, piñata, games, prizes and more. Call 377-2642 for more information.

SUMMER READING PROGRAM

The Eielson Air Force Base Library’s Summer Reading Program begins June 7, and will continue through July 28. This program is open to all ages and registration begins June 7. Please call 377-3174 for more information.

POWERLIFTING COMPETITION

Try a challenge and compete in the Fitness Centers Powerlifting Competition April 28, starting at 7 a.m. Sign up by April 27. Participants will be placed into weight classes and compete in squat, bench press and dead lift. Prizes for first, second and third place will be awarded for the male and female competitors.

CLEP TEST PREP

Are you preparing to take a CLEP (college level placement test) to earn credits toward your CCAF? The Eielson Library holds CLEP Prep every Wednesday at 10 a.m. You can take a practice test before your real one, with immediate results. Space is limited, so call ahead, or call for questions at 377-3174.

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

# Still time left to support 2018 Army Emergency Relief Fund

Capt. Eric Bierschenk

Headquarters and Headquarters Company, 1st Stryker Brigade Combat Team, 25th Infantry Division

The 2018 Army Emergency Relief (AER) fund campaign is still underway at Fort Wainwright, Alaska. The annual fund campaign is running from March 1 through May 15 and relies on 100 percent contact with all Soldiers, veterans, and dependents. AER is a nonprofit organization founded in 1942 that provides no-interest loans, a grant or a combination of both to service members experiencing financial hardships.

Throughout its 75 plus years of serving the Armed Forces, AER has provided nearly \$2 billion in assistance, while turning away less than one percent of Soldiers seeking financial help. Your donation to the charitable, non-profit AER helps to support Soldiers with a fiscally responsible alternative to high-interest, predatory loans.

Sgt. 1st Class Kevin Nelson, the AER coordinator for 1st Stryker Brigade, is responsible for coordinating the 2018 fund for the Brigade. While addressing a small group of Soldiers at Fort Wainwright, Nelson stated that there is a stigma of asking for help in the Military.

Nelson reminded the Soldiers that in 2017 alone “one in 15 Soldiers received some form of AER Assistance, whether it was for emergency travel, basic living expenses or car repair.”

Soldiers of Fort Wainwright are able to coordinate directly with their AER Coordinator or the Fort Wainwright AER Office and, in most cases, don’t need their commander’s approval.

Nelson feels that this stigma, and Soldiers unaware of AER, have contributed to more than 50 percent of Soldiers receiving a high-interest loan from a payday lender. Generations of Soldiers, past and present, and civilians have given to AER so that no Soldier has to face financial hardships on their own.

For more information or to make a donation to support the Soldiers and their Families on Fort Wainwright, please contact Sgt. 1st Class Kevin Nelson, 1-25 SBCT AER coordinator, by email at kevin.a.nelson42.mil@mail.mil or contact the Fort Wainwright AER Office directly at (907) 353-7453.





HISTORY

Continued from page 1

Despite shrinking budgets, the Fort Wainwright Cultural Resources Management (CRM) Program has provided successful stewardship of 700 known archaeological sites, plus managed consultation and partnerships with state regulators, neighboring governments, federally recognized tribes and local stakeholders.

The CRM Program team is small. Five full-time workers, along with seasonal partners, monitor 127 archaeological sites and ensure compliance for 42 historic structures listed (or eligible) for the National Register of Historic Places (NRHP). Their responsibilities include tracking 72 archaeological sites and 530 more sites with eligibility still undetermined.

“Fort Wainwright accomplishes this by working with many others,” said Elizabeth A. Cook, U.S. Army garrison Alaska cultural resources manager/ Native liaison. “For example, they collaborate with Range Control staff, installation engineers, the state historic preservation officer, the National Park Service, installation tenants, land management partners, tribes and military units; and integrate CRM into planning, design and maintenance to ensure the best outcomes while mitigating costs.”

One example is the 2016 Arctic Anvil training

exercise, Fort Wainwright’s first in more than a decade with nearly 8,000 participants from Air Force, Army and National Guard forces. The event placed numerous archaeological sites in harm’s way, but minimal damage occurred thanks to the CRM educational component. Soldiers received an environmental handbook that contained information about identifying cultural resources and handling inadvertent discovery. Signage at 184 sites prohibited vehicle traffic or digging. Only two sites received minimal damage, requiring nominal mitigation following the six-week exercise. Educating troops was less costly and actually enhanced their training.

Archaeologists at Fort Wainwright survey approximately 10,000 acres annually, finding creative ways to meet demand for training ground. In recent years, for example, University of Alaska Fairbanks excavated in Donnelly Training Area--a site people inhabited intermittently between 12,000 and 2,000 years ago; Colorado State University and Texas A&M Universities worked at another site using non-Army dollars. Professors and graduate students gain academic research experience, while the Army benefits from valuable scientific data gathered during such projects.

Structures at Fort Wainwright vary from dilapidated homesteads and trespass cabins to NRHP buildings, some of which contribute to the Ladd Field NHL. Program staff works closely with partners to accomplish stewardship of the NHL, especially

in light of reduced budgets. For example, recent changes to the landmark’s southern boundary will provide flexibility during planning and construction. CRM staff also collaborated with engineering and master planning staff to achieve thoughtful, creative maintenance and restoration on five historic structures. At the new Gray Eagle Unmanned Aircraft System hangar, staff efforts resulted in a contract bid that was sympathetic to the NHL design and heritage.

CRM staff also expanded public outreach in recent years by producing historic monographs, district brochures, and interpretive panels; and then adding print, online and in-person outlets for placement--resulting in more than 22,000 pieces of educational material distributed. They nurtured the installation’s long-standing relationships with six regular consulting tribes and 37 other tribes on an ad hoc basis. Revival of biannual meetings with the six consulting tribes helped renew connections, promote transparency of Army activities and provide a forum for open communication, particularly about cultural awareness and newly discovered archaeological data.

Fort Wainwright’s unique background left behind undeniably valuable historical assets. The Cultural Resources Management Program manages them effectively and creatively beyond legal and ethical requirements. Indeed, team members have educated community members inside and outside the fence, who in turn can recognize and help protect the area’s priceless assets.

Gravel removal moving ahead of schedule

Staff Report

As temperatures rise across the interior, the snow is melting off of the roads leaving behind a lot of gravel. Many avid motorcyclists are biting at the bit to ride their motorcycles on Fort Wainwright, and wondering if it will be anytime soon. The official answer is clear and simple one. Motorcycle operation is not allowed on Fort Wainwright until the road conditions are declared GREEN, and the conditions are currently AMBER.

To get the conditions to GREEN, an assessment is made by the Director of Emergency Services (DES) and the Safety Office along with a recommendation to the garrison commander. Once roads and parking lots are approximately 90 percent clear of gravel, a recommendation will be made to the garrison commander to go GREEN.

The Safety Office is working with the Directorate of Public Works (DPW), North Haven and other organizations for



the status of street sweeping. Although many of the main roads may appear to be clear, most of the side roads and streets in housing areas are not.

(Courtesy photo)

The contractor responsible for the main roads on the installation started removing gravel March 18, which is

ahead of the contracted schedule start date of May 1. Temperatures must remain above freezing to operate the equipment. As long as temperatures hold, they will continue with scheduled crews.

For your safety, use caution around the crews and vehicles that are out clearing gravel from the roads.

We are ahead of schedule with the main roads being the priority, secondary roads are to follow, with the sweeping of all the roads to be completed shortly after. The main roads should be completed by the end of the next week, the remaining roads will follow immediately afterword.

North Haven is the contractor responsible for housing. Once they start, it usually takes about two weeks to completely clear the roads within housing, depending on weather conditions.

As the gravel removal is underway, please remember that studded tires should be replaced by May 1.