

Eielson welcomes new fighter wing commander

Capt. Kay Nissen
354th Fight Wing Public Affairs

Members of Eielson Air Force Base, Fairbanks Northstar Borough community leaders, and distinguished guests gathered at the Thunderdome today to witness the 354th Fighter Wing change of command.

Lt. Gen. Kenneth Wilsbach, 11th Air Force commander, presided over the ceremony where Col. David A. Mineau relinquished command to Col. Benjamin W. Bishop.

“I know each and every one of you is dedicated to excellence, to mission success and to integrity, which pretty much means all of you work really, really hard,” said Mineau. “I am thankful and proud of each and every member of the Iceman team, civilian, contractor, active duty and families. Thank you for your tireless service.”

The 11th Air Force commander awarded Mineau with the Legion of Merit and also announced that the colonel and his

See EIELSON on page 4



U.S. Air Force Lt. Gen. Ken Wilsbach, the 11th Air Force commander, passes the 354th Fighter Wing guidon to Col. Benjamin Bishop, the 354th Fighter Wing commander, during the 354th Fighter Wing change of command ceremony July 6, 2018, at Eielson Air Force Base, Alaska. During the ceremony, Col. David Mineau relinquished command to Bishop. (Photo by Senior Airman Isaac Johnson, 354th Fighter Wing Public Affairs)

The Odyssey Resiliency and storytelling

David Perkins
Suicide Prevention Program Manager

I recently had an amazing opportunity as the Fort Wainwright Suicide Prevention Program Manager (SPPM), to participate in a workshop at Dartmouth College in laying the foundation for a new program designed to allow warriors to talk about their experiences within the confines of the ancient text of the “Odyssey.”

I’d spent five days working with Classics professors from Dartmouth, Rutgers, the University of Vermont and Doctorate level experts from the Veterans Affairs to develop reading groups that can be used in the community, university or on a military installation.

Professor Roberta Stewart of Dartmouth College was the host of the workshop and has facilitated many of these reading groups. Her work has led to the creation of several other groups that are being led in university settings, Veteran Centers and Veterans Affairs Campuses.

I will be teaming with the Director of the Arctic Resource Center for the Prevention of Suicide, Jim Wisland and other members of the Fairbanks community to start the first Classics text reading group with the purpose of creating a safe space to talk about war experiences and coming home afterward with fellow veterans.

These groups build cohesion in the combat veterans that last well after the reading group has ended. The idea of the reading

group is to compare ancient war experiences with our current situation. The books allow veterans to talk about the text and not specifically about themselves. It is an opportunity for veterans to articulate their experiences and increase their reflective function by using the power of storytelling. These groups will provide veterans a place to be heard and to have a conversation with other veterans to share their lived experiences.

The workgroup was an amazing opportunity for me, a member of the U.S. Army Garrison Alaska, to participate on an Ivy League campus with a diverse group of MDs and PhDs in the Classics and Psychology,

See ODYSSEY on page 4

Installation bugle calls: A reminder of what they mean and why we render honors



Staff Report
Fort Wainwright Public Affairs

Visit any U.S. Army installation and one is likely to hear a bugle call at some point during the day. Bugle calls are, and have been, an important part of the military way of life since the early days of the Continental Army.

In early years, bugle calls were used as a signal to Soldiers and Families on the events of the day. In more modern times, listeners could set their clocks and watches by the sound of the bugle call. Some installations would use atomic clocks to check the accuracy of time before a bugle call was played.

Each duty day, Monday thru Friday, one will hear the cannon fire that symbolizes the beginning and the end of the duty day on the installation.

This tradition is upheld by the Garrison Command Sergeants Major flag detail charged with raising and lowering the American Flag each day.

Raising it at 6:30 a.m. and retiring it at 5 p.m. on LADD Army Parade Field located on the north side

See HONORS on page 6

10 answers Soldiers want to know about the new ACFT



Staff Report
U.S. Army Center for Initial Military Training

On July 9, the U.S. Army announced a new physical fitness test -- the Army Combat Fitness Test, or ACFT. The test is designed to replace the APFT with a gender- and age-neutral assessment that will more closely align with the physical demands Soldiers will face in combat. Field tests for the ACFT will begin in October 2018, and by October 2020, all Regular Army, Army National Guard, and U.S. Army

Reserve Soldiers will be required to take the test. Here, the U.S. Army Center for Initial Military Training answers some of the most common questions that Soldiers, veterans, and civilians had about the ACFT following the announcement.

1. Why does the Army need a new PT test (ACFT)?
- To better measure Soldier fitness. Since 1980, the Army has used the current 3-event test. The APFT

See FITNESS on page 6

Medal of Honor Recipient
Focus on Behavioral Health

Speaker: Master Sergeant (Retired) Leroy Petry
“Take a Knee for Behavioral Health”

Date: Wednesday, July 25th



Master Sergeant (Retired) Leroy Petry is a 2008 Medal of Honor Recipient and an ardent advocate of behavioral health, and substance dependency care and treatment for our Military, their Families, and our trans-generational veteran population.

Location: Northern Lights Chapel, Fort Wainwright
Times: 1:30 p.m. and 4:30 p.m.

MSG(R) Petry will discuss taking advantage of behavioral health and substance abuse resources available to our population.




For more information about MSG(R) Petry, please scan the QR code at left or visit <https://www.army.mil/medalofhonor/petry/>



WEEKEND WEATHER


ADVENTURE CAMP REGISTRATION DEADLINE

Friday




Mostly sunny with a high of 76 degrees and a low of 51.

Saturday



Partly cloudy with a high of 70 and a low of 51 degrees.

Sunday



Showers with a high of 65 degrees and a low of 51.

Don't forget that next week starts a whole new CYS Youth Sports & Fitness camp: Adventure Camp! Sign up with Parent Central Services before July 20 so that your child can live out the best moments of summer. Child must be registered through Parent Central Services prior to camp start date. Contact Parent Central Services at (907) 353-7713 for registration information. At Parent Central Services, building 1049 #2. Call 353-7713.



Nutrition Corner: Keeping your cooler clean

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

The land of the midnight sun offers plenty of opportunities for a day picnic to the lake or even a week long camping trip. After excursions it’s easy to get home, empty the cooler and forget about it until the next outing, but a clean, safe cooler starts before your next picnic or trip even begins.

Take good care of your cooler and you’ll ensure that it’s bacteria- and germ-free every time you use it and here’s how:

BEFORE YOU HIT THE ROAD
When you’re picnicking, barbecuing or camping, things can get messy. To make sure you have all the essentials you’ll need for quick and easy cleanup, pack a bottle or bar of soap and clean towels. You’ll also need clean water.

Try to find out ahead of time if you’ll have access to fresh water at your destination. If not, bring a few jugs of water from home. If that’s not possible, pack disposable wipes to clean hands and surfaces before and after cooking and eating.

AFTER THE FUN IS DONE
Melted ice is a sign that your food is no longer safe and that it’s time to toss all leftovers. While you’re at it, immediately throw out all used bags and wrappers so they don’t contaminate your cooler.

SCRUB IT, THEN STORE IT
At the end of the outing, or as soon as you return home, clean your cooler with water and a mild detergent and rinse thoroughly. Then, make sure to wipe it completely dry before storing.

If lingering odors are an issue, a quick wipe with a vanilla extract-soaked paper towel can freshen things up.

Finally, if your cooler has a drain plug, make sure it’s open to prevent moisture from accumulating during storage.

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
Referral Center: 361-1810
Tricare On-Line:
www.tricareonline.com
Health Net Federal Services:
www.tricare-west.com
1-844-866-9378

PERFORMANCE TRIAD TIP
Sleep is a biological need for brain function. Soldiers require seven to eight hours of quality sleep every 24-hours to maintain their mental edge. When Soldiers do not get enough sleep, their mental acuity suffers—putting themselves and fellow Soldiers at risk for making errors that lead to accidents and mishaps. Insufficient sleep is a safety risk and a threat to mission success.

DISPOSE OF UNWANTED PRESCRIPTIONS
Bassett ACH will be hosting a Drug Take-Back day Oct. 22, from 10 a.m. to 2 p.m. at the Fort Wainwright Post Exchange. This is an opportunity for individuals with unwanted, unused and expired medications to dispose of them safely.

BREAST PUMPS AND SUPPLIES
Do you have a breastfeeding child at home? TRICARE covers breast pumps and breast pump supplies at no cost. You must have a prescription from your provider and state which type of breast pump you need. For more information on coverage go to www.tricare.mil/breastpumps.

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.

PERFORMANCE TRIAD TIP
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INTERNAL BEHAVIORAL HEALTH
The Bassett ACH Primary Care Clinic now offers internal behavioral health consultations. Assistance with concerns such as stress, chronic pain, tobacco dependency, weight loss, depression, diabetes and more is being offered without the need for a referral. For more information, or to schedule an appointment, call 361-5670.

ANONYMOUS OR NOT
Sometimes being anonymous is not a good thing. When filling out Interactive Customer Evaluation forms, 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.

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 call 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).

Weekly Financial Tips: Fresh produce

Ryki Carlson
Survivor Outreach Services Support
Coordinator

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



Fort Wainwright Police: 353-7535

ALASKA POST

The Interior Military News Connection

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History Snapshot: Harding Lake, c. 1944

L. Amber Phillippe
Fort Wainwright Landscape Historian

Harding Lake, originally known as Salchaket Lake, is located about 45 miles south of Fairbanks along the Richardson Highway.

There is evidence that there were year-round cabins on the lake’s shores as early as 1909 when the U.S. Geological Survey went through Alaska’s Interior and first recorded the lake.

Later, in the 1920s, the lake was given its current name, Harding Lake, in memory of President Warren Harding’s 1923 visit to Alaska.

Throughout the 1930s and 40s, land around the lake was subdivided and slowly built upon.

In the 1950s and 60s several recreation camps were built around the lake including an Army Camp along the southern shore.

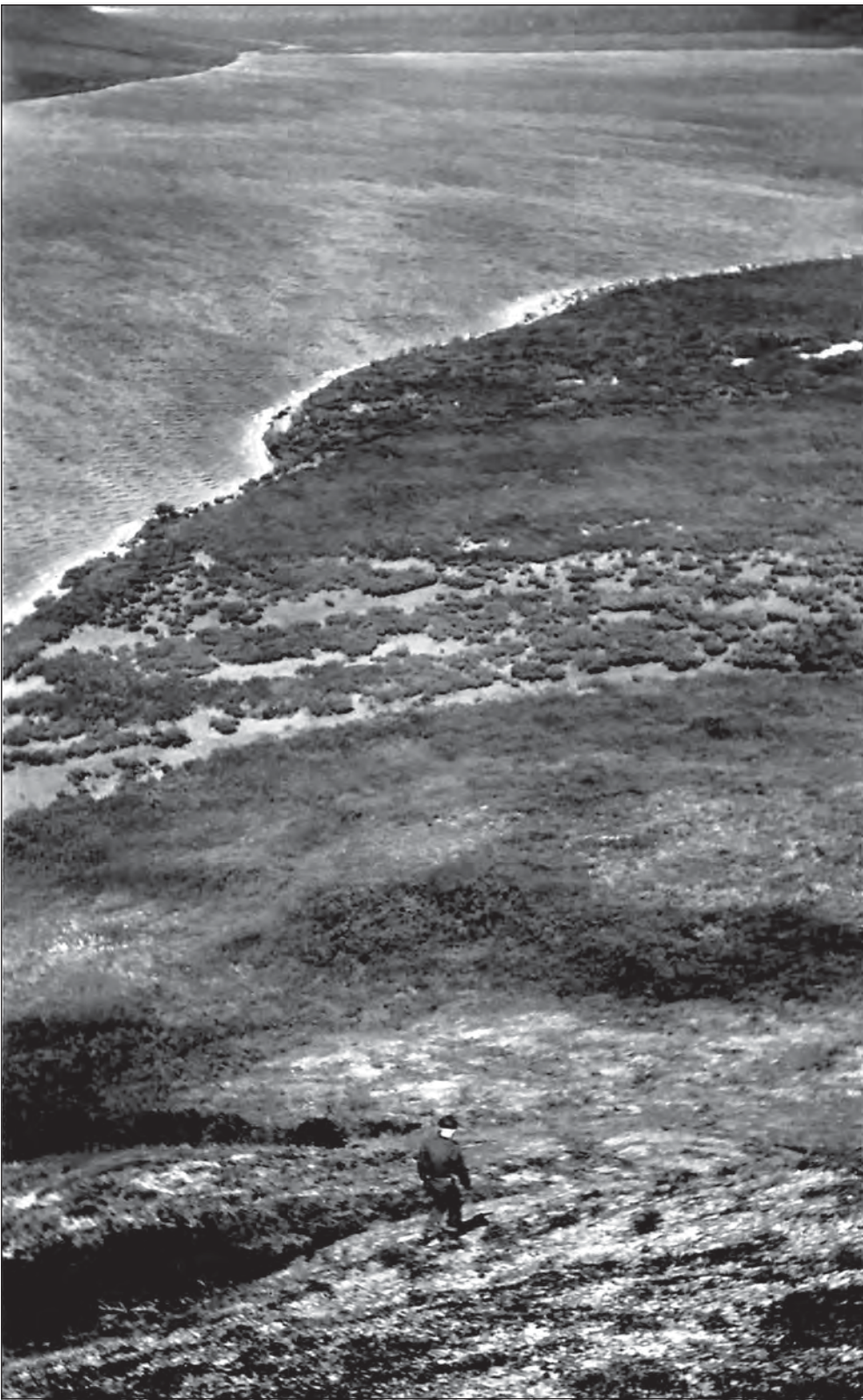
In its heyday the Army Camp had


lodging, a café, an undeveloped beach, camping spots, and boat rentals. It remained in use until sometime in the late 1990s-early 2000s, when the land was sold to a private developer.

This image comes from a World War II era Soldier’s service album. The album contains many images from around Fairbanks and the Interior of the Soldier (name unknown, but apparently stationed at Ladd Army Airfield) and his fellow servicemen hunting, fishing, canoeing, and sight-seeing during their recreational time here.


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, Fort Wainwright Environmental Division)





PathfinderSM
USO TRANSITIONS



BBMC MORTGAGE
A Division of Bridgeview Bank Group
NMLS: 484683
Online Home Connect Tool: mybbmc.com/ohc


VA Home Buying Class


GAIN EXPERT INSIGHT INTO:

VA Home Loan eligibility requirements,
the lifespan of the VA Home Loan, a
step-by-step process of buying a home, from finding the
right house, to financing, closing and more!

WEDNESDAY, JULY 18
11:30 – 1:00 PM

3727 Neely Rd
Fort Wainwright, AK 99703





Register at:
<http://bit.ly/USOVAHOMEBUYING>

FORT WAINWRIGHT BRIEF

INSTALLATION-WIDE YARD SALE
The next installation-wide yard sale is Saturday, July 21, from 8 a.m. to 4 p.m. Fort Wainwright residents may sell from their homes or from the Family and MWR resale lot, located at the corner of Neely and Meridian Roads. DoD ID cardholders coming from off post to participate may sell from the FMWR resale lots on a first come, first serve basis. General public wishing to enter post with the purpose of attending the yard sale need to obtain a pass from the Visitor’s Center by providing a valid driver’s license, proof of insurance and registration for the vehicle they are operating. All passengers will be required to show a photo ID. A reminder that marijuana in any form, though legal in the State of Alaska, is still illegal on federal installations. For more information, call 353-7648, Monday through Friday from 9 a.m. to 4 p.m.

RETIREE APPRECIATION DAY
The U.S. Army Garrison Alaska command team and the Northern Alaska Military Retiree Council, invite you and your family to the annual Retiree Appreciation Day on Saturday, Aug. 4 at the Last Frontier Community Activity Center, building 1044, on Fort Wainwright. We will begin the day’s activities at 9 a.m. The Posting of the Colors, opening remarks and guest speaker session will begin at 10 a.m. The Information/Health Bazaar is planned throughout the day as well the opportunity to win many door prizes from local businesses. The information bazaar provides retirees and veterans an opportunity to speak with representatives from a variety of state, federal, retiree, and veterans organizations regarding services available to you and your family. The Dining Facility, will be offering brunch to retirees and their families for \$6.25 per person from noon to 1 p.m. The bowling alley and golf course will be offering discounts for retirees throughout the day. We look forward to seeing you there. If you have any questions, or would like to RSVP, please call Steven Schack at (907) 353-2095.

Notice of Wildlife Services activity on Fort Wainwright throughout summer

Staff Report
Fort Wainwright Public Affairs

U.S. Army Garrison Alaska, Fort Wainwright has entered into a Cooperative Service Agreement with the U.S. Department of Agriculture, Animal and Plant Health Inspection Service - Wildlife Services to reduce human health and safety risks associated with potential wildlife/aircraft collisions at Ladd Army Air Field.

Wildlife Services will also work to reduce the impact of migratory birds on military training and other missions during nesting season in compliance with the Migratory Bird Treaty Act and will accomplish this mission by providing a seasonal wildlife hazard management program to Fort Wainwright.

Projects will be conducted annually from April 1, thru Sept. 30. Wildlife Services will be using pyrotechnics in conjunction with habitat management, exclusion, active deterrence, and lethal control (as necessary) to discourage wildlife from using LAAF and the FWA cantonment area facilities for nesting, roosting, foraging, and/or loafing activities.

The LAAF Division Manager will acquire permits from the U.S. Fish and Wildlife Service and the Alaska Department of Fish and Game for the harassment and/or lethal take of birds and nests that are a hazard to Army and civilian aircraft and personnel.

The FWA Environmental Division will obtain

permits for the taking of migratory birds outside LAAF. Lethal control of wildlife by APHIS-WS staff will be implemented in accordance with the State and Federal permits to reinforce non-lethal methods. The Wildlife Services’ Wildlife Specialist on site will provide ongoing recommendations and technical assistance to enhance Fort Wainwright’s Wildlife Aircraft Strike Hazard Program and MBTA compliance.

EIELSON

Continued from page 1

spouse, Amy, were the winners of the 2018 General and Mrs. Jerome F. O’Malley Award. “It was an honor and privilege to be your commander for the past two years,” said Mineau. “Thank you for making the past two years absolutely the highlight of my 24-year Air Force career.” The change of command was marked with the ceremonial handover of the 354th FW guidon from Mineau to Bishop, which represented a symbolic, military tradition dating back to the 18th century. “As Icemen, we stand at the end of a long blue line of pioneering Airmen,” said Bishop, who recalled the accomplishments of Airmen like Carl “Ben” Eielson and the 354th Fighter Group of World War II. “Each of us shares a

direct link with these Airmen. We stand on the shoulders of giants. Each of us is now responsible for pioneering the future.” Bishop joined the Iceman team with his wife and four children from Luke Air Force Base, Ariz., where he served as the 56th Operations Group commander. “As we look at the world today, we are at the frontier in many respects. We are charged with becoming a more resilient, lethal, and innovative joint force while also building relationships with our allies and partners,” said Bishop. “As Icemen, this charge is baked into our DNA. Every day we prove that it’s possible for resilient Airmen and their families to thrive on the Alaskan frontier.”



U.S. Air Force Col. Benjamin Bishop, the 354th Fighter Wing commander, renders his first salute to the Airmen of the 354th Fighter Wing during a change of command ceremony July 6, 2018, at Eielson Air Force Base, Alaska. During the ceremony, Bishop said he was looking forward to being part of the Iceman Team, and about heritage of the 354th Fighter Wing. (Photo by Senior Airman Isaac Johnson, 354th Fighter Wing Public Affairs)



U.S. Army Garrison Alaska, 1st Stryker Brigade Combat Team, 25th Infantry Division and a Fairbanks pastor team up to participate in a foundation-laying workshop hosted by Dartmouth College. The goal was to create a reading program using classic texts that allows veterans a “safe space” to share their experiences through the power of literature and storytelling. Professor Roberta Stewart, at left near back wall, leads a discussion on Homer’s Odyssey during a workshop that draws parallels between the epic poem and modern veterans’ experiences. (Photo by Eli Burakian, Dartmouth College)

ODYSSEY

Continued from page 1

and to help shape future groups. Team Alaska, as we were called, consisted of Wisland, 1st Lt. Will Nelson from 2nd Battalion, 8th Field Artillery Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division and myself. The workgroup did a deep analysis of the Odyssey and developed thought provoking questions for each book of the epic tale. We also discussed methods to use from the movie American Sniper, to facilitate discussion groups for veterans. This session went late into the night while veterans present shared, with the academics, how real Chris Kyle’s statements were while he was home. There were several guest speakers that presented on issues relevant to the workshop. The highlight of the speakers was the President Emeritus of Dartmouth, Dr. Jim Wright, who has authored several books about veterans. The group was also honored to have the Director of the National PTSD Center, Dr. Mathew Friedman, talk about resiliency. His center is possibly the foremost resource of information for building resilience in combat veterans. Team Alaska hopes to get the first reading group started in October of this year. There are still many hurdles to cross to get there but participation in the workgroup has gotten us much closer to that goal. I hope to have an active duty only group started after the proof of concept has been completed in Fairbanks.

Weekly Events

July 13 – 20

13 Summer Laser Tag
July 13
3 to 7 p.m.
Extra hours of laser tag means extra hours of fun! For just \$5, you and your friends can take the enemy down in the arena! Reservations are encouraged, but not necessary.
Last Frontier Community Activity Center, building 1044
Call 353-7755

14 Chena River Full-Day Float Shuttle
July 14
10:30 a.m. to 6:30 p.m.
We make floating the Chena River easy for you! Don't worry about shuttling vehicles back and forth— let the Outdoor Recreation Center drop you off at Nordale Road, then leisurely float to Fort Wainwright.
Outdoor Recreation Center, building 4050
Call 361-6349, reservations recommended

16 AbsoGLUTely Fitness Class
July 16
5:15 to 6 p.m.
AbsoGLUTely is a high energy, fun workout that includes weights and cardio to shape and sculpt the core and the lower body areas. Join a certified instructor and get fit!
Physical Fitness Center, building 3709
Call 353-7223

19 Lego Club
July 19
3 to 4 p.m.
Legos are building blocks for your imagination. Kids of all ages are welcome to join in on the fun, as Lego Club brings the Legos to the Last Frontier Community Activity Center! .
Last Frontier Community Activity Center, building 1044
Call 353-7755

20 Adventure Camp Registration Deadline
July 20
Don't forget that next week starts a whole new CYS Youth Sports & Fitness camp: Adventure Camp! Sign up with Parent Central Services before July 20 so that your child can live out the best moments of summer. Child must be registered through Parent Central Services prior to camp start date. Contact Parent Central Services at (907) 353-7713 for registration information.
Parent Central Services, building 1049 #2
Call 353-7713

CARDBOARD BOAT REGATTA

Will it float?
Build it and "sea"!

August 4, 9 a.m.
Melaven Aquatics Center
\$50 per team
Registration recommended!

We'll bring the cardboard and duct tape.
Teams must provide straight edges,
tape measurers etc.

Visit www.wainwright.armymwr.com
for race rules and information

REGISTER YOUR TEAM NOW!
Melaven Fitness Center (907) 353-1994
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightSwim





Make waves at the Introduction to Stand-Up Class!
Learn more at www.wainwright.armymwr.com

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

For a free ride home.

FITNESS

Continued from page 1

has provided an adequate assessment of two areas, muscular endurance and aerobic endurance. Although these two components of fitness are important for Soldiers, they are not the only important areas of fitness relative to combat readiness. To perform well across the full spectrum of operations in a complex and unknown battlefield, Soldiers must possess significant physical capacity in all areas of fitness including strength, power, speed, and agility. The APFT does not measure these components of fitness. The U.S. Army believes the ACFT will measure these areas and be able to significantly enhance combat readiness, while reducing injury and attrition by establishing a comprehensive assessment of combat fitness.

2. How long does it take to administer the ACFT?

With 15 lanes of equipment, the ACFT can be administered to a group of 60 Soldiers in about 1 hour. The average testing time per Soldier is about 50 minutes. A trained company of 120 Soldiers can be tested in 2 hours. The Army will provide the equipment.

3. How will the ACFT be graded? Are there tiers based on military occupational specialty?

The grading remains to be determined, but there will be a minimum baseline standard, which aligns with the general physical fitness required for a Soldier to perform high physical demand, common Soldier tasks. Grading by MOS or by unit type are questions that will best be answered after the Field Test has gathered more data. Any

policy decisions will be made after field testing results and scientific analysis are presented to senior leaders.

4. What about Soldiers who don’t live on a base, like recruiters, National Guard and Army Reserve?

As part of the Field Test the Army specifically selected USAR, ARNG, USAREC, USACC and other unique dispersed units. This will allow the Army to determine the right locations and methods for remote/dispersed units. Implementation of the ACFT may require modifications in unit training schedules to allow testing to be conducted during higher level training periods (i.e. Annual Training) or may require additional funding (increased training days). However, the current ACFT does not take a significantly larger amount of time to test than the current PT test.

5. Who came up with this test?

This test is a result of over 20 years of research and studies of fitness and health, and the research in the last six years was specifically focused on just this new test. The Army researched the baseline physical readiness requirements of high physical demand tasks Soldiers perform in combat. The Army asked experts from the Army, combat veterans, active and reserve Soldiers, NCOs and officers, from all branches and backgrounds, for their knowledge and expertise on what it takes to be a Soldier. In addition to our own studies, we met with military fitness leaders from the United Kingdom, Canada, Australia, France, the Netherlands and many other fitness experts from civilian universities and centers to discuss U.S. Army Soldier fitness. We talked with our sister services, Air Force, Marine Corps, Navy and Coast Guard. We also consulted with

the Department of Physical Education (West Point); U.S. Army Research Institute of Environmental Medicine and U.S. Army Public Health Center (MEDCOM) and the Army Physical Fitness School (USACIMT).

6. How much does the ACFT equipment cost?

Final costs will be worked out as part of the field testing phase. However, cost was a factor in considering the equipment needed to complete a balanced fitness assessment. The equipment is standard fitness equipment, available from many retail and wholesale locations. Since it is not “specialized,” there is an added advantage in that the equipment can also be used for everyday physical readiness training.

7. Why the 2-mile run?

The simplest and most effective way to measure aerobic endurance with large groups of Soldiers is with a distance run. We measure and train aerobic endurance to allow Soldiers to safely and effectively conduct occupationally-specific training and tasks performance, including moving long distances under load. A Soldier needs to run for a minimum of 12 minutes to get an accurate assessment of aerobic fitness. A 2-mile run ensures most Soldiers will need 12 minutes or more.

8. Why the Three Repetition Maximum Deadlift?

Conventional wisdom in regards to strength lifts is that reduced load + increased repetitions + proper rest = reduced injuries. A 3RM deadlift will produce significantly fewer injuries than a 1RM deadlift. Trap (Hex) bars are significantly easier (lower injury risk) for untrained Soldiers to learn and execute lifts. Trap bars put the Soldier in a more

controlled biomechanical posture to promote adherence to precision during the lift. The trap bar lift exerts less spinal loading due to an upright torso than the regular deadlift. To date we’ve tested more than 500 untrained Soldiers with zero reported injuries. Improvements in grip, core and lower body strength will significantly improve combat performance while reducing load-carriage injuries.

9. Are there alternate events for the ACFT that Soldiers can take? If not, why?

The final policy for alternate events or alternate test is still to be determined. The Army is studying alternate fitness tests for Soldiers on temporary and/or permanent profiles. These tests would help determine if you can heal and rehabilitate or if you need to be medically boarded for continued service. We hope Soldiers will be able to heal and pass the ACFT.

10. Won’t Soldiers hurt themselves training for the test?

The Army is committed to a certification and training program for all graders and specifically for Master Fitness Trainers. MFTs are a force enabler who are trained in all the events and training requirements for the ACFT. Using the train the trainer method, teams from the Army Physical Fitness School will certify master instructors for the ACFT. It is not expected that trained Soldiers, properly supervised by their leadership and MFTs, will have any unusual risk of injury taking or training for the ACFT. The renewed emphasis on fitness and the additional resources being provided, along with solid training, minimizes any risk to Soldiers.

HONORS

Continued from page 1

of post; just outside the U.S. Army Garrison Alaska headquarters, building 1555.

Based on manning the detail only performs this requirement during duty days. During holidays and weekends the American Flag continues to fly and is properly lighted during hours of darkness.

Traditional bugle calls are played throughout the day on Fort Wainwright over the installation mass notification system starting at 6:30 a.m. and ending at 10 p.m.

Fort Wainwright has six such mass notification system towers located throughout the installation. These towers help amplify the bugle calls and are also used for mass notification during emergencies or incidents

There are 23 traditional bugle calls used by the U.S. Army. Fort Wainwright plays four throughout the day.

The following is a list of the bugle calls used on Fort Wainwright, the playing times, and the meanings for each bugle call:

6:30 a.m. – Reveille: A bugle call, in the category of service calls, played at dawn to awaken the troops for morning roll call. It is also used to accompany the raising of the National Colors.

7:45 a.m. – Mess Call: A bugle call, in the category of service calls, played to signal personnel that it is mealtime. The same call is used for all meals. This bugle call also signals to Soldiers that the physical fitness training period has ended.

5 p.m. – Retreat: A bugle call, in the category of service calls, played to signal the end of the official day and is immediately followed by To the Colors.

To the Colors: A bugle call, in the category of ceremonial calls, played to render honors to the nation. It is used when no band is available to render honors, or in ceremonies requiring honors to the nation more than once.

To the Color commands all the same courtesies as the National Anthem. It is also used to accompany the lowering of the National Colors.

10 p.m. – Taps: A bugle call, in the category of service calls, played to signal that unauthorized lights are to be extinguished. This is the last bugle call of the day.

Added to the Fort Wainwright bugle call list last year was the Church Call. This bugle call takes place on Sundays at 9 a.m.. It is the same as the French call taken from the “Sonneries de Chasseur” written in 1845. The Church Call was added to the daily schedule in 1874 and was consistently use throughout the Second World War. In its height it was considered to be a non-optional call but began to fall away from use prior to the Korean War. A recent trend on Army installations to re-engage their history and discipline of bugle calls includes the Chapel Call in several prominent locations. The call to service is not tied to any one denomination or religion and may also be heard before a memorial service or to announce the formation of a funeral escort since these events most often take place within a chapel and carry a high level of solemnity.

Listen to the Church Call, at www.music.army.mil/music/buglecalls/churchcall.asp

According to Army Regulation 600-25, during Reveille, Soldiers in uniform and not in formation must come to attention and salute in the direction of the flag upon the first note. If the flag cannot be seen, Soldiers face the direction of the music. Soldiers in formation should follow the command of their senior Soldier who should call the group to attention.

During Retreat, Soldiers in uniform who are not in

formation should come to attention upon the sound of the first note, remain at attention until the cannon blast is heard, then salute. If no cannon is heard, the Soldiers should salute upon the first note of To the Color.

The same governs Soldiers in civilian clothes however, Soldiers are not required to salute, and they should stand with their hand over their heart, facing the direction of the music.

Civilians, retirees and veterans who wish to participate and pay respect, should also stand with their hand over their heart, either facing the flag or facing the direction of the music.

Congress passed a law in 2009 that allowed Soldiers, veterans and retirees to render a hand salute when in civilian clothes.

All vehicles on Fort Wainwright should signal, pull off to the roadway, and come to a full and complete stop; this includes civilians, during the playing of Reveille and Retreat/To the Color. Currently all gates entering the post will stop access during Reveille and Retreat.

Soldiers operating a vehicle during Reveille or Retreat are required to stop and exit their vehicle to render honors.

If there is a safety concern, motorists should at all times remain aware of their surroundings and protect themselves accordingly.

For example, if it is not safe to get out of the vehicle, due to road or weather conditions, or insufficient space exists to safely pull off the roadway, keep moving until it is safe to do so.

You can help in keeping traditions alive and well on Fort Wainwright by encouraging and participating in showing the proper respect to our Army, our country and our flag.

Editor’s Note: To listen to the various types of bugle calls, visit

www.music.army.mil/music/buglecalls/default.asp

WHAT’S HAPPENING
AT THE LIBRARY:

READ AND ROLL
EVERY THURSDAY, STARTING AT 1 P.M., NUGGET LANES BOWLING

At Nugget Lanes Bowling Center, there will be a variety of free kids activities rotating throughout the month, including but not limited to move and groove sing-a-longs, arts and crafts, a wacky science show, magic act, puppet show, and more!

PRESCHOOL STORY TIME
EVERY TUESDAY AT 10 A.M.

Come out and join us for Preschool Story Time, where we explore a new theme in the book world! Perfect for children under 5.

TUESDAY TRIVIA
EVERY TUESDAY AT 7 P.M., WARRIOR ZONE

How smart are you? Prove your genius at the weekly Tuesday Trivia, hosted by the Post Library. Afraid of being stumped? Bring a team along and combine brainpower! Must be 18+ and a DoD ID Cardholder to enter the Warrior Zone.

MOVIE DEBUT TUESDAYS
EVERY TUESDAY, 9 A.M. – 6 P.M.

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

SATURDAY FAMILY MOVIE DAY
EVERY SATURDAY, 10 A.M. - 2 P.M.

Bring your friends and family to the Library every Saturday for family-friendly films on request. If you have a special movie in mind, request it ahead of time with Library staff.



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DoD partnerships critical to Fairbanks’ strategic importance



On June 5, Honorable Lucian Niemeyer and representatives for the Missile Defense Agency, Air Force, U.S. Army Corps of Engineers and construction contractors gathered for a groundbreaking ceremony at Fort Greely near Delta Junction, Alaska. The event celebrated the start of construction for the \$200 million Missile Field Four. (Photo by John Budnik, U.S. Army Corps of Engineers)

John Budnik
U.S. Army Corps of Engineers

A new era of military modernization was the theme during a visit to Alaska by one of the Department of Defense’s top officials.

During the week of June 3, the Honorable Lucian Niemeyer, Assistant Secretary of Defense for Energy, Installations and Environment, toured new military construction projects valued in excess of \$1 billion at Clear Air Force Station, Eielson Air Force Base, Fort Greely and Fort Wainwright -- all located in the greater Fairbanks area. Meeting with command leadership at each installation and visiting construction sites under the management of the U.S. Army Corps of Engineers -- Pacific Ocean Division’s Alaska District, Niemeyer saw DoD’s military capacity in the Far North.

“The Alaska area is of strategic importance in the entire world,” Niemeyer said. “It is pretty significant where the U.S. can reach out and project power from Alaska.”

Part of his responsibilities are to ensure that defense spending around the globe -- intended to increase U.S. lethality or readiness to work with its allies -- is done wisely, he said. The partnerships between DoD stakeholders, to include outside entities like construction contractors, were of particular focus during the visit.

“Because of the magnitude of the investments we are spending in the Fairbanks area, I felt it was important to come up here and get a first-hand look at what we are delivering to the warfighter and in time to meet their timeline,” Niemeyer said.

On June 5, he and representatives for the Missile Defense Agency, Air Force, U.S. Army Corps of Engineers and construction contractors gathered for a groundbreaking ceremony at Fort Greely near Delta Junction. The event celebrated the start of construction for the \$200 million Missile Field Four. Due to an evolving threat, the Missile Defense Agency is expanding its operational capacity to defeat inbound intercontinental ballistic missiles, or ICBMs.

Since 1999, the Missile Defense Agency and the Corps’ Alaska District have collaborated to design and construct infrastructure to bolster the nation’s defense posture against foreign-launched missile systems. Since then, the district has designed six facilities, completed 63 projects and are actively engaged in 13 other missile defense-related construction efforts such as Clear Air Force Station’s \$347 million Long Range Discrimination Radar complex.

The two agencies’ combined efforts to date have resulted in the design and construction of missile defense facilities in Alaska valued at about \$1.26 billion.

“We are ahead of schedule and are

here in record time,” said Col. Michael Brooks, commander of the Alaska District, of the new missile field. He credited the team for their efforts to push the project ahead of schedule. “We have moved mountains and we know what is at stake.”

While missile defense is a large DoD mission, a beddown projects supporting the arrival of two F-35A fighter jet squadrons between 2020 and 2022 at Eielson Air Force Base will require just as much schedule precision and teamwork amongst the program’s executing agencies. Totaling about \$551 million, some of the essential infrastructure needed includes a new flight simulator, missile maintenance facility, aircraft weather shelters and a dining facility.

Currently, 24 new or renovated facilities are either underway or slated for construction with the help of the Alaska District.

The aircraft will not only bring advanced aerial technology to Alaska, but about 3,500 personnel and their families -- all additive to the existing Eielson mission. Hence, the need for supporting infrastructure like a new \$22.5 million school age center.

“When I first started with this program I got a lot of feedback that it was going to be complicated,” said Monica Velasco, resident engineer for the district’s Alaska Area Office. “The amount of support from the Air Force, Eielson and the Air Force Civil Engineer Center has been incredible.

Everyone has been pushing the team toward the right direction and wanting to succeed.”

Niemeyer said that he is impressed with the level of cooperation DoD is seeing in Alaska and believes it is a testament to the relationships developed over time that allows for the collaborative effort to deliver warfighter capabilities. Observing the proactive teamwork and innovative approaches to tackling these projects is a good feeling he will bring back to D.C., he said.

“I am up here to review lessons about what the team is doing, so we can apply them elsewhere in the world and have better results in the military construction program,” Niemeyer said.

After touring the Corps’ permafrost tunnel just north of Fairbanks, it was apparent to Niemeyer that construction in Alaska has its challenges in the form of a short summer season, dynamic landscape and Arctic environment. However, the expeditionary mindset and resiliency of the team is symbolic of what America is all about, he said, especially when the mission drives the timeline of delivering critical infrastructure in order to stay ahead of evolving adversaries.

“You can see why DoD looks at the Fairbanks area and Alaska as a whole as an area to continue to invest in capabilities to protect the homeland,” Niemeyer said.

World Eskimo-Indian Olympics, hosted in Fairbanks

Staff Report
Fort Wainwright Public Affairs

Fairbanks will once again host the World Eskimo-Indian Olympics (WEIO) at the Carlson Center from July 18-21. Spectators will be treated to days and evenings full of competitive events that are designed to showcase the strength and endurance necessary to thrive in a subsistence world.

Good-spirited sportsmanship is shared by the many athletes who cross the generations and encourage their competitors to develop their skills and do their best. Events include the ear pull – where competitors connect their ears in a tug-of-war to determine who can endure the most pain—mimicking the endurance needed to battle frost bite; the blanket toss—competitors jump from a hide blanket, attempting to gracefully reach the ceiling—an activity designed to better view the far horizon from the flat North Slope; and the 4-man carry—one person tries to maximize their distance travelled while carrying four others clinging to their front, back, and sides—the man-weights standing in for a quartered game animal being carried out of the field.

The first evening’s opening events include a welcome by an Athabascan elder who welcomes all and grants permission for the event to be held in

Athabascan territory. This is followed by a parade of the athletes, Alaska Native dance groups, and Miss WEIO contestants and welcomes from the local mayors. Male and female winners of Wednesday’s running event deliver an Olympic flame to honored elders who will tend that flame at a seal oil lamp during the week...and the competition is officially opened.

The dance groups from around the state perform nightly. The Miss WEIO pageant occurs throughout the event with a coronation on Friday evening. An always-adorable baby parka and dress competition is held one evening. Demonstrations of important, traditional Native skills that are not yet competition games can be seen throughout the event.

WEIO also boast one of the biggest state-wide Native art and craft shows, perfect for some mid-year gift shopping. Everything from coastal ivory carvings to Interior beadwork can be found and purchased directly from the artists.

WEIO is a family-friendly event enjoyed by residents and tourists alike. Admission to the games is free of charge before 6 pm and a nominal entry fee is charged after that time. A schedule and descriptions of the competitions is available at www.weio.org.



Open ceremonies at the 2014 World Eskimo-Indian Olympics with the Blanket Toss. (File photo, Fort Wainwright Public Affairs)