

MEDDAC-AK welcomes new commander

Brandy Ostanik
Medical Department Activity
– Alaska, Public Affairs

Medical Department Activity -Alaska changed command during a ceremony July 20, outside Bassett Army Community Hospital where Col. Christopher Jarvis relinquished command to Col. Constance Jenkins in front of a crowd of MEDDAC-AK staff, family, friends and distinguished guests. Brig. Gen. Dennis P. LeMaster, commanding general, Regional Health Command – Pacific, was the host of the ceremony. “Today’s change of command ceremony recognizes the accomplishments of this great institution under Col. Jarvis,” said LeMaster. “In keeping with the chief of staff’s priority of readiness, you and your team have ensured the medical

readiness of over 14,000 uniformed personnel through the deployment support cycle. You’ve expanded medical capabilities, increased access to several high demand specialty care areas for your beneficiary population; over 25,000 people, all while being an engaged community partner and building collaborative relationships.” Jarvis, who took command of MEDDAC-AK in July 2016 will now be serving as the Supervisory Assistant for Deputy Health Affairs in Washington D.C. During remarks following the ceremonial passing of the colors, Jarvis spoke to the staff in attendance with gratitude. “Please understand that I know what each and every one of you here today - in the hospital, at Fort Greely and at Joint Base Elmendorf-

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Brig. Gen. Dennis P. LeMaster (right), Regional Health Command – Pacific commander passes the Medical Department Activity – Alaska colors to incoming MEDDAC-AK commander Col. Constant Jenkins during a change of command ceremony July 20, at Bassett Army Community Hospital on Fort Wainwright. (Photo by Brandy Ostanik, Medical Department Activity-Alaska, Public Affairs)

Chief of Staff of the Army visits Fort Greely



During a command visit, July 24, Chief of Staff of the Army, Gen. Mark A. Milley, (left), is briefed by U.S. Army Garrison Greely Commander, Lt. Col. Michael Foote, and 49th Missile Defense Battalion Commander, Lt. Col. Orlando Ortega. As part of the visit, Gen. Milley received an overview of the post's Ground Based Midcourse Defense Program and spent time with the Soldiers of the 49th Missile Defense Battalion discussing the importance of their no-fail mission in defending the U.S. against intercontinental ballistic missile attack. (Photo by Chris Maestas, U.S. Army Garrison Greely Public Affairs)

Antiterrorism Awareness Month Proclamation

Whereas, the vitality of our Army Community depends on how safe we keep our homes, neighborhoods, schools, workplaces, and communities.

Whereas, terrorist acts create fear and destroy our trust in others and in civic institutions, threatening the community’s health, prosperity, and quality of life.

Whereas, people of all ages must be made aware of what they can do to protect themselves and their Families, neighbors, and co-workers from being harmed by terrorists.

Whereas, people of all ages must be made aware of the dangers of terrorist activities and how they can protect themselves from becoming victims of terrorism.

Whereas, the personal injury, financial loss, and impact to communities from terrorist attacks are intolerable and require investment from the whole community.

Whereas, preventing and defeating terrorism includes community protection and security, we must go beyond these to promote self-awareness and self-protection to make Army communities safer for all ages and to develop positive opportunities and a bright future for young people.

Whereas, adults must invest time and resources to understand and support effective terrorism prevention, deterrence, detection, and defense; adults must also engage our youth to ensure they adopt a proactive mindset of personal protection.

Whereas, effective antiterrorism plans and programs succeed because of partnerships with law enforcement, security, other government agencies, civic groups, schools, faith communities, businesses, and individuals as they help to raise community awareness and responsibility and instill pride and sustained vigilance.

Now, therefore, I, Colonel Sean N. Fisher, Commander, U.S. Army Garrison Alaska, do hereby proclaim August 2018 as Antiterrorism Awareness Month on Fort Wainwright and urge all citizens, government agencies, public and private institutions, and businesses to invest in the power of prevention and work together to make our Army Community a safer, stronger, more caring community.

Col. Sean Fisher



Col. Sean Fisher
U.S. Army Garrison Alaska
Commander

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, taking place on Saturday, Aug. 4 at the Last Frontier Community Activity Center, building 1044, on Fort Wainwright.

The day’s activities begin at 9 a.m., with the Posting of the Colors, and opening remarks. Guest speaker session will begin at 10 a.m.

An 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.

If you have any questions, or would like to RSVP, please call Steven Schack at (907) 353-2095.

WEEKEND WEATHER

Friday



Partly cloudy with a high of 74 degrees and a low of 53.

Saturday



Mostly sunny with a high of 81 and a low of 56 degrees.

Sunday



Sunny with a high of 85 degrees and a low of 59.



OPEN HOUSE

Fort Wainwright

Fire Department Fire Station # 3

Building 1054 Marks Rd
Saturday July 28th 11 a.m to 4 p.m.

Join us at the fire station for displays of fire apparatus, live demonstrations every hour and activities for the whole family!!!



The Chaplain’s Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

Hello from The Chaplain’s Corner, my name is Chaplain Paul Fritts and I’m the new Fort Greely garrison chaplain. My wife Karen and I arrived at the Delta Junction/Fort Greely community in early June after having made the long drive from my previous assignment at Fort Drum, New York.

We expect to be here for the next two years and are absolutely thrilled to have the privilege of serving this friendly frontier community at the end of the Alaska Highway.

During our road trip from New York to Alaska, Karen and I fulfilled a wish of mine to travel the Alaska Highway from Dawson Creek, BC, to Delta Junction, AK.

Like many of you who traveled the same route, we saw lots of wildlife and beautiful scenery, tracked mileposts and read about them in The Milepost, and experienced some construction delays

and a few bumps in the pavement along the way.

Reflecting upon that journey, it brings to mind the call of Abram in Genesis 12:1, “The Lord had said to Abram, ‘Go from your country, your people and your father’s household to the land I will show you.’” Imagine -- God told Abram to leave everything that was familiar,

comfortable, and secure and to just go. He wasn’t given a destination, a map, or guidance of any kind -- only God’s promise. “I will make you into a great nation, and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will

curse; and all peoples on earth will be blessed through you.”

My orders assigning me to Fort Greely arrived in my Army email inbox with several pages of instructions detailing exactly where to find my new

unit, when I must report, and what to do once I arrived. While it doesn’t take a great deal of faith simply to follow instructions, I nevertheless felt a certain kinship with Abram. Every

time I moved my family to a new Army assignment, we left familiar, comfortable, and secure surroundings with God’s promise to go and be a blessing to the community that would become our new home. But as we all know, not every journey involves a geographic relocation. Some journeys

are spiritual.

Are you on a spiritual journey? Is God calling you to leave spiritual habits or beliefs that are familiar, comfortable, and secure to destinations unknown? In spite of potential bumps in the road, when we are faithful to “Go,” we can trust that God’s promise will go with us wherever God leads on our journey.

The Fort Greely Chapel community is open and accessible to everyone in the Delta Junction/Fort Greely community -- even non-military. We are a traditional, protestant Army chapel service that offers weekly Communion. If you’d like to check us out, please call or text me at 203-600-9874 or email at paul.d.fritts.mil@mail.mil to arrange for gate access. You can also “Like” our chapel Facebook page by searching “Fort Greely Chapel” or use your web browser to go to <https://www.facebook.com/FGAChapel>.

For God and Country,
Chaplain Fritts

COMMAND

Continued from page 1

Richardson right now, or last night on your shift as you are resting at home - do every day to make this organization the finest medical activity in the U.S. Army,” said Jarvis.

“The people of this organization and their hard work, dedication and selfless service is what drove this organization to success. [Col. Jenkins] I am jealous of you; you get to lead this fine organization now, enjoy your time here with MEDDAC-AK.” Jenkins, a nurse, comes to Fort

Wainwright from U.S. Army Medical Command in Fall Church, Va. where she served as director for talent management for the Office of the Surgeon General.

“I am grateful to the Army, the Army Medicine leadership, and the U.S. Army Alaska command for the opportunity to command MEDDAC – Alaska,” said Jenkins. “It is a privilege to have been chose to lead such a remarkable team.”

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
Find a new fitness activity. Ask a friend to teach you their favorite workout routine or favorite sport. Learning new skills and different kinds of conditioning will give you the confidence and fitness to power through any challenge! Learning a new skill with a friend will make it fun!

SCHOOL IS FAST APPROACHING
Be ready for the start of school and skip the last-minute rush by getting school and sport physicals July 1, from 4 to 6 p.m. at Bassett ACH. The event is for youth three to 18. Physicals are good for one full year. Please bring any school forms and shot records if available. Make your appointment today by calling 362-4000.

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.

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

BILLING QUESTIONS?
Any issues regarding billing or health insurance claims can be handled by our Uniform Business Office at Bassett ACH. Contact 361-5126/5302 or stop by the treasury office next to patient administration on the first floor.

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.

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: General thriftiness

Ryki Carlson
Survivor Outreach Services Support Coordinator

There are lots of little steps you can take to save money. Here are some great avenues to help you keep your hard earned money.

Create a short-term savings goal. Make a simple savings goal, such as setting aside \$20 per week or month. Ideally, set it up as automatic saving since it is the easiest and most effective. People save more successfully when they keep short-term goals in sight.

Start saving for your retirement as early as possible.

Few people get rich through their wages alone. Building wealth comes from the miracle of compound interest, or earning interest on your interest over many years.

Take full advantage of employer matches in your retirement plan.

Often employers will match a certain amount of what you save in a retirement such as a 401(k) or TSP. If you don’t take full advantage of this match, you are leaving money on the table.

Use the 24 hour rule.

This rule helps avoid purchasing expensive or unnecessary items on impulse. Think over each nonessential purchase for at least 24 hours. This is particularly easy to do while shopping online, because you can add the item to your cart or wish list and come back to them a day later.

Treat yourself, but use it as an opportunity to save.

Match the cost of your nonessential indulgences in savings. For instance, if you splurge on a latte while you are out running errands, put the same amount into your savings account. And think of it this way, if you can’t afford to save the matching amount, you can’t afford the treat either.

Calculate purchases by hours worked instead of cost.

Take the amount of the item you’re considering purchasing and divide it by your hourly wage. If it’s a \$100 pair of shoes and you make \$12.50 an hour, ask yourself if those shoes are really worth eight long hours of work.

Place a savings reminder on your card.

Remind yourself to think through each purchase by covering your card with a savings message, such as “Do I really need this?” Write the message on your card using a permanent marker.

Participate in a local Investment Development Account (or IDA) program.

If your income is low, you may be eligible to participate in an IDA program where your savings are matched. In return for attending financial education sessions and planning to save for a home, education, or business, you typically receive at least \$1 for every \$1 you save, and sometimes more. That means \$25 saved each month could become several hundred dollars by the end of the year. To find an IDA near you visit: <https://cfed.org/save-ida>.

Use only ATMs for your bank, credit union or network.

Using the ATM of another financial institution once a week might seem like no big deal, but if it’s costing you \$3 for each withdrawal, that’s more than \$150 over the course of year. Many credit unions participate in the CO-OP nationwide network of nearly 30,000 surcharge-free ATMs. To search for one near you visit <https://co-opcreditunions.org/locator> or www.alliantcreditunion.org/atms.

Pay all of your bills with bill pay.

Paying bills online is convenient and saves time. Most bill pay services let you set up automatic, recurring payments ensuring bills get paid on time to avoid late fees. Additionally, paying bills online lets you stay in control while ensuring your information is safe and secure. Lastly, paying bills online lets you keep track of your billing and payment information conveniently in one place.

Pay your bills out of a separate account.

Set up a separate account for all your bills. Transfer the amount needed into it each pay period to cover your bills. This helps ensures the money for bills is there when you pay the bills and avoids accidentally spending more than you should before the bills are paid.



Fort Wainwright Police: 353-7535

ALASKA POST

The Interior Military News Connection

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History Snapshot: Olivia de Havilland at Yakutat, c. 1944

L. Amber Phillippe
Fort Wainwright Landscape Historian

The United Service Organizations or USO was created in 1941 at the behest of President Roosevelt in order to lift the morale of the nation’s troops and to provide them with the spirit of home.

Six entities-- the Salvation Army, Young Men’s Christian Association, Young Women’s Christian Association, National Catholic Community Services, National Travelers Aid Association, and the National Jewish Welfare Board made up the USO.

During World War II, approximately 3,000 USO clubs existed around the world. Many of these clubs were new construction, but there were also USO clubs run out of barns, museums, homes, railroad sleeping cars, and churches.

Clubs provided a space for troops to smoke, play games, dance, relax, and, at some locations, take advantage of a free button-sewing service.

Clubs were often overseen by a senior hostess, usually a well-respected woman from the local community, who would coordinate dances and other large-scale activities for the troops.

Today the USO is probably most well-known for their high-profile,

live celebrity shows. Then, as today, top performers would donate their time and talents to entertain the troops worldwide. During World War II some of the most famous performers included Bing Crosby, Abbot and Costello, Marlene Dietrich, Cary Grant, Judy Garland, Frank Sinatra, Barbara Stanwyck, Bette Davis, Jack Benny, Fred Astaire, Milton Berle, Mae West, Ed Sullivan, Glenn Miller, Irving Berlin, Spencer Tracy, Gene Kelly, Danny Kaye, Bob Hope, and Olivia De Havilland, to name just a few of the hundreds of entertainers who participated in the USO.

Pictured here is Olivia De Havilland disembarking from a Douglas C-47 Skytrain in Yakutat, Alaska probably sometime in 1944.

De Havilland made several trips to Alaska as part of the USO. Other tours in which she performed included those at Dutch Harbor, Anchorage, Kodiak, and Amchitka Island.

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)

U.S. ARMY GARRISON ALASKA NOTICE OF AVAILABILITY

Tanana Flats Winter Trail Environmental Assessment and Draft Finding of No Significant Impact

The Army announces the availability of an Environmental Assessment (EA) and Draft Finding of No Significant Impact (FNSI) that analyzes the potential environmental impacts associated with the construction and operation of a winter trail in the Tanana Flats Training Area (TFTA).

Environmental Impacts were analyzed for two action alternatives: (1) Proposed Action (constructing and operating the winter trail), and (2) the No Action Alternative. The Proposed Action offers a safe and consistent means of accessing the Tanana Flats Training Area during winter months in order to facilitate training missions and logistical support.

The project-specific analysis provided in the EA describes potential environmental impacts from the selection of the Proposed Action.

This EA demonstrates that the Proposed Action would not significantly impact the environment and supports a FNSI. Consequently, an environmental impact statement is not needed.

Copies of the EA and Draft FNSI are available for review beginning on July 18, 2018, which marks the beginning of a 30-day public comment period. The EA and Draft FNSI are also available for review at the Noel Wien Library, 1215 Cowles Street, Fairbanks, AK as well, at <https://www.wainwright.army.mil/index.php/about/environmental/nationalenvironmental-policy-act-nepa>.

Written comments on the EA and Draft FNSI must be received no later than August 18, 2018.

Please submit comments to Mr. Matthew Sprau, Directorate of Public Works, Attn: IMFW-PWE (Sprau), 1046 Marks Road, Fort Wainwright, Alaska, 99703, fax: (907) 361-9867; or by email: matthew.h.sprau.civ@mail.mil.

Additional information can be obtained by contacting Mr. Brian Schlumbohm, Public Affairs Office, 1060 Gaffney Road, 5900, Fort Wainwright, Alaska 99703; telephone (907) 353-6779, email: brian.w.schlumbohm.civ@mail.mil.

DISCOVER
B.O.S.S.
DISCOVER WAINWRIGHT
@ THE B.O.S.S. SYMPOSIUM

FRIDAY, AUGUST 10, 9 A.M. - 1 P.M.
PFC GYMNASIUM // 3709 MERIDIAN ROAD

FIND WAYS TO STAY ACTIVE IN ALASKA, DISCOVER OUTDOOR RECREATION TRIPS AND ADVENTURES, LEARN ABOUT VOLUNTEER AND MENTORSHIP OPPORTUNITIES, AND SO MUCH MORE!

THIS EVENT IS DIRECTED TOWARDS SINGLE SERVICE MEMBERS, GEO-BACHELORS, AND SINGLE SERVICE MEMBERS WITH DEPENDENTS. BUT IS OPEN TO ALL THOSE LOOKING TO DISCOVER WHAT IS AVAILABLE THROUGH FORT WAINWRIGHT FAMILY AND MWR, AS WELL AS OTHER FORT WAINWRIGHT AND USAG ALASKA ENTITIES.

THOUSANDS OF DOLLARS IN GIVEAWAYS
INCLUDING A

www.wainwright.armymwr.com
1045 Gaffney Road, (907) 353-7648
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Commissary Reset Aug. 5 thru Aug. 7

The Fort Wainwright Commissary will close early on Sunday Aug. 5, starting at 4 p.m. and remain closed thru Tuesday, Aug. 7, while it undergoes a “reset” as part of the Defense Commissary Agency’s ongoing effort to enhance the shopping experience. The commissary will re-open Wednesday, Aug. 8, for normal operating hours of 9:30 a.m. to 7 p.m.

6th Annual Back to School Fair

Fort Wainwright will be hosting a special Back to School event on Thursday, Aug.2, from 4:30 to 6 p.m. Families will have access to public, private and homeschool options, and opportunity to connect with local resources that will directly impact their student’s success. All Families of school age children are invited to attend. Event will be held at the Fort Wainwright Youth Center, located in building 4109, off Neely Road. School is just around the corner, with Catholic Schools of Fairbanks starting Aug. 13, and the Fairbanks North Star Borough School District starting Aug. 16. Kindergarten classes will begin later.

Interested in Volunteering?

Complete a Volunteer Application at any of the following locations:
Army Community Service • Chapel • Youth Sports • Child & Youth Services

Once your application has been filled out and submitted, you will be scheduled for fingerprinting and a local background check will be submitted for review. A valid form of government ID is needed during the fingerprinting appointment.

Back to School Fair at Fort Wainwright

August 2, 4:30 to 6 p.m.
Youth Center
Building 4109, Neely Road

Get a free backpack*
courtesy of Operation Homefront!

We enable Family readiness through access to public, private, and home school options, and connections with resources to successfully impact student achievement.

Open to all grades!

For more information, contact the School Liaison Officer at (907) 353-9377 or the FNSBD Military Student Support Coordinator at 452-1000 x11340
www.wainwright.armymwr.com
#WainwrightMWR #WainwrightCYS

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

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

For a free ride home.

Weekly Events

July 27 – August 3

28 **2-Hour Outdoor Bootcamp**
July 28
10 a.m. to Noon

Indoor workouts can get boring! Switch it up and enjoy the trails of Birch Hill with this outdoor 2 Hour Bootcamp class! Along the route get ready to stop and work those muscles even more with different exercises working the entire body.

Physical Fitness Center, building 3709
Call 353-7223, registration required

29 **Chena River Half-Day Float**
July 29
2 to 6:30 p.m.

We make floating the Chena River convenient for you! Whether you want to raft, kayak, or canoe down the Chena River, Outdoor Recreation will be waiting for you at your take-out point (Pike's Landing).

Outdoor Recreation Center, building 4050
Call 361-6349, reservations required

1 **Home School PE**
August 1
1 to 2 p.m.

If your child is in home school, this one's for them! Children ages 5-18 years of age will take part in weekly PE classes that focus on health, fitness, and developing a love for activity, taught by staff certified in youth functional training.

Youth Sports & Fitness, building 1045 basement
Call 353-7482

2 **Back to School Fair**
August 2
4:30 to 6 p.m.

Join School Support Services for the 6th annual Back to School Fair where military families will find on and off-post educational resources, and can connect to schooling options throughout the community. Get there early for your chance to score a free backpack and school supplies!

Youth Center, building 4109
Call 353-5437

3 **Gulkana River Float and Fishing Trip**
August 3 through 5

The Gulkana River is known for its great fishing opportunities, scenic vistas, and wild rapids. Catch it all (plus some salmon and trout!) on this epic float trip! Sign up quick— this trip is sure to fill up fast!

Outdoor Recreation Center, building 4050
Call 361-6349, reservations required

ARMY
Entertainment

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STREET FIGHTER V

SATURDAY

AUGUST 25, 1 PM

FORT WAINWRIGHT
WARRIOR ZONE

REGISTER AT THE WARRIOR ZONE

AUGUST 24, 12 PM - 3 PM

AUGUST 25, 9 AM - 12 PM

PARTICIPANTS MUST BE ACTIVE DUTY SOLDIERS

For more information, visit wainwright.armymwr.com

CATCH THE ACTION ONLINE VIA OUR  CHANNEL: ARMY ENTERTAINMENT

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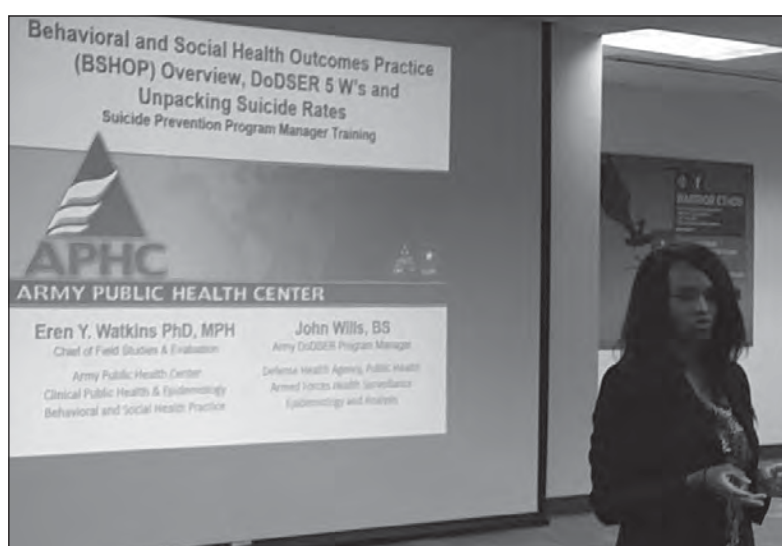
DISCOVER B.O.S.S. DISCOVER WAINWRIGHT

B.O.S.S.
SYMPOSIUM



August 10, 9 a.m. to 1 p.m. at the Physical Fitness Center
Learn more at www.wainwright.armymwr.com

Inaugural course for Suicide Prevention Program Managers offers new tools



Guest speaker Eren Y. Watkins, chief of field outcomes and evaluation at the Army Public Health Center, provides an overview of the Behavioral and Social Health Outcomes Practice (BSHOP). (Photo courtesy, U.S. Army)

Staff Report

Joint BaseSan Antonio_fort Sam Houston

HQ IMCOM R2/Army Substance Abuse Program executed the inaugural Suicide Prevention Program Managers (SPPM) course July 16-19 at JBSA. As the Army continues to combat the complex and challenging issue of suicide prevention within its formations, U.S. Army Installation Management Command is charged with execution of the suicide prevention program across the Army enterprise.

The SPPM course provided dynamic and innovative training supported by academic disciplines to 21 IMCOM garrison SPPMs designed to facilitate their work when they return to their garrisons to effectively serve Soldiers, Army civilians and Family members. The training provided information on a variety of topics such as Army suicide trends and data analysis, suicide prevention through community networking, and ready and resiliency program initiatives.

Guest speakers included representatives from the U.S. Army Public Health Center, the U.S. Department of Veterans Affairs and the Columbia Lighthouse Project. The course also included a presentation on ENGAGE by Fort Hood Master Resiliency Training contractors. HQ DA G1 ARD has identified ENGAGE as the primary tool moving forward to address the preventative training needs of the Army for substance abuse and suicide prevention.

Attendees of the SPPM course had tenures ranging from 12 months to nine years. The more senior and seasoned SPPMs attending the course were also guest presenters, sharing their knowledge, skills and experience.

Course attendees represented the following Army installations: Camp Zama, Fort Benning, Fort Bliss, Fort Campbell, Fort Carson, Fort Drum, Fort Hood, Fort Jackson, Fort Knox, Fort Riley, Joint Base Lewis-McChord, Presidio of Monterey, Schofield Barracks, USAG Bavaria, USAG Casey, USAG Daegu and USAG Rheinland-Pfalz.

Guest speakers/best practices from seasoned SPPMs included:

Derek Ferrell, HQ IMCOM, SPPM, presented the program overview, SPPM responsibilities, suicide prevention training, SPPM reporting, program execution, and understanding the Suicide Response Team and the Suicide Prevention Task Force.

Adam Lesser of the New York State Psychiatric Institute, Columbia Lighthouse Project, gave a presentation on the Columbia Suicide Severity Rating Scale (C-SSRS).

Aimee Johnson, Veterans Affairs, spoke on programs and services within the VA which could lead to SPPM collaboration opportunities.

Eren Y. Watkins, APHC, delivered a presentation on suicide data analysis and APHC ability to assist with suicide data for the SPPMs.

John Wills, DHS, presented on the Department of Defense Suicide Event Report (DoDSER).

Additional speakers included Corey Fitzgerald, APHC; Holley Robles, San Antonio Independent School District; David Easterling, Fort Riley; Sharon Sutton, Fort Hood; Kenya King, Fort Hood; Mathew Younger, Fort Campbell; Yancy Chandler, USAG Rheinland-Pfalz; and Kimberly Garcia, Vogel Resiliency Center.

The SPPM course provided program information, techniques, strategies and tools designed to significantly enhance and assist SPPMs in executing the suicide prevention function at the garrison level. The course was centered on making the program more prevention focused. It also armed attendees with some "ready-made" tools and techniques to assist with achieving "quick wins" in the areas of suicide prevention, program focus and marketing, training, needs assessments, high-performing Suicide Prevention Task Force (SPTF) and Suicide Response Teams (SRT).

Overall, the SPPM course was well received, with comments such as, "Best course I have attended in nine years," "Best course I have ever attended," "This course should be mandatory for all SPPMs and ASAP specialists" and "This course far exceeded all my expectations."



Pam Budda, IMCOM R2/ASAP division chief (first row standing, fourth from left), and Alex Rivera, HQ DA G1 ARD (first row standing, far right), join the inaugural Suicide Prevention Program Managers course staff and attendees. (Photo Credit: U.S. Army)

Fish on!

just for the
Halibut

B.O.S.S. Seward Halibut Fishing Trip
August 31 – September 3

\$145 // Includes transportation, lodging, and a halibut fishing day trip. Service Members will be afforded the opportunity to explore the town on their non-fishing day.

Due to the popularity of the trip, SMs will not be allowed to register for the trip without submitting an approved memo and \$50 deposit. The trip must be paid for in full 2 weeks prior to the date of the trip, or slot will be forfeited. No refunds will be issued within one week of the trip.

*Available to Single Service Members, Singles with Dependents, and Geo-Bachelors.

For more information, contact B.O.S.S. at (907) 353-7648

www.wainwright.armymwr.com

#WainwrightMWR #WainwrightBOSS

THE

ZOMBIE RUN

RUN FOR YOUR LIFE! YOU NEVER KNOW WHAT IS HIDING AROUND THE CORNER...

AUG.11

11 a.m. Glass Park
(next to the Outdoor Recreation Center)

ZOMBIE INFESTATION MAKEUP TUTORIAL:
Find out how to scare the bejesus out of the living!
Drop in: 5-7 p.m. / August 9 / Last Frontier Community Activity Center

\$20

REGISTER NOW!

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

Antiterrorism Awareness - iWATCH Army

U.S. Army
Office of the Provost Marshal General

What is it?
iWATCH Army is a modern version of neighborhood watch focused on the threat of terrorist activity. Established in April 2010, iWATCH Army is modeled after the Los Angeles Police Department’s iWATCH program. iWATCH Army encourages and empowers the Army community to identify and report suspicious behavior potentially associated with terrorist activity.

The passive element of iWATCH Army is individual situational awareness of their surroundings. The active element of iWATCH Army involves individuals taking action to report suspicious behavior or activities to military police or local law enforcement for investigation.

What has the Army done / is doing?
The Department of the Army, Army Office of the Provost Marshal General (OPMG), Antiterrorism Division developed and maintains the iWATCH Army media campaign and awareness products to educate the Army community. Products developed include posters, brochures, training materials, and public service announcements (PSA). The Antiterrorism Division also worked with Deputy Assistant Secretary of the Army (Procurement) to have iWATCH Army training, and antiterrorism awareness training, added as requirements for appropriate Army contracts. Recently, in February 2018, a new iWATCH Army PSA was released and is available through the resources provided below.

What continued efforts does the Army have planned?
Vigilance is a key component to counter the persistent terrorist threat. To preserve readiness the Army will continue to practice threat awareness and reporting throughout the year. Quarterly antiterrorism awareness themes and an annual antiterrorism awareness month (August) demonstrate the Army’s commitment to prevent terrorist activities. The Army needs the help from everyone in the force to prevent terrorism by expanding community awareness of the risks associated with terrorist activities.

Why is this important to the Army?
When aware of the possible indicators of terrorist activity and empowered to help protect the communities against terrorism, the entire Army-community acts as “sensors” and becomes an extension of our overall protection. The information reported by members of the Army community may reveal a piece of a puzzle that leads authorities to thwart a terrorist plot.
Protecting the force is a vital responsibility of the Army. Army’s professional law enforcement and security forces cannot protect the communities alone. Everyone in the community needs to be involved in this critical effort.

See the Army’s iWATCH public service



Commanding General’s August 2018 Antiterrorism Message



ANTITERRORISM AWARENESS MONTH

ANTITERRORISM MESSAGE

Terrorism presents a very real threat to our Nation’s security and readiness! To raise awareness of the Army’s antiterrorism program August has been declared Antiterrorism Awareness Month. I challenge commanders and leaders at all levels to focus on sustaining a strong defensive posture to protect Army critical assets (people, operations, infrastructure, and information) and prevent terrorists acts.

The Army’s Antiterrorism Program is predicated on Vigilance, a state of mind critical to preserving and strengthening individual and unit Readiness. I expect a unified effort as we work to protect our communities, operations, and infrastructure.

In support of AT Awareness Month the command will focus on the following areas:

1. Conduct unit, directorate, and facility level drills and exercises to identify and mitigate risks associated with various threats including active shooter, insider threat, radicalization, suspicious package, and bomb threats.
2. Raise community awareness of the insider and active shooter threat. Ensure Army community members know when and how to report suspicious activities using iWatch Army and iSALUTE.
3. Ensure Army community members are aware of the potential threat posed by unauthorized Unmanned Aerial Systems (UASs).
4. Actively employ and manage our Mass Warning Notification System. Achieve 100% enrollment in AtHoc and validate its capability through monthly exercises.
5. Improve awareness of the risks associated with terrorist use of social media as a propaganda, recruitment, weaponized tool and Operations Security (OPSEC) measures available to users to protect personal identifying information (PII) and professional information!

LIVE ON AMBER! Remember, VIGILANCE is our greatest weapon in the fight against terrorism. It keeps us situationally aware and alert to a potential threat.

IF YOU SEE SOMETHING, SAY SOMETHING

Know Your Surroundings, Be Watchful, Stay Alert, When in Doubt, Report
Call iWatch at 907-552-2212 or submit report to
<http://www.jber.jb.mil/home/arctic-watch/>

You can also report suspicious activity on JBBER by calling the 673rd Security Forces Squadron at 907-552-3421
On Fort Wainwright call the crime tip line at 907-361-8477 or MP desk at 907-353-7710

Arctic Tough!

MARK J. O'NEIL
Major General, U.S. Army
Commanding

Distribution: A

Family Readiness Group TRAINING OPPORTUNITIES

A

KEY CALLER
Key Caller training provides participants with the information critical to understanding and performing the key caller role effectively and efficiently. Topics include the FRG phone tree, the key caller's role and responsibilities, key caller resources, and tips for success.
August 14, 5 - 6 p.m.

B

INFORMAL FUNDS CUSTODIAN (TREASURER)
Treasurer training allows participants to identify resources needed to financially operate an FRG. Learn about various forms of funding, bank accounts, the roles and responsibilities of an FRG Treasurer, fundraising, donations and solicitation.
August 14, 6 - 7 p.m.

C

CASUALTY RESPONSE (CARE) TRAINING
Being ready for a mass casualty, while scary, is necessary. Learn how to handle the pressure and know what to do in an emergency situation with help from Army Community Service.
August 15, 1 - 4 p.m.

D

COMPREHENSIVE FRG LEADER TRAINING
The FRG Leader training guides new volunteers in all aspects of running a successful FRG. This course covers rules & regulations, management of volunteers, and how to communicate with unit FRG members. This course also covers knowledge in both the Key Caller and Treasurer roles.
September 5, 2 - 4 p.m.

Register for ACS courses by phone or online
Army Community Service
Bldg 3401 Santiago Avenue, (907) 353-4227
www.wainwright.armymwr.com
#WainwrightMWR #WainwrightACS

BUILD YOUR SAVINGS ARSENAL

THIS MANDATORY TRAINING IS GEARED TO SETTING OUR FIRST TERM SOLDIERS UP FOR SUCCESS AND IS SCHEDULED DURING YOUR FIRST TWO WEEKS OF IN-PROCESSING. TRAINING TOPICS INCLUDE: MILITARY LIFESTYLE FINANCIAL READINESS, BUDGETING, SAVING, INVESTING AND TSP/BRs, CREDIT SCORE, BANK ACCOUNT MANAGEMENT AND GOAL SETTING. SPOUSES WELCOME!

EVERY MONDAY, 1-4:30 P.M.,
AT ARMY COMMUNITY SERVICE IN THE
WELCOME CENTER
EXCLUDES FEDERAL AND TRAINING HOLIDAYS

This training meets the mandatory financial readiness training requirement under the National Defense Authorization Act 2016, USARPAC OPORD 16-03-056, March 2016 and HODA EXORD 087-16, December 2015, and DoDI 1342.22 Military Family Readiness, April 2017.

Call Army Community Service,
at 353-3459 for more informatmion.

For more information, contact Army Community Service at: (907) 353-3459
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightACS