

ARCYBER provides Soldiers with array of capabilities for battlefield, commander

David Vergun
Army News Service

A misconception of U.S. Army Cyber Command’s mission is that it’s only about defensive and offensive cyber, said Lt. Gen. Stephen G. Fogarty. But equally important, he said, are other “tribal members” of ARCYBER -- signals intelligence, electronic warfare and information operations.

Fogarty, commander of ARCYBER, spoke Thursday during an Association of the U.S. Army-sponsored forum on cyber warfare.

ARCYBER needs to provide the combatant commander with an entire array of options from each of those communities that will provide him or her freedom of movement on the battlefield and deny the same to adversaries, Fogarty said. “We want to present multiple dilemmas to the enemy, not just cyber.”

Fogarty added that next week he’ll convene a meeting with leaders in ARCYBER to discuss the roles each

of them play and how they can more effectively be utilized in the future, such as by better synchronizing their efforts.

U.S. Army Cyber Command is a relatively new organization, stood up just eight years ago, he said. Over the course of that time, particularly within the last two years, ARCYBER has been able to assess what it has gotten wrong and right so far.

ARCYBER operators “are in the fight every day,” he explained, and in the last two years that fight has heated up as peer adversaries acquire new technologies and capabilities and test those of the U.S. and its allies.

That high-intensity fight has enabled ARCYBER to accelerate its learning and evolve much more quickly than ever before, he said. The backbone of that effort has been the excellent ARCYBER workforce.

Lt. Gen. Bruce T. Crawford, Army chief information officer/G-6, said he wants to ensure that the ARCYBER workforce of 13,600 individuals has the right skills and training to meet the higher demands that will be placed

on them as they defend the U.S. network and work to disrupt the network of the enemy.

NETWORK MODERNIZATION

Today’s effort to modernize the network is the largest in 35 years, Crawford said. In the early 1980s, he said, the Army was just getting a grasp of how software and the Internet would fundamentally change the character of warfare. The Army’s network modernization effort now is being led by two cross functional teams: the Assured Position, Navigation and Timing team and the Network team.

Advances in information technology, particularly within the last two years, mean that the Army must get a grasp on how this new technology can shape the modern battlefield and how to best take advantage of that by working closely with partners in industry and academia, he said.

Crawford said that if he had to pick the top three IT developments that



Pfc. Nathaniel Ortiz of the 780th Military Intelligence Brigade sets up deployable cyber tools overlooking the mock city of Razish at the National Training Center at Fort Irwin, Calif., May 5, 2017. (Photo Credit: U.S. Army photo by Bill Roche)

will shape the nature of war, they are cloud computing, artificial intelligence, and identity, credential and access management.

Peer adversaries, he said, are working hard on developing these three as well, and some have even suggested that whoever reaches a breakthrough in AI first will obtain world dominance.

New Suicide Prevention Gatekeepers for Fort Wainwright

David Perkins
Fort Wainwright
Installation Suicide
Prevention Program
Manager

Recently, Fort Wainwright held its monthly Applied Suicide Intervention Skills Training workshop at the Southern Lights Chapel. These monthly workshops are possible through a collaboration between U.S. Army Garrison Alaska and the 1st Stryker Brigade Combat Team, 25th Infantry Division.

Applied Suicide Intervention Skills Training is a two-day interactive workshop in suicide first aid. ASIST teaches participants on how to recognize when someone may have thoughts of suicide, and work with them to create a plan that will support their



Warrent officer Kimberly C. Puntillo (left), an Electronic Warfare technician and Suicide Prevention Program manager for the 1st Stryker Brigade Combat Team, 25th Infantry Division, greets U.S. Secretary of the Army, Dr. Mark Esper, during his visit to Fort Wainwright, Alaska. (U.S. Army photo by Staff Sgt. Brandy N. Mejia)

immediate safety.

Although ASIST is widely used by healthcare providers, participants don’t need any formal training to attend the workshop; anyone age 16 or older can learn and use the ASIST model.

According to the Centers for Disease Control and Prevention; suicide is the 10th leading cause of death in nearly every state of the U.S., and half of those states have seen a 30 percent increase in suicides since 2009. The

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U.S. Army Garrison Alaska Safety Note

High water warnings for interior

The National Weather Service has issued a high water advisory for interior rivers through the middle of next week with high water for interior rivers and even flooding in low lying areas.

If you plan on doing boating of any kind this weekend please be aware of debris, large and small floating down the river and large snags just below the surface. Use extreme caution on or near river banks which may be actively eroding and can break away with the higher water levels and fast currents.

River water is cold, should you fall in, the sudden shock of cold on your system can cause you to inhale water and experience hypothermia very quickly.

- Do not go out on the rivers this weekend unless you have to, if you do go follow these precautions:
- Monitor the local news and Fort Wainwright Facebook page for updates on the advisory.
 - Wear a life jacket at all times while on the water now matter what type of craft you are in.
 - Ensure the equipment on the boat is in good shape and you have a survival kit should you need it.
 - Let someone know your plans, where you are going and when you will be back.

For more information contact Installation Safety at 353-7087/7083.

U.S. Secretary of the Army, Dr. Mark T. Esper, visits Army in Alaska



Warrent officer 1 Kimberly C. Puntillo (left), an Electronic Warfare technician and Suicide Prevention Program manager for the 1st Stryker Brigade Combat Team, 25th Infantry Division, greets U.S. Secretary of the Army, Dr. Mark Esper, during his visit to Fort Wainwright, Alaska. (U.S. Army photo by Staff Sgt. Brandy N. Mejia)

WEEKEND WEATHER

Friday

Mostly cloudy with a high of 65 degrees and a low of 46.

Saturday

Cloudy with a high of 66 degrees and a low of 51.

Sunday

Cloudy with a high of 70 degrees and a low of 51.

SCHOOL & SPORTS PHYSICALS

Be ready for the start of school and skip the last-minute rush by getting school and sport physicals Aug. 14, from 4 to 6 p.m., at Bassett Army Community Hospital. 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.



Nutrition Corner:

B12; what is it, how much do we need, and is excess amount of B12 really beneficial and without risk?

1st Lt. Judy No
Chief of Nutrition Care

First, what is B12?
B12 is a water-soluble vitamin which means that our human bodies can efficiently excrete it out with our urine. Other water-soluble vitamins are vitamin C (ascorbic acid), folate, thiamine, riboflavin, pantothenic acid, biotin, and vitamin B6 (pyridoxine). Although, B12 is the only water-soluble vitamin that can be stored in our body for a prolonged period of time in optimal conditions. It is primarily stored in the liver. Since it is stored, a B12 deficiency is rare but not unlikely. It takes approximately 3-5 years for a B12 deficiency to occur compared to other water-soluble vitamins which may take weeks to months. There are cases in which B12 needs are increased or need to be supplemented. These conditions may be determined by the following: genetics, medical status, surgical, lifestyle choice, and/or life cycle stage but this would be determined by a medical provider.
The amount of B12 that we need in ideal physiological condition is minimal. Adults generally need only

2.4 micrograms per day which is the National Institutes and Food and Nutrition Board’s “Recommended Daily Allowance (RDA).” This can be easily achieved if someone is consuming a standard serving size of animal products such as milk, poultry, beef, pork, and fish or fortified cereals. For example, three ounces of Salmon provides about 4.8 micrograms of B12, and ½ to 1 cup of fortified cereals can provide a range of 2-6 micrograms depending on the brand. It is also widely found in over the counter supplements and a variety of energy drinks such as Monster, 5-Hour Energy shots, Red Bull, etc.... in amounts of 100 to 1000 percent at or above the RDA.

Why do supplements and energy products have so much B12?
That is because there is no established tolerable upper limit which means that there is insufficient evidence to determine a daily cut off for the amount of B12 that we should be consuming. B12 is determined to have low potential adverse effects when consumed in high amounts based on the overall number of research.
Although, the consumer should be

aware that B12 is not all benign just because there is not an established tolerable upper-level intake.
In some isolated research studies, B12 in excess daily amounts have been associated with elevated risk of stroke and inflammation in specific populations. In other studies, B12 in the form of daily oral supplementation or intramuscular injections of 1000 microgram have been found to contribute to cystic acne and/or rosacea. I can attest to this as in the past I bought into the claims of B12 being that energy producer. I felt low on energy; thus I purchased an over the counter B12 supplement containing 1000 mcg tablets that I took daily. The result after a month -there was no change in my energy status, but I did develop cystic acne that wasn’t there before taking B12. It is suspected that B12 in excess amount can promote the growth of an endogenous bacteria called Propionibacterium acnes in some individuals resulting in acne formation.
In the medical community, B12 has an established role in the production of red blood cell along with folate (another water-soluble vitamin found in green leafy vegetables and fortified cereals). The deficiency of either of these two

vitamins results in a condition known as megaloblastic anemia, immature large red blood cells. Red blood cells that are immature cannot function properly to carry an adequate amount of oxygen to the body’s tissues. The result – fatigue and weakness amongst other symptoms. For this reason, B12 has been correlated with increasing energy with increased consumption of the vitamin.
But, it is unlikely if you are consuming either dairy, meat products, and/or fortified cereals that you would need excess amounts of B12 in the form of an over the counter supplement or energy drinks unless specified by one of the categories of condition stated previously. The best option is to choose foods from a variety of B12 sources as mentioned above. Even if you are vegan, there are many fortified B12 cereals to choose from that cater to this dietary lifestyle choice.

More information can be found, https://www.consumerlab.com/reviews/Review_Best_B_Vitamins_and_Complexes_Energy_B6_B12_Biotin_Niacin_Folic_Acid/bvitamins/. And <https://ods.od.nih.gov/factsheets/VitaminB12-HealthProfessional/>.

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
Optimizing your performance and health can be just as challenging as an obstacle course or any special skills qualifying course. It too, can be conquered. Make a plan, write it down, share it with a friend, and you will be

more successful in achieving your goals.

TOWN HALL
Join us for a Beneficiary Town Hall with Lt. Gen. Nadja West, The Surgeon General and Commanding General, U.S. Army Medical Command Aug. 15, at 5:30 p.m. at the Northern Lights Chapel, building 3420. This is a venue to ask about health care and hear more about the future of Army Medicine.

SCHOOL IS FAST APPROACHING
Be ready for the start of school and skip the last-minute rush by getting school and sport physicals Aug. 14, 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.

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

ANIMALS NEED LOVE TOO
The Fort Wainwright Veterinary Treatment Facility is available for wellness visits and basic sick call visits 8:30 a.m. to 4:30 p.m., Monday through Friday. To schedule an appointment or for more information on services, call 361-3013.

BILLING QUESTIONS
The Uniform Business Office located at Bassett ACH is here to assist you with any billing questions you may have. UBO bills patients and insurance accompanies for medical and dental services provided. To ensure your private sector insurance is properly billed, please ensure your information is correct in DEERS and submit your insurance information at your next appointment. For questions regarding billing call 361-5343.

NEED LAB RESULTS?
No need to come into Bassett ACH or call into your provider. You can get lab results, schedule medication refills, schedule appointments and more through TRICARE Online. Go to www.tricare.mil to log in or create an account.

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

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

Ryki Carlson
Survivor Outreach Services Support Coordinator

We depend on credit for many important things in life from buying a car, purchasing a home, avoiding security deposits, and even insurance. Your credit score determines whether you can do these things and how much it will cost you. The better your credit score the more money you save in interest, fees, and over the long-term. The first step to saving money begins with your personal credit history. Take the time to know and understand your credit profile.
You can pull all three of your credit reports on a yearly basis for free from www.annualcreditreport.com or call their toll free number at 877-322-8228.
Check out www.creditkarma.com for interactive tools and simulators to learn how to optimize your credit. Other sites such as www.creditsame.com and www.quizzle.com offer you a free credit report, free credit scores, and even a free budget. These sites also offer tips to improve your situation and links to help you understand your current credit report.

You can improve your credit score by working on the following areas:
Avoid missed/late payments. If you are late or miss a payment, your account will accrue late fees and additional finance charges. Late and missed payments show up on your credit report, and can significantly lower your credit score. The easiest way to avoid late payments is by setting up bill pay automatically from your checking account. Bill pay lets you control the amount, date, and how often you pay a bill and it’s free with most checking accounts.
Pay off debt instead of moving it around. Work to pay off your debt and maintain low balances on credit cards. For the best score, strive to achieve less than 35 percent of the credit limit. If you have “maxed out” your credit cards and/or lines of credit you may not be able to obtain any additional credit or credit at the best possible terms. The lack of liquidity puts you as a high-risk to creditors.
Careful on opening new credit accounts. When you apply for credit cards, each one is considered a new inquiry so forgo those opportunities to open store credit cards for a savings on that day’s purchases. Additionally, too many new accounts opened at once

will raise your credit limit but lower the average account age, which will reduce your overall score.
Check monthly statements for accuracy. Mistakes can and do happen. You can help protect your credit by reviewing your statements carefully either online or as soon as they arrive in the mail. If you find an error on your bill, call your creditor right away.
Keep your credit cards secure. You should always keep your credit cards in a secure place, keeping them out of view

in your car or workplace. Since credit cards now come with radio-frequency-identification (RFID) which let you swipe the card by a designated reader and go. These cards are easy to steal data from, so it’s important to take steps to protect them. You can purchase a wallet that have RFID blockers built in, wrap the cards in tinfoil, or use credit card sleeves made of Tyvek (a material made of high-density polyethylene fibers. These options will help protect theft of your credit card information.



ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF

Garrison Commander
Col. Sean Fisher

Acting PAO/Command Information/Sr. Editor
Brian Schlumbohm

Community Relations/ Media Relations
Dani O'Donnell

Staff Writer/Editor
Daniel Nelson

Staff Writer/New Media
Brady Gross

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The ALASKA POST – The Interior Military News Connection

The Chaplain’s Corner



Religious Support Operations

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

“Back to School” season is in the air! Resuming busy fall schedules of class, homework, practices for various sports, band, and other activities was always an exciting time for me. Of course, not every student will share the excitement I remember upon hearing the crack of new textbooks being opened, or smelling the shavings from just sharpened No. 2 pencils, or seeing the stack of colorful new notebooks that have been carefully labeled and ordered according to class schedule.

For parents, the start of a new school year is often a mixed blessing. On the one hand, many children become bored and antagonistic by the end of summer vacation and their parents are grateful for busy school schedules that

get them out of the house for much of the day. On the other hand, those busy school schedules often place additional demands upon the parents’ time and finances. Paying for student fees, athletic gear, and new clothes for a growing child quickly adds up.

In addition to every other back to school expense, parents often receive a list of school supplies for purchase that includes items like pencils, notebooks, glue, a ruler, thumb drive, tissues, and zip lock style storage bags. Christians also have a list... a list of “faith supplies.” It’s not cheap, either.

The Apostle Paul writes in his letter to the Galatians, “By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things” (Galatians 5:22-23).

If I were to arrive at my first day of school not having brought everything on the school supply list, I would still be allowed to attend class. Nor would my capacity to learn be diminished if I didn’t have pencils, notebooks, and a thumb drive, although it might make learning harder. Likewise, failing to express joy in my work, or to demonstrate patience with my children, or to show self-control at the restaurant buffet, does not diminish my identity as a child of God who has received Jesus as my Savior.

However, missing a few items on Paul’s list of the fruit of the Spirit will probably make loving God and loving my neighbor a bit harder.

Have you checked your faith supplies list recently?

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>.

Prayer Luncheon



**JOIN US FOR A COMMUNITY-WIDE CELEBRATION
TO DISCOVER THERE ARE NO SMALL ASSIGNMENTS**

**15 August 2018 @ 1145
Northern Lights Chapel
Fort Wainwright**

KEYNOTE SPEAKER
Mr. Karl Vaters
**Author, Speaker and
Small-Church Pastor for Over 30 Years**



**Admission by Ticket Only
Contact: 907-353-9880**



PREVENTION

Continued from page 1

problem is getting worse, not better. September, being Suicide Prevention Month, the Installation Suicide Prevention Program office would like to make known that these workshops are open to Department of Army civilians and family members as well.

The primary goal of the workshops are to train Gatekeepers as defined in Army Regulation 600-63.

These Gatekeepers are part of U.S. Army Alaska units, some are U.S. Army Garrison Alaska assets and many Medical Department Activity – Alaska personnel are Gatekeepers.

Below is a listing by organization of the Gatekeepers in our community.

USARAK Primary Gatekeepers:
Chaplains and their assistants,
Medical/Dental Health Professionals.

USAG Alaska Primary Gatekeepers are:
Chaplains and their assistants,
Family Advocacy Program counselors,
Army Emergency Relief counselors

Secondary Gatekeepers:
Military Police,
Trial Defense
Legal Assistance attorneys,
DOD School counselors
Red Cross workers.

MEDDAC-Alaska Primary Gatekeepers are:
ER Medical technicians,
Medical/Dental Health Professionals,
Chaplains and their assistants

Secondary Gatekeepers:
Substance Use Disorder Clinical Care counselors.

These are just the specified positons in AR 600-63.

There are many others we should consider to be Gatekeepers based on the definition that a Gatekeeper is an individual who in the performance of their duties provide specific counseling to Soldiers and Army civilians in need.

With this definition Military and Family Life counselors, Child and Youth Services providers, firefighters, Employee Assistance Program counselors and housing specialists could all be considered Gatekeepers.

The personnel assigned to Gatekeeper positions are required to have ASIST training once.

If you are in one of these positions or are a supervisor of one these personnel and you want to arrange training please sign up for training.

If you are not in a Gatekeeper position but would like to become a suicide prevention lifesaving caregiver sign up for a workshop by contacting the installation Suicide Prevention Program manager at david.l.perkins.civ@mail.mil

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,

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



U.S. Secretary of the Army, Dr. Mark Esper, visits Forts Greely and Wainwright



U.S. Secretary of the Army, Dr. Mark Esper, visited Fort Greely, on Aug. 7, where he received an overview of the Ground-based Midcourse Defense program, the processes of securing the Missile Defense Complex and an overview of the Cold Regions Test Center. As part of the visit, Secretary Esper spent time with the Soldiers of the 49th Missile Defense Battalion and discussed the importance of their no-fail mission to defend the U.S. from a ballistic missile attack, but also the importance of securing the site where ground-based interceptors are stationed. (Photo by Capt. Jennifer Staton, 100th Missile Defense Brigade Public Affairs)



Fort Wainwright Garrison command staff, USARAK Deputy Commander of Sustainment, Col. Mark A. Colbrook and Secretary of the Army, Dr. Mark T. Esper all engage with a packed Town Hall audience as they asked questions about Army training standards, facility adjustments and equipment maintenance. (Photo by Brady Gross, U.S. Army Garrison Alaska Public Affairs)

Weekly Events

August 10 – 17

10

B.O.S.S. Symposium
August 10
9 a.m. to 1 p.m.

B.O.S.S. eligible Service Members are welcome to attend the first annual B.O.S.S. Symposium, where you can learn all about the local B.O.S.S. program, as well as other Fort Wainwright programs and activities. Discover outdoor adventures, learn about volunteer and mentoring opportunities, and so much more!

Soldiers: don't miss out on thousands of dollars in giveaways!

Physical Fitness Center, building 3709
Call 353-7223

11

Howe's Revenge Golf Outing
August 11

Chena Bend Clubhouse and Golf Course's Superintendent, Mr. Howe is out to get revenge! Watch out as he places the tee blocks back, tucks the pins and slicks up the greens. The format will be a 2 person scramble. There will be a summer cookout at the Pavilion, as well as a Bloody Mary and Screw Driver Bar.

Chena Bend Clubhouse & Golf Course, building 2090
Call 353-6223

14

FRG Key Caller Training
August 14
5 to 6 p.m.

Key Callers are an integral role in any FRG. This Army Community Service training will teach you how to perform the Key Caller role effectively and efficiently.

Army Community Service, building 3401
Call 353-4227, registration required

17

Healy Overnight ATV Trip
August 17 through 19

Explore the trails just outside of Denali National Park & Preserve! This 3-day adventure will take you to breathtaking vistas, through rough terrain, and muddy obstacles. Sign up early at the Outdoor Recreation Center.

Outdoor Recreation Center, building 3709
Call 361-6349, reservations required

17

B.O.S.S. Night Out
August 17

Get ready to be scared. We're going to see "Down a Dark Hall." Movie times to be announced closer to the date.

B.O.S.S., building 1045, suite 31
Call 353-7648, registration required



Outdoor Recreation

Summer 2018 Trips

September

Adventure	Date	Length	Price	Location
Wrangell-St. Elias National Park Expedition	August 31 – September 3	4 Days	\$290	Wrangell-St. Elias NP
Delta Clearwater Float	September 8	Full Day	\$65	Delta Clearwater River
Birch Hill Mountain Biking	September 9	Full Day	\$35	Birch Hill XC Trails
Bike to HooDoo Brewery	September 14	Half Day	\$15	Outdoor Recreation
Rock Climbing	September 15	Full Day	\$50	Grapefruit Rocks
Silver Salmon Fishing**	September 20	Full Day	\$110/adult \$65/youth	Delta Clearwater River
Silver Salmon Fishing**	September 21	Full Day	\$110/adult \$65/youth	Delta Clearwater River
Silver Salmon Fishing**	September 22	Full Day	\$110/adult \$65/youth	Delta Clearwater River
Mountain Biking to Ursa Major Distillery	September 22	Half Day	\$35	UAF to Ursa Major
Silver Salmon Fishing**	September 23	Full Day	\$110/adult \$65/youth	Delta Clearwater River
Angel Rocks Hike & Soak	September 30	Full Day	\$50	Chena River SRA

All trips subject to change.
**Alaska State Fishing License is required.



Reserve your space!
Reservations must be made at least 24 hours in advance.
Outdoor Recreation Center, Bldg 4050 Glass Drive, (907) 361-6349
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR #WainwrightCDR

DISCOVER B.O.S.S. DISCOVER WAINWRIGHT

B.O.S.S. SYMPOSIUM

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

New DOD policy prohibits GPS-enabled devices in deployed settings

Jim Garamone
Department of Defense News

Deployed service members are going to have to ditch their “geolocation devices” in response to a new memo from Deputy Defense Secretary Patrick M. Shanahan.

This includes physical fitness aids, applications in phones that track locations, and other devices and apps that pinpoint and track the location of individuals.

“Effective immediately, Defense Department personnel are prohibited from using geolocation features and functionality on government and nongovernment-issued devices, applications and services while in locations designated as operational areas,” Pentagon spokesman Army Col. Robert Manning III told Pentagon reporters yesterday.

Deployed personnel are in “operational areas,” and commanders will make a determination on other areas where this policy may apply.

The market for these devices has exploded over the past few years, with many service members incorporating them into their workout routines. They use the devices and applications to track their pace, running routes, calories burned and more. These devices then store the information and upload it to central servers where it can be shared with third parties. That information can present enemies with information on military operations.

USING GPS DEVICES POSE RISK

“The rapidly evolving market of devices, applications and services with geolocation capabilities presents a significant risk to the Department of Defense personnel on and off duty, and to our military operations globally,” Manning said.

These Global Positioning System capabilities can



U.S. Army Special Forces Soldiers, assigned to 10th Special Forces Group (Airborne), practice alongside Iraqi counter-terrorism forces on loading and unloading procedures from an MI17 Helicopter prior to conducting a mission near Baghdad, Iraq, Dec. 15, 2008. The Defense Department announced in a memo released Aug. 6, 2018 that personnel are prohibited from using geolocation features and functionality on government and nongovernment-issued devices, applications and services while in locations designated as operational areas. (Photo courtesy, U.S. Army)


expose personal information, locations, routines and numbers of DOD personnel. Their use in overseas locations “potentially create unintended security consequences and increased risk to the joint force and mission,” Manning said.

Personal phones and other portable devices also contain apps that rely on GPS technology, and they will be affected. Commanders will be responsible for implementing the policy, and they will be allowed


to make exceptions only after conducting a thorough risk assessment.


Security is at the heart of this guidance. DOD is seeking a balanced way that allows for legitimate official and personal uses of geolocation technology that does not impact security.

Manning said the department will continue to study the risk associated with these devices and change the policy as needed.



BENEFICIARY TOWN HALL





Join us for a Beneficiary Town Hall with
LTG Nadja West, The Surgeon General
and Commanding General,
U.S. Army Medical Command on
Wednesday , August 15 at 5:30 p.m.
at the Northern Lights Chapel.

Ask about your health care in person and hear
more about the future of Army Medicine.

Beneficiary Town Hall

Join us for a Beneficiary Town Hall with Lt. Gen. Nadja West, The Surgeon General and Commanding General, U.S. Army Medical Command Aug. 15, at 5:30 p.m. at the Northern Lights Chapel, building 3420. This is a venue to ask about health care and hear more about the future of Army Medicine.



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August 14 2018
4 to 6 p.m.
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call 361-4000 to schedule
(walk-ins accepted until capacity reached)

- Bring any special school forms to appointment with patient/parent portion completed.
 - If available, bring immunization records to the appointment.
- Medical issues will NOT be addressed unless they are directly related to the physical.
 - Ages 3 to 18



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iWATCH ARMY



Improving the benefit Commissaries meet with vendors, suppliers, brokers to discuss more ways to boost shopping experience

Kevin L. Robinson
DeCA public affairs specialist

Ways to improve the patron shopping experience were the main focus of the Defense Commissary Agency and its industry partners during a July 25 meeting at agency headquarters in Fort Lee, Virginia.

The daylong event brought DeCA’s top volume suppliers and their brokers together with agency sales and marketing officials to continue a deep dive into potential actions commissaries can promote to impact the value of the benefit.

Billed as a “joint business planning session,” the meeting was a follow up to an initial summit that retired Rear Adm. Robert J. Bianchi – then DeCA interim director and CEO, and now special assistant for commissary operations – had with industry in late March, said Chris Burns, DeCA’s executive director for business transformation.

“Our focus is to improve our patrons’ shopping experience, maintain savings and grow sales,” Burns said. “There are 3.1 million military households [close to the base] and we want to convince more of them to consider their installation as the first and best stop for their commissary and exchange shopping.

“For commissaries in particular, we have to win when it comes to the product being available on our shelves at the best possible price,” he added. “Our category managers are working hand in glove with many of the people in this room to help us improve this benefit.”

As the fiscal 2019 calendar approaches, Burns said it’s vital that commissaries blast off during the first quarter and the subsequent holiday season. With that in mind, he charged DeCA and industry participants to collaborate on developing three to five initiatives to move the needle for the commissaries top 30 product categories.

Central to this collaboration is the introduction of a joint business planning guide the sales directorate will use in its negotiations with industry to help commissaries develop category-focused business plans that maintain the current level of savings and

Chris Burns, DeCA’s executive director for business transformation, speaks to the agency’s top volume suppliers and their brokers during a July 25 meeting at agency headquarters in Fort Lee, Virginia. (Photo by Kevin Robinson, DeCA)



value in the product assortment; grow sales; increase shopping trips, patron transactions and basket sizes; and ensure at least 98 percent product availability in the stores.

“We are starting to see some upward sales growth as we head toward the end of this fiscal year, and with the help of our industry partners we want to keep building on that momentum,” said Tracie Russ, DeCA’s sales director. “Our plans are in place for what we hope will be a vibrant holiday season – our patrons can expect some hot savings on turkeys. We are also adding more meals-ready-to-eat and meal solutions with recipes that give our patrons faster options for home-cooked menus.”

Other agenda items included the following topics: A “State of Our Business” presentation from Nielsen, a global measurement and data analytics

company, that discussed DeCA’s sales performance and how that fits in with retail grocery trends

A presentation from Delbert Myrick, the director of policy, on “Trends and Insights,” discussing patron demographics related to category and brand analysis. He also discussed the importance of DeCA improving its fill rate performance or the relationship between the products ordered from suppliers and those that end up on the shelves

A presentation from Hector Granado, the marketing director, on “Marketing and Promotions.” He and his marketing team addressed the impact of the Commissary Rewards Card on patron purchases, and the promotions matrix and calendar. They also answered questions on agency initiatives related to product pricing, branding, promotions, marketing, health and wellness, patron awareness and social media

Breakout sessions with category managers discussing ways to drive patron value, basket size and foot traffic in commissaries

Burns also spoke to industry members about DeCA’s increased partnership with the exchanges in areas of joint sales promotions, dating back to a military resale marketing conference hosted by DeCA in February.

“We are working as a military resale system to drive more patrons to the installation,” Burns said. “There’s a lot of synergy between commissaries and exchanges, and we want to complement each other as we work to offer an installation shopping experience that our service members and their families have earned.”

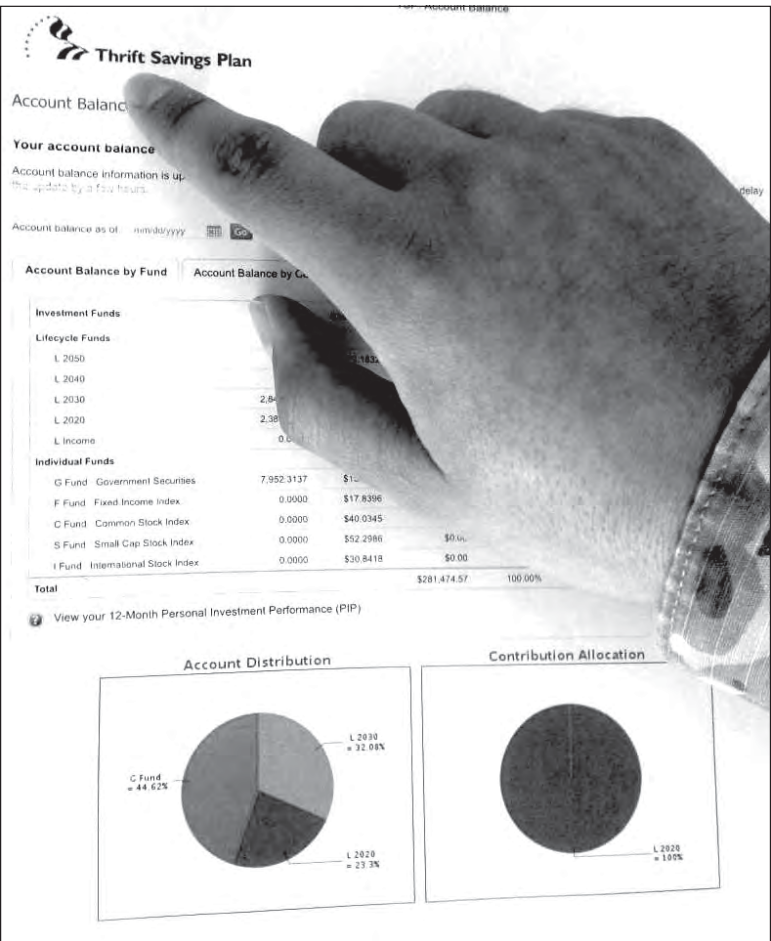
Army senior official encourages Soldiers to consider opting for Thrift Savings Plan

David Vergun
Army News Service

One of the wisest financial choices a Soldier opting-in to Blended Retirement System (BRS) can make is to participate in for the Thrift Savings Plan (TSP), said Henry Manning.

Manning, Operations Officer for the Deputy Assistant Secretary of the Army for Military Personnel and Quality of Life, said that TSP is somewhat like the highly popular 401K plans offered at many civilian jobs, but

is actually better. Like the 401K, the TSP is a way for income to grow tax-deferred. The good part about TSP is that unlike some other plans, there are no management fees and TSP contributions reduce taxable income. It has also had a strong performance record over the years. Perhaps the biggest advantage of TSP is that the government will match a Soldier’s contribution, up to 5 percent, he said. Also, TSP can be customized to meet the Soldier’s individual needs, which could be a specified mix



A Soldier browses a Thrift Savings Plan readout that shows a breakdown in how the funds are distributed. (Photo Credit: U.S. Army photo by David Vergun)

20th Year

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*If attending the VA Claims Clinic, please bring your medical records.

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of stocks, bonds and/or the more conservative savings fund. He noted that the customization can be altered without penalty at any time. TSP provides Soldiers separating from the Army prior to becoming retirement eligible with a savings account that is supplemented by DOD contributions and any earnings. Unlike the legacy retirement system, Soldiers leaving after just 2 years can take all associated TSP earnings with them. Manning disclosed that he has had a TSP account for a number of years and other Army personnel he knows take advantage of it as well.

STEPS TO TAKE Manning suggested speaking with a Personal Financial Manager at Army Community Service who can help Soldiers customize where their TSP funds are invested. He emphasized that opting in to TSP isn’t automatic. Each Soldier needs to individually enroll and specify the percentage of contribution. For Soldiers who came in the Army Jan. 1, 2018 or after, the government

will match 1 percent of contributions after 60 days of service. After two years, the government will match up to 5 percent of contributions, he said, noting that Soldiers who entered the Army prior to this year can immediately get up to 5 percent matching once they opt-in to BRS and enroll in TSP. Sgt. Laura Martin, who has a TSP account, showed how easy it is to enroll. She pulled up her MyPay account, which has a TSP option to select with instructions on enrolling either in a traditional TSP, which is tax-deferred, or a Roth TSP, which is not tax-deferred. Martin’s husband, also a Soldier, has a TSP account as well. She said the two of them took out a TSP loan, which is interest free, to pay cash for a house they intend to live in upon retirement. Manning concluded: the vast majority of Soldiers do not stay in for 20 years to take advantage of a traditional retirement pension. That’s why enrolling in TSP makes perfect sense.