

Fort Wainwright BOSS Program takes home top prize

Sgt. Ashley Morris
U.S. Army

The Fort Wainwright Better Opportunities for Single Service members program returned to Fort Wainwright, Aug. 17, 2018 with the new title of Best BOSS Program – Pacific.

Command Sgt. Major Juan S. Cornett, BOSS senior enlisted advisor, Spc. Austin Mooney, BOSS vice president, and Elaine Ingram, Budget Analyst for Family and Morale, Welfare, and Recreation, all from U.S. Army Garrison Alaska at Fort Wainwright, was presented the award Aug. 16, 2018, at the BOSS regional training in O’ahu, Hawaii.

The bi-annual training teaches key installation BOSS leadership lessons aimed at helping garrison BOSS programs develop and sustain best practices that are beneficial to their local installations.



Best BOSS Program – Pacific. Command Sgt. Major Juan S. Cornett (center left), BOSS senior enlisted advisor, Spc. Austin Mooney (center right), BOSS vice president, and Elaine Ingram, Budget Analyst for Family and Morale, Welfare, and Recreation, all from U.S. Army Garrison Alaska at Fort Wainwright, was presented the award Aug. 16, 2018, at the BOSS regional training in O’ahu, Hawaii. (Photo by SSgt. Cody Mackall, U.S. Army Fort Campbell BOSS President)

See BOSS on page 3

Puerto Rican guardsmen integrate with Eielson defenders



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

RED FLAG-Alaska brings units from around the globe for joint, coalition and multilateral training from simulated forward operating bases, but one unit from the Puerto Rico Air National Guard joined the defenders on Eielson for real-world integration.

Members from the 156th Security Forces Squadron out of Muñiz Air National Guard Base, Puerto Rico,

Airman 1st Class Zaderick Milliam, a member of the 156th Security Forces Squadron (SFS) out of Muñiz Air National Guard Base, Puerto Rico, checks identification at Hursey Gate, Aug. 23 2018 at Eielson Air Force Base, Alaska. While at Eielson, 156th SFS members had the opportunity to exchange tactics and procedures with 354th SFS members. (Photo by Airman 1st Class Eric M. Fisher, 354th Fighter Wing Public Affairs)

deployed to Eielson where they supported 354th SFS operations during RF-A 18-3.

“Every RF-A, we request support due to the influx of personnel, which increases our workload for entry control and other security positions,” said Capt. Luke Richardson, 354th SFS Operations Officer. “Having the other [security forces] members allows us to fill those positions and increase patrols, which helps us a lot.”

See DEFENDERS on page 3

Army Emergency Relief Awards \$8 million in scholarships

Shawn Woodbridge
Army Emergency Relief Chief
Marketing, Communications and Development



Three thousand four hundred and sixty-five U.S. Army Spouses and dependent children of active duty and retired Soldiers return to college this fall with 2018-2019 Army Emergency Relief scholarships. AER awarded \$8 million in scholarship grants based on the financial needs of the family, with an average award of \$2,300.

The Maj. Gen. James Ursano Children’s Scholarship Program is a need-based scholarship established to assist children of Army Soldiers in obtaining their first undergraduate degree. This program accepts applications between January and early April, and provided 2,861 scholarships to children of active duty and retired Soldiers this year.

“Thank you to the Army Emergency Relief Fund for awarding me a Maj. Gen. James Ursano Scholarship for the 2018-2019 academic year,” said Emma Mulhern. “This scholarship will help me pay for my continued studies at the Carlson School of Management at the University of Minnesota. I look forward to putting this scholarship to good use!”

The Spouse Education Assistance Program is also a need-based scholarship program established

See SCHOLARSHIPS on page 7

Arctic Wolves conduct Medical Evacuation Communications training

Maj. Charlie Dietz
1st Stryker Brigade Combat Team, 25th Infantry Division Public Affairs

More than 300 Soldiers from 1st Stryker Brigade Combat Team, 25th Infantry Division, took to the field to test their life saving communication skills on Fort Wainwright, Aug. 6.

The medical evacuation (MEDEVAC) training titled Operation Arctic Whiskey; termed after the

Medics from 1st Stryker Brigade Combat Team, 25th Infantry Division, transport a simulated casualty as part of Operation Arctic Whiskey on Fort Wainwright, Aug. 6. The exercise tested the Soldier’s ability to communicate with other units under stress while performing care. (Photo courtesy Maj. Charlie Dietz 1st Stryker Brigade Combat Team, 25th Infantry Division Public Affairs)



See TRAINING on page 6

WEEKEND WEATHER

Friday

Mostly cloudy with a high of 55 degrees and a low of 39.

Saturday

Rain with a high of 55 degrees and a low of 46.

Sunday

Rain with a high of 57 degrees and a low of 46.

YOUR INVITED - COMMUNITY ACTION COUNCIL

The Fort Wainwright Community Action Council meeting is slated to take place, this next Wednesday, Sept. 5, at the Last Frontier Community Activity Center, building 1044. This event is open to the Fort Wainwright community. Come participate and find out what’s happening on your installation. Get more on future events, share your questions, concerns and get answers from the experts. Presentations begin at 10:45 a.m. with two to three special topic presenters providing information on Winter Safety, how the Fort Wainwright Road Conditions program works, USO Programs offered on post, and other information from North Haven Communities, the Main Exchange, Commissary and Family & MWR. See you there, or on livestreaming, at <https://www.facebook.com/FortWainwrightPAO/>.

Nutrition Corner: Myth Busters

Should you avoid grains when you are trying to lose weight?

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

Definitely not. Foods containing grains often get a bad reputation for making people gain weight, but the truth is, many grains provide great nutritional benefits.

Whole grains still contain the grain kernel- the bran, germ, and endosperm which naturally provide fiber; B vitamins like thiamin and folate, and iron. Include whole grains as part of your balanced diet to help reduce your risk of heart disease and to help prevent constipation.

Aim to make half of your grains whole grains. Some examples of whole grains to include in your diet that are

both, nutritious and delicious, are rolled oats, barley, popcorn, brown rice, millet, quinoa, farro and whole wheat bread and pastas.

Refined grains have had the bran or germ removed, which results in a finer texture and improved shelf life. Unfortunately, it also removes dietary fiber, iron, and B vitamins. Many times they are fortified back in to refined grain products but not always. As you increase or you replace your refined grains with whole grains, be mindful of your portion sizes. Whole grains are naturally better for you, but there are just as many calories in them as their refined counterparts.

RECIPE SPOTLIGHT:
Farro and asparagus salad.

INGREDIENTS:
2 cups farro
One bunch asparagus, trimmed
1 cup cherry tomatoes, halved
½ cup chopped walnuts
¾ cup dried cranberries
½ cup chopped fresh parsley
½ cup chopped green onions
¼ cup balsamic vinaigrette
¾ cup shaved parmesan cheese

PREPARATION:
Prepare farro according to package instructions
Fill a large pot with salted water and bring to a boil over high heat. Once the water is boiling, stir in the faro

and return to a boil. Reduce heat to medium, then cook the faro uncovered, stirring occasionally for 20 minutes. Reduce heat to low, cover, and continue simmering until tender, about 30 more minutes. Drain and allow to cool

Bring a large pot of lightly salted water to a boil. Add the asparagus, and cook until tender, about 3 minutes. Drain and immerse in ice water. Once asparagus is cold, drain and chop. Set aside.

Place faro, asparagus, tomatoes, walnuts, cranberries, parsley, and green onions in a large bowl. Drizzle balsamic vinaigrette over and sprinkle about ¾ cups parmesan cheese, then toss. Top with the remaining ¼ cup parmesan cheese. Serve.

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
Anti-oxidants are vital ingredients to help prevent illness and keep your body healthy by providing your immune system with disease-fighting power. Crunch, sip, and snack your way to less stress.

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

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.

TOBACCO CESSATION
Ready to quit tobacco? Let our tobacco cessation educators assist you. Classes are offered weekly at Preventive Medicine, building 4077, for beneficiaries. Upcoming classes include Sept. 4 and 25, from 9 to 11 a.m. To register, or for more information on class content and future dates, call 361-4148.

BREASTFEEDING ROOMS
Mothers are welcome to breastfeed anywhere they are comfortable at Bassett ACH but for those who choose to breastfeed in private, BACH offers three lactation pods located throughout the facility and a lactation room. Any staff member will be happy to assist you in locating the area closest to you within the facility.

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.

HANDLING FOOD
Anyone serving food on post, including bake sales, must have a valid food handler’s card. The card, valid for one year, can be obtained from Preventive Medicine, building 4077, adjacent to Bassett ACH. The Food Handler’s course slides can be found and studied on our website, at www.alaska.amedd.army.mil/Preventive_Med/Preventive_Medicine.htm. After reviewing the slides, a proctored test must be taken and passed with a 70 percent or better. Call 361-5182 for test times and more information.

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

SAVE TIME AND TRAVEL WITH SECURE MESSAGING
Want instant access to your healthcare team? Request an appointment, check labs, ask questions, get forms filled out and more. Scan the QR link or go to <https://app.relayhealth.com/Patients/Registration.aspx> to register. You will have access to your team within 1 business day.

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

Weekly Financial Tips: Utility bills

Ryki Carlson
Survivor Outreach Services Support Coordinator

Are you looking for ways to reduce costs at home, even if you don’t own the home? Most of the following tips can are low cost, so you won’t worry about leaving them installed if you don’t own the home. Consider some of these tips to reduce your utility bills:

ADJUST AND INSULATE YOUR HOT WATER HEATER
Set the water heater thermostat to 120 degrees F or the “low” setting. Install inexpensive pipe installation on all exposed hot water pipes and on the first three feet of exposed cold water pipe that is connected to the hot water heater. Insulating your hot water tank is easy and inexpensive way to improve your energy efficiency.

CHANGE TO A LOW-FLOW SHOWERHEAD
Remove your old showerhead and replace it with a low-flow showerhead. They are easy to install and use 20 percent less water. This is especially a great option if you have teenagers at home. Check with your power company for rebates on low-flow showerheads.

INSTALL FOAM INSULATING GASKETS
Foam insulating gaskets are insulators for your electrical outlets. Your electrical outlets are a source of heat loss in the winter and can really increase your heating bill. These gaskets can be found at most home improvement stores and shouldn’t cost more than a couple of dollars.

SWITCH TO CFL OR LED BULBS
Replacing either all your lights or the ones you use most often is a great way to reduce your energy bill. Talk with

your electric company, they may supply these for you or offer you rebates for purchasing them.

INVEST IN INSULATED DRAPES, CELLULAR BLINDS, OR BLACKOUT CURTAINS
Covering your windows with insulated coverings will reduce your heating bills. Shop at thrift stores for curtains or a home improvement store may have blinds that have been previously cut incorrectly that they sell at a large discount.

HAVE YOUR LANDLORD SERVICE YOUR FURNACE ANNUALLY
A properly maintained furnace can reduce your bills. Remember to clean/replace your furnace filter every two months during the heating season.

TURN DOWN YOUR THERMOSTAT
Remember to set your thermostat to 68 degrees F while you are home during the day and down to 65 degrees when you are away or at night. Consider installing a programmable thermostat.

RUN CEILING FANS CLOCKWISE FOR WINTER SAVINGS
Most fans have a “clockwise” setting and a “counterclockwise” setting, each appropriate for a different season. Stand beneath the fan and turn it on. If you immediately feel a breeze from the fan, then it’s set on the summer setting, usually counterclockwise. Otherwise, turn off the fan, climb up near the base of the fan, and look for a little button or switch that sets the fan to run in the opposite direction. Generally, you want your fan to run counterclockwise at higher speeds in the summer to move the breeze around, and clockwise at lower speeds to help distribute the heat in the winter.

PAY ATTENTION TO YOUR REFRIGERATOR
In an apartment, 25 percent of your electric bill may go towards the fridge. Keep its compressor coils clean to reduce electric usage. Cover your food and check the seal around the doors. If you have minimal food in the fridge, fill water containers to take up the extra space. This will help you keep your food cold and reduce your electric bill. The same goes for your freezer.

USE DRAFT STOPPERS
Place delightfully mobile draft stoppers in front of drafty doors and windows. They usually cost about ten dollars or you can make them yourself.

SMALL REPAIRS
One of the benefits of having a landlord is they will fix things. Don’t let your leaky faucet go. Take the time to make the call to your landlord and save money on your water bill.

DOOR DRAFT REPAIRS
Your landlord may have been cutting corners when they installed your door. If there is a draft, install a door sweep or install inexpensive weather-stripping.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

The Chaplain’s Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

My wife, Karen, and I have discovered that unless we intentionally carve out time in our busy schedules, we will miss seeing much of Alaska’s natural beauty. So, all of a sudden, last week she announced: “Let’s go to Valdez.” Although it was a long drive, we enjoyed a short one night trip to see the mountains and glaciers.

In thirty years of blissful matrimony, we’ve also discovered that we both prefer her driving. As we approached Valdez, Karen carefully navigated the construction work and lines of RVs. By then my face was glued to the car window in awe of the majestic scenery. At one point she glanced over at me and said, “What are you thinking?” The first thing that popped in to my head was: “It’s good to feel small.”

Disney’s latest Winnie-the-Pooh movie, Christopher Robin, is currently playing in theaters. Although I haven’t seen this movie (yet), I grew up on all the classic animated specials of Pooh and his friends. As soon as I said the words, “It’s good to feel small,” I thought of Piglet. Among the many quotable quotes a quick internet search attributes to Piglet is this: “Piglet noticed that even though he had a Very Small Heart, it could hold a rather large amount of Gratitude” (A. A. Milne, Winnie-the-Pooh).

Piglet has some anxiety about being a Very Small Animal. I think Piglet has a lot of human company these days who also feel anxious about being very small. This could be a reason so much of the recent public discourse is focused on verbally tearing one another down. To put it in a way that Pooh might understand, it’s all about making someone else feel small so that I can feel big.

But what if, like Piglet, we were to concede our smallness up front? Isaiah 6:1 begins with Isaiah acknowledging his smallness before the Lord, high and exalted, seated on a throne, with the train of his robe filling the temple. Sinful pride creeps in to our relationships - even our anonymous online interactions with strangers - puffing us up and deceiving us into believing that we’re bigger than we really are. However, when we humbly accept our smallness up front, we are more able to admit that God is God - we are not. God is big, I am not. And that, in turn, creates room in our very small hearts for rather large amounts of gratitude.

Enjoy the beauty and majesty of God’s creation this week. It’s a helpful reminder that it’s good to feel small.

The Fort Greely Chapel community is open and accessible to everyone in the Delta Junction/Fort Greely community



Chaplain (Lt. Col.) Paul Fritts

-even non-military. We are a traditional, protestant Army chapel service meeting on Sundays at 10 a.m., with a weekly Communion observance. Interested? Please call 907-873-4397 to arrange for gate access. “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

BOSS

Continued from page 1

Fort Wainwright BOSS beat out 10 other BOSS programs from the pacific region by successfully completing more than 95 programs and events during fiscal year 2018.

Among those programs, Fort Wainwright BOSS offered 23 life skills activities that taught service members invaluable lessons in self-sustainment, physical health, and mental resiliency.

“We cannot do what we do without the participation of our Soldiers and airmen,” Mooney said. “Without

their participation and the support of the command teams, BOSS would not be able to execute its’ mission.”

The Fort Wainwright BOSS program serves to enhance the quality of life for single service members in the interior Alaska area, to include single service members with dependents and geographical bachelors, by offering recreation and community service activities, as well as facilitating any quality of life issues that service members may encounter.

DEFENDERS

Continued from page 1

For members of the Puerto Rico Air National Guard, these positions provide new experiences for their defenders that may not be available at their home station.

“Our home station only has four positions for us to work in, but here because the base is bigger there are more places for us to work, such as the vehicle search pit, the patrols or with military working dogs,” said Tech. Sgt. Allen Rivera, a member of the 156th SFS. “We brought a lot of our young Airmen with us and this gives them an opportunity to gain experience.”

This integration of two SFS squadrons provides both units with a chance to exchange tactics and procedures while also preparing them for what they may face in deployed locations.

“Each base has different enforcement policies, for example, on Eielson we follow Alaska state laws which we focus and train on,” said Richardson. “For them, they get a lot of exposure to how different rules and laws can be at various locations.”

Richardson also mentioned that when security forces members deploy they’ll have to learn the rules and procedures for their deployed location, which means temporary deployments to other bases allow defenders to gain experience so they can easily adapt.

“Most expeditionary security forces units are made up of different teams from all sorts of bases,” Richardson said. “So each of them comes to the deployed location with different experiences and different backgrounds, which makes communication and the ability to work together as a team very important.”

Throughout RF-A 18-3, the integration of the two SFS units provided improved security for the installation while doubling as an opportunity for defenders to gain experiences, learn new things and better prepare for what they may face during a deployment.

Corps welcomes new commander to the Alaska District

Staff Report
U.S. Army Corps of Engineers - Alaska

Col. Phillip Borders became the 28th commander of the organization during a change of command ceremony today on the front lawn of the headquarters building near Anchorage.

Borders, a native of Lawrence, Kansas, replaces Col. Michael Brooks, who served as the district commander since July 2015 and retired after 25 years of service. Brig. Gen. Thomas Tickner, commanding general for the U.S. Army Corps of Engineers – Pacific Ocean Division at Fort Schafter, Hawaii, hosted the event.

Borders will oversee a multi-million dollar program that provides engineering, construction, planning, contracting, real estate, emergency operations, environmental and regulatory services to the military; federal, state and local governments; as well as the public in Alaska.

In addition, he will be responsible for the district’s support to the U.S. Pacific Command designing and constructing humanitarian assistance projects throughout Southeast Asia. Under the DoD Foreign Military Sales Program, the district also oversees master planning, requirements validation, design and construction of

infrastructure for the Government of India’s C-17 aircraft at Hindon Air Force Station.

Before assuming command in Alaska, Borders attended both the National Security and School of Other Nations programs under a U.S.-bilateral arrangement at the Canadian Forces College in Toronto, Ontario. Previously, he served as chief of the Engineer Plans Branch for U.S. Central Command at MacDill Air Force Base in Florida.

Borders has deployed for 42 months in support of Operation Iraqi Freedom, Operation Enduring Freedom, Operation Freedom Sentinel and Operation Desert Storm. He has earned the Airborne Badge, Air Assault Badge, Ranger Tab and Combat Action Badge. As a decorated Army officer, some of Borders’ awards include the Bronze Star with two oak leaf clusters, Army Commendation Medal with six oak leaf clusters, Army Achievement Medal with three oak leaf clusters, and National Defense Service Medal with one Bronze Service Star.

Borders graduated with a bachelor’s degree in architecture from the University of Kansas in 1996. He also earned a master’s degree in engineering management from the University of Missouri – Rolla and is credentialed as a project management professional.



Upcoming BOSS events

Sept. 11
BOSS TUESDAYS WITH OUTDOOR RECREATION DISC GOLF

The BOSS Tuesdays with ODR for the month of September is Disc Golf, at Outdoor Rec. These free BOSS Tuesday’s events were created as way to get Service Members out of their barracks and active during the week. Preregistration is required along with a refundable \$10 deposit. Free (\$10 refundable deposit required to secure spot) / Registration Deadline: Sept. 7.

Sept. 15
SINGLE PARENT AND CHILD HIKE

Join BOSS for a day of adventure at Denali National Park on 15 September 2018. This event is for all BOSS eligible Single Parents and their dependents. This trip is a great way for parents to spend the day with their child without having to worry about transportation. Trails will be available for hiking, as well as other activities. If hiking is not your thing, there are plenty of opportunities to take amazing photographs. This

all-day trip is only \$5 per Parent/Child, and \$5 for each additional child. Transportation from Fort Wainwright is provided. Anyone attending this trip is asked to pack a day bag with wet and cold weather gear due to the unpredictable park weather. Space is limited so pre-registration is required. Cost: \$5 per Parent/Child group, \$5 for each additional child (not refundable within 7 days of the trip) / Registration Deadline: Sept. 7.

Sept. 16
BIRCH HILL MOUNTAIN BIKING

Join BOSS and Outdoor Recreation for a day of Mountain Biking through the trails at Bike Hill from 8 a.m. to 5 p.m. This event is open to all BOSS eligible service members, regardless of experience level. ODR will provide the equipment; participants must ensure they are dressed appropriately (i.e. over the ankle boots or shoes). Preregistration is required and a \$10 deposit is due at time of sign-up. Free(\$10 refundable deposit required to secure spot) / Registration Deadline: Sept. 12.

Six-year Old Harbor runway project completed



Sgt. 1st Class Seth Gordon, Brigade Engineer Operations Sergeant for 297th Regional Support Group, Alaska Army National Guard, shakes hands with Marines he worked alongside during the Innovative Readiness Training Old Harbor runway extension project Aug. 7, 2018. Gordon participated in the project for all four years that the Alaska National Guard was involved. (Photo by Staff Sgt. Dayton G. Will, U. S. Army)

Staff Sgt. Balinda O’Neal Dresel
Alaska National Guard
Public Affairs

A newly extended runway was opened at Old Harbor, Alaska, Aug.7, marking the completion of a six-year Innovative Readiness Training project. Soldiers from the Alaska Army National Guard’s 207th Engineer Utility Detachment joined service members from active and reserve components of the Air Force, Army, Coast Guard, Marine Corps and Navy, said Sgt. 1st Class Jack Carlson, readiness noncommissioned officer for the 20th EUD. The IRT project is a Department of Defense program connecting military units in need of training with underserved units in need of compatible services. “This is a great opportunity. Members of other components have come from all around the country, but for us it’s a chance to help one of our

own local communities,” said Sgt. 1st Class Seth Gordon, brigade engineer operations sergeant for the Alaska Army National Guard’s 297th Regional Support Group. “I’ve been out here for all four years that we’ve participated, and it’s been awesome working with my counterparts from other services. Training included heavy equipment operation, surveying, and vehicle maintenance and repair,” said Gordon. “Everyone in the Army knows how to do basic equipment maintenance when you have a shop and a ready supply of parts,” he said. “It’s a completely different game out here. We worked with Marine mechanics to diagnose and repair problems that we’ve never run across before with this equipment. They’ve gotten very good at diagnosing problems over the past six years of working out here.” Service members working on the project have become close

friends with the local community, and pitched in their spare time to help with other community projects, such as repainting the church. Marine Gunnery Sgt. Brandon Watson, project coordinator for IRT Old Harbor, became the fire chief every summer for the six years of the project. “I’m a firefighter in my civilian career, and I love it, so I guess it was natural for me to play that role for the community here,” Watson said. “The runway extension is just one component of a multi-stage development plan for Old Harbor,” said Rick Berns, Mayor of Old Harbor. “We’re trying to build more infrastructure. We realize that a lot of people are leaving our community because of a lack of opportunity, and it’s our goal to provide opportunities so our young people can stay here and work.”

A ribbon cutting ceremony for the completion of the Innovative Readiness Training Old Harbor, Alaska, runway extension project was held August 7, 2018. Alaska Army National Guardsmen participated in the project for four of its six years. The Marine Corps was the lead service of the project, which incorporated service members from across all branches of the military. The Innovative Readiness Training program builds mutually beneficial civil-military partnerships between U.S. communities and the Department of Defense. (Photo by Staff Sgt. Dayton G. Will, U. S. Army)

welcome to

WINTER

DISCOVER WHAT'S IN STORE IN THE LAST FRONTIER
PREPARE YOURSELF FOR ALL ALASKAN WINTERS HAVE TO OFFER

- Learn how to properly "winterize" your vehicle
- Discover what to wear in the bitter cold
- Know how to drive on ice
- Learn how to care for your pets in extreme conditions
- Find coping mechanisms for the long, dark days

6-8 P.M.
SEPTEMBER 6
SEPTEMBER 27
OCTOBER 11
NOVEMBER 14
DECEMBER 13

LAST FRONTIER COMMUNITY ACTIVITY CENTER
BUILDING 1044 APPLE STREET

For more information, contact Army Community Service:
Relocation Readiness at (907) 353-7908

www.wainwright.armymwr.com
#WainwrightMWR #WainwrightACS

Weekly Events

August 31 – September 7

31

BOGO Laser Tag Games
August 31, 1 to 3 p.m.
Did you know that everyone can reap the benefits of Buy One, Get One FREE on laser tags during training holidays? Don't miss out on a minute of action!
Last Frontier Community Activity Center, building 1044
Call 353-7755

1

Oktoberfest featuring Craig Morgan and After Parties to follow!
September 1, Event gates open at 4 p.m.
Country artist Craig Morgan is coming to Fort Wainwright! Raise a glass and cheer on the autumn harvest with food, fun, games, and of course, a concert! Entry is free and open to the entire family. After the concert, head inside to the Warrior Zone or Nugget Lanes Bowling Center for two unforgettable Oktoberfest After Parties!
Warrior Zone, building 3205
www.wainwright.armymwr.com

2

Month of Mayhem
September 2 through 30
Get fit with a friend in a game of healthy competition at the PFC or Melaven Fitness Center! Compete in assigned challenges each week, with prizes awarded to top teams at the end of the month.
Physical Fitness Center, building 3702
Call 353-7223, registration required

6

Welcome to Winter
September 6
6 to 8 p.m.
Are you prepared for the winter ahead? Don't miss out on the knowledge shared during Welcome to Winter, an orientation for incoming Fort Wainwright Soldiers, Families, and Civilians.
Last Frontier Community Activity Center, building 1044
Call 353-7755

7

USARAK and Chena Bend CG Tournament
September 7
1 p.m.
Fort Wainwright and golf enthusiasts, get ready to compete in the USARAK and Chena Bend CG Golf Tournament! Register online or in person.
Chena Bend Clubhouse, building 2090
Call 353-6223, registration required

Oktoberfest

WITH COUNTRY ARTIST

CRAIG MORGAN

SEPTEMBER 1
OUTDOORS @ THE WARRIOR ZONE

EVENT OPENS AT 4 P.M.
MUSIC STARTS AT 5:30 P.M.

18+ OKTOBERFEST AFTER PARTY
AT THE WARRIOR ZONE, 8 P.M.

FAMILY-FRIENDLY BOWLING PARTY
AT NUGGET LANES BOWLING CENTER, 8 P.M.

Concert is open to the public.
After Parties are open to DoD ID Cardholders and their authorized guests.
Must be 21+ to purchase or consume alcohol. Please drink responsibly.

PROST!


www.wainwright.armymwr.com
@WainwrightMWR #WainwrightOktoberfest



NUGGET LANES BOWLING CENTER PRESENTS

FAMILY FUN DAYS





EVERY SUNDAY
11 A.M. - 4:30 P.M.



\$40

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RED FLAG-Alaska 18-3 concludes



A 457th Fighter Squadron pilot taxis toward the runway Aug. 10, 2018, at Eielson Air Force Base, Alaska. The 457th FS, from Naval Air Station Fort Worth Joint Reserve Base, Texas, is one of the visiting units for RED FLAG-Alaska 18-3. (Photo by Airman Aaron Guerrisky, U.S. Air Force)

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

Aug. 24, 2018, marks the ending of another iteration of RED FLAG-Alaska.

During RF-A 18-3, U.S. and partner nation forces from around the globe, including the Royal Canadian Air Force, the Royal Air Force, and the Royal Australian Air Force, came together to conduct training in the air and on the ground to help improve interoperability between the U.S. and its allies; and to exchange tactics, techniques and procedures.

Throughout the exercise, participating units had the opportunity to train with various joint and coalition partners in a realistic combat environment throughout the Joint Pacific Alaska Range Complex, which is one of the largest instrumented air, ground and electronic combat training range in the world.

“RF-A is unique for a couple different reasons;

the facilities we have [and] the [JPARC] where we conduct flying and ground operations,” said Maj. Thomas Stengl, the 353rd Combat Training Squadron assistant director of operations. “Normally, training venues have limitations, but here there are very few. Super-sonic flight is allowed and participants are able to execute their techniques tactics and procedures almost to the extent they would in war time.”

While RF-A and the JPARC provide exceptional training to pilots, they aren’t the only ones to benefit from the opportunities the exercise creates.

“[RF-A 18-3] provided a chance for more than 100 aircraft and 1,500 personnel to learn to train in a joint, international and increasingly multi-domain environment,” said Lt. Col. John Anderson, the 353rd Combat Training Squadron commander. “They learned to talk the same talk and fight the same fight to solve complex issues.”

One of the unique parts of RF-A is the

participation of ground and special operations forces which provides necessary training for combat operations.

“Twenty-first century warfare is getting progressively more complex, so to be able to fully employ in an air combat or special operations scenario participants need to be able to integrate with each other,” said Stengl.

Finally, 18-3 was the first ever exercise to include the RQ-4 Global Hawk, which allows aircrew to see the impact they make during sorties and provides a unique perspective they wouldn’t normally see.

“This is the first RF-A in which the RQ-4 has participated,” said Stengl. “It brings longevity and can stay for an extended period of time to provide intelligence, surveillance and reconnaissance which provides a lot of assistance with targeting to aircrew.”

TRAINING

Continued from page 1

68-Whiskey occupational specialty code for medics, started with mock casualties of all types throughout the area, causing an atmosphere of chaos and stress for the trainees. Testing their ability to relay vital information while also giving care was the focus of the evaluations.

“What we wanted today is to take a step back from the usual injury control and prevention that we often do and see our medic’s ability to talk to one each other and with other units under heavy stress,” said Dr. (Maj.) Robert Hales, the brigade’s surgeon. “This is just a stepping stone for future training where the distances and methods for transporting the casualties will be

different and much longer as well as our radio gaps are going to increase significantly,” he said.

Part of a combat medic’s mission essential task list, a “nine line,” is called in as the method for requesting a medical evacuation. This call is usually done under extreme tension and in hectic situations, but requires the caller to remain calm in order to transmit nine lines of accurate information such as the location of the patient, the enemy in the area, and the urgency.

“This is a necessity between every battalion’s assets because we focus so much of our training internally and only work together during annual large exercises or with real world medical coverages,” said 2nd Lt. Corin Chick, evacuation platoon leader for 1-25th SBCT, 25th Brigade Support Battalion.

“After Arctic Whiskey we will


take the friction points identified now and work on fixing them for future operations,” she said.

Following the response from medics through the radio, the Soldiers transported the casualties from role one care to role two. Role one is the point of injury care where combat lifesavers (trained non-medical team members) and combat medics can apply first aid and immediate life saving measures. Role two is located away from the smaller role one areas and cover advanced trauma management that is not offered at role one, such as limited x-ray, laboratory, and other needs.

“There’s something about being in the heat of the moment where we can’t always think as clearly as we usually do. Doing scenarios like this builds our muscle memory, so should we encounter a similar situation, we can remain calm

and perform as we were trained,” said Capt. William Green, brigade medical operations officer.

The medics are increasing their training as part of United States Army Alaska’s “America’s Big 6” program, which prioritizes training that increases the amount of combat-ready and rapidly deployable Soldiers. Along with routine medical training, the other five areas include physical fitness, communication, maintenance, warrior tasks and drills, and sharpshooting. The Stryker Brigade is scheduled to showcase their proficiency when they depart Fort Wainwright to take part in a month-long training exercise at the National Training Center in Fort Irwin, California, early next year.



BOSS VOLUNTEER OPPORTUNITIES

For Weeks of 01 September 2018 through 30 September 2018

SHORT TERM INVESTMENTS:

West Valley Football Game: 8 September 2018

- Volunteers are requested to help run chains during the game, help in the concession stands, and help with gate sales. Volunteers are requested from 1000-1600
- Uniform: Civilians or BOSS Shirt
- POC: SGT Haga at (907) 353-7648 or Maureen Staeger at (907) 978-2943

ASYMCA Father Daughter Gala: 21 September 2018

- We need some volunteers starting at 1800 to assist with set-up and tear down of ASYMCA's Annual Father Daughter Gala.
- Uniform: BOSS shirt or sweater
- POC: SPC Mooney at (907) 353-4145 or ASYMCA at (907) 353-5962

Making Strides Breast Cancer Walk:

- Volunteers are requested to help with set up, road guards, and tear down. The event is scheduled from 0800-1300
- Uniform: BOSS Shirt or Civilians
- POC: SGT Haga at (907) 353-7648 or Angela Coltellaro at (907) 687-5675

Fairbanks Children's Museum: 22 & 23 September 2018

- The Fairbanks Children's Museum has requested volunteers to help breakdown an exhibit. Volunteer activities will include **heavy lifting**. Volunteers have been requested to come through-out the hours of 0900-1730.
- Uniform: BOSS shirt or sweater / or Civilians
- POC: SPC Mooney at (907) 353-4145 or FCM at (907) 374-6873

West Valley Football Game: 28 September 2018

- Volunteers are requested to help run chains during the game, help in the concession stands, and help with gate sales. Volunteers are requested from 1600-2200
- Uniform: Civilians or BOSS Shirt
- POC: SGT Haga at (907) 353-7648 or Maureen Staeger at (907) 978-2943

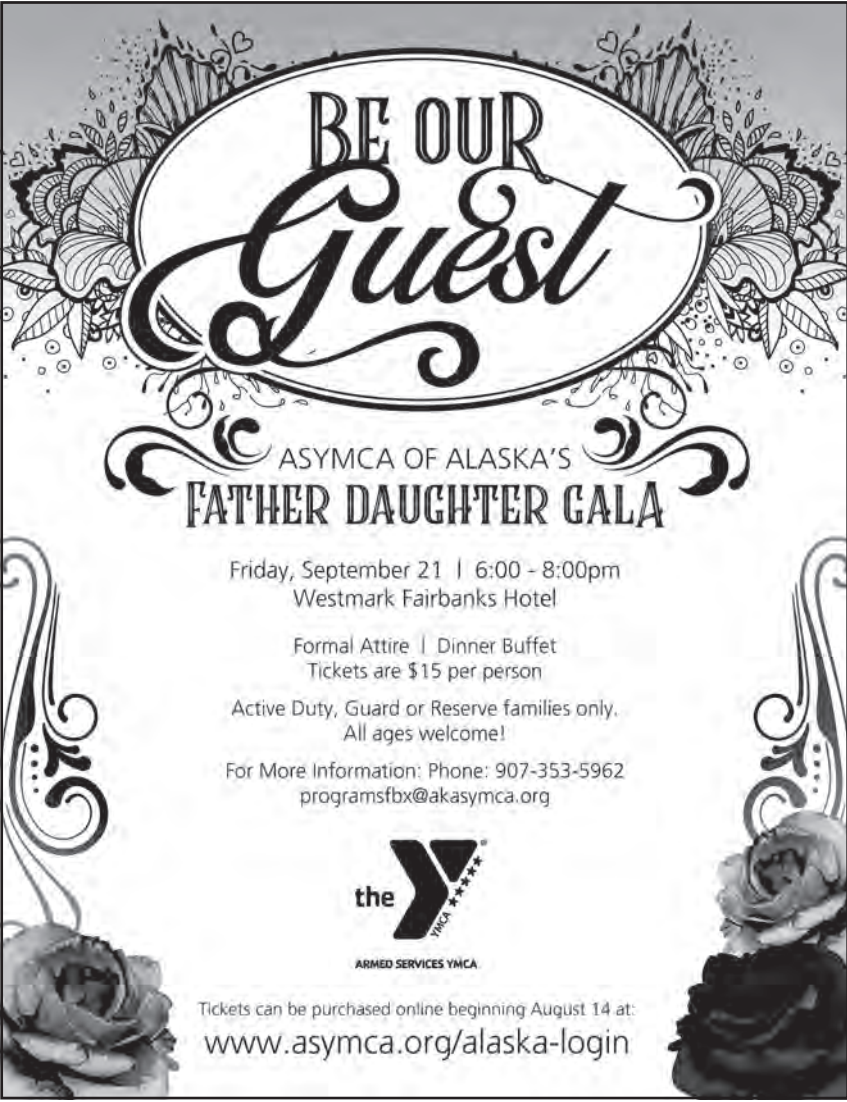
LONG TERM INVESTMENTS:

Youth Center (On Post):

Youth Center is always looking for help. This is a continual volunteering option. They need help in the following areas, but not limited to: Cleaning the Youth Center, help the staff keep the parking lot presentable, especially in winter months.

You can hang out with kids as volunteer hours..everything from playing video games to sewing, quilting, playing board games, drawing on walls, watching movies, playing sports, Friday night dodgeball, attending their lock-in events or summer time camps, teaching youth how to play one of their many musical instruments, and many more.

907-361-5437 BLDG 4109 (Volunteer Application available upon request (On Post Background Check))



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Establishment of Army Futures Command marks a culture shift

Joe Lacdan
Army News Service

In empty office space on the 19th floor of a University of Texas System building here, Friday, the Army unveiled the location for the headquarters of its new Futures Command, which has the monumental task of modernizing the service’s future force.

For the first time, the Army will place a major command within an urban setting instead of on a military base. The goal is to bring itself closer to technology innovators and researchers in one of the nation’s top growing technology cities.

“We needed to immerse ourselves in an environment where innovation occurs, at speeds far faster than our current process allows,” said Secretary of the Army Mark T. Esper. “We searched for a location that had the right combination of top-tier academic talent, cutting edge industry and an innovative private sector.”

The Army announced in October 2017 its intent to create a new command that would be responsible for modernization. Initially, some 150 cities were considered as possibilities to house the new command’s headquarters. Eventually, that number was pared down to five, including Austin.

Ultimately, Austin scored the highest among those remaining five cities. Criteria for the final selection included density of industry and academic talent and proximity to private sector innovation. Austin boasts a growing number of professionals in

the science and tech industries and hosts academic institutions with thousands of graduates in science, technology, engineering, and mathematics career fields.

“Austin’s already a hub of innovation,” said Sen. John Cornyn of Texas. “And [it’s] a business-friendly environment ... this will allow our military Department of Defense personnel access to the countless startups and emerging technology entrepreneurs already at work here.”

The Army Futures Command is tasked with, among other things, developing future warfighting concepts, generating innovative solutions through research and development, and building the next generation of combat systems.

Gen. John M. Murray, who served previously as the Army’s deputy chief of staff, G-8, has been named director of the new command.

“Our Futures Command will have a singular focus: to make Soldiers and leaders more effective and more lethal today and in the future,” said Murray. “This must be a team (effort). It’s about working together to ensure our Soldiers have the capabilities they need when they need them, to deploy, fight and win on the modern battlefield against an incredibly lethal enemy.

“We will bring the best talent we can -- inside and outside the capital



Gen. Mike Murray, commander of Army Futures Command, and Chief of Staff of the Army Gen. Mark A. Milley unfurl the Army Futures Command flag during a ceremony, Aug. 24, 2018, in Austin, Texas. (Photo by Staff Sgt. Brandy N. Mejia, U.S. Army)

to address the Army’s most pressing problems,” Murray continued. “And deliver solutions at the speed of relevance -- at the speed our Soldiers deserve. For too long, we have focused on the cost schedule or performance. We must now focus on value.”

For now, the Army Futures Command will lead eight cross-functional teams that are responsible for furthering the Army’s pursuit of six modernization priorities, including long-range precision fires, a next-generation combat vehicle, future vertical lift platforms, a mobile and expeditionary Army network, air and missile defense capabilities, and Soldier lethality.

Army leadership said it will take about a year before Army Futures Command reaches full operational capability. The new command is expected to eventually include about 100 military positions and 400 civilian

roles. Chief of Staff of the Army Gen. Mark A. Milley credited the late Sen. John McCain of Arizona with helping spur development of the new command. “He planted the seed,” Milley said.

The Army’s chief of staff said that the character of war is changing, and that private sector innovations in both robotics and artificial intelligence will eventually find their way onto battlefields in the hands of enemies. Army Futures Command will ensure U.S. Soldiers also have the best technology.

“We know there’s a multitude of emerging technologies that are going to have, whether we like it or not, impact on the conduct of military operations,” Milley said. “It is this command ... that is going to determine victory or defeat.”

SCHOLARSHIP

Continued from page 1

to assist Spouses of active duty and retired Army Soldiers in obtaining their first undergraduate degree. This year, AER expanded the application window for Spouses to apply year-round to better accommodate the needs of Army Families. Six-hundred-and-four scholarships was awarded this year.

Both scholarship programs require that the student maintain a 2.0 average on a 4.0 grading scale. Scholarships are awarded for up to four academic years for full-time students or eight academic years for part-time students. Children must be enrolled full-time for the entire academic year (12 credit hours per semester) and Spouses may be enrolled part-time (6 credit hours per semester) or full-time and an accredited college or university.

Bianna McKinney stated, “Once again I want to take a moment and thank AER for my scholarship for this upcoming year. I am very grateful that I have been chosen as a recipient for this huge award.

Without my lovely husband it would never have been possible. Thank you my hero. “

In the last ten years, AER awarded over 41,000 scholarships totaling more than \$84M to Spouses and children of active duty and retired Soldiers. “Our scholarship programs help ease the financial burden Army Families face when paying for college,” said Retired Lt. Gen. Mason, AER Director. “Military Spouses and children are an important part of the Army Team. AER’s scholarship fund is made possible in large part by the Soldiers and retired Soldiers who contribute to the fund to support Family readiness and financial resiliency.”

ABOUT ARMY EMERGENCY RELIEF

Founded in 1942, Army Emergency Relief is the Army’s own nonprofit organization dedicated to providing emergency financial assistance to active duty and retired Soldiers and their Families during times of distress.

In 2017, AER provided \$69.7 million and served 43,734 Soldiers and Families. Since 1942, AER provided \$1.9 billion in assistance, with more than \$1 billion provided since 9/11. Find out more, at www.aerhq.org.

Editor’s Note:

Alaska state education benefits provide waivers for undergraduate tuition and fees made available for spouses or dependents of service members who have died in the line of duty, died as a result of injuries sustained while in the line of duty, or is classified as a POW or MIA according to the Department of Defense. Students must be in good standing in a state supported educational institution in Alaska. For more information, contact:

University of Alaska Anchorage Financial Aid office, 907-786-1586
University of Alaska Fairbanks Financial Aid office, 907-474-7256
University of Alaska Southeast Financial Aid office, 907-465-6255.
National Guard members are eligible for 100 percent tuition assistance at the University of Alaska and tuition reimbursement for in state, non-UA schools. Find out more, at the Office of Veterans Affairs’ educational benefits site, at

www.veterans.alaska.gov/education-benefits.html.

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For more information, contact Army Community Service at (907) 353-3459

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