

U.S. Army Garrison Alaska Reflagging

Military commanders, leaders and staff from Fort Wainwright, Fort Greely, U.S. Army Alaska, U.S. Army Installation Management - Pacific and the local Fairbanks community watch as U.S. Army Garrison Alaska's Command Sgt. Maj. Juan Cornett (left) and Commander Col. Sean Fisher unfurl the new U.S. Army Garrison Alaska flag. The ceremony symbolizes the new relationship between Fort Wainwright and Fort Greely garrisons. In attendance were Director of Installation Management Command – Pacific, Dr. Christine Altendorf, Command Sgt. Maj. Jason Schmidt, U.S. Army Garrison Greely Commander Lt. Col. Michael Foote and Command Sgt. Maj. Christopher MaGee. This effort officially marks the re-designation of IMCOM's newest garrison – United States Army Garrison Alaska. (Photo by Brady Gross, Fort Wainwright Public Affairs.)



U.S. Army Space and Missile Defense Command, Army Forces Strategic Command;

Sgt. Zachary Sheely
 U.S. Army Space and Missile Defense Command, Army Forces Strategic Command

Ever since humans took to the skies in hot air balloons, aerial attack has been a viable wartime strategy. Airplanes became faster and reached higher and higher into the sky. With the advent of rockets and missiles during World War II, attacks could come from greater distances with more speed. In recent decades, the possibility of attacks from the other side of the world -- missiles soaring through outer space -- has become a real threat to the United States.

As these threats continue to evolve and advance, so do the capabilities to track and defend against them. On the forefront of this military space domain is the U.S. Army Space and Missile Defense Command/Army Forces Strategic Command, an extensive force with personnel assigned in 11 time zones at 23 worldwide locations, connected by a commitment to defend the United States and its allies. With this unified blend of globally dispatched service members and civilians, USASMDC/ARSTRAT is the model Army multicomponent force.

U.S. Army Lt. Gen. James

Dickinson, commanding general of SMDC, said his vision is to have “one synchronized team (that) develops and provides leading-edge space, missile defense and high altitude forces and capabilities for the Warfighter and for the Army -- wherever and whenever required.”

Approximately 70 percent of the Army’s systems are space-enabled to provide Soldiers the ability to fight and win. Space-enabled capabilities are critical to the Army and are fundamental to every U.S. military operation. SMDC relies on a combination of National Guard, Reserve and active-component

See MISSION on page 3

Alaska Army Guard members rescue three after plane crash

Lt. Col. Candis Olmstead
 Alaska National Guard Public Affairs



Soldiers with the Alaska Army National Guard’s 1-207 Aviation Battalion rescued three individuals shortly after 10 p.m., Monday about 20 miles northwest of St. Mary’s after their plane crashed.

The Alaska Rescue Coordination Center at Joint Base Elmendorf-Richardson was contacted by a commercial air taxi service after the pilot of the aircraft activated his SPOT personal satellite beacon and made notification of the crash. The AKRCC contacted the Alaska Army National Guard to request assistance from their aviation unit stationed in Bethel.

A UH-60 Black Hawk helicopter and aircrew from the 1-207th departed the Guard’s Army Aviation Operating Facility in Bethel around 9 p.m.

“The pilot had a SPOT beacon and satellite phone, which helped tremendously with finding their location and being able to help them out as quickly as possible,” said Capt. Andrew Adams, Black Hawk pilot and commander of the AAOF.

Adams said they were told that the passengers had been moose hunting and after harvesting the moose, they flew back to where their vehicles were to drop off all of their gear. They were heading back to the site of the downed moose in order to pick it up when the crash occurred.

“We found them on a hillside near the ridge line with the plane flipped over,” Adams said.

“They didn’t have any of their gear, so they weren’t prepared for the elements and had no source for a fire,” said Adams. “They were huddled near the fuselage under a tarp or cover, waiting for us, and it had become pretty dark at that point.”

Adams said they were able to communicate with the pilot on the ground while enroute to the accident location, allowing them to discuss protocols once the helicopter landed. The pilot agreed to flash lights from their headlamps when they heard and saw the incoming helicopter.

“It saved time, although we already had the exact coordinates,” said Adams. “It was just helpful to be able to see them as they waited for us.”

The Alaska State Troopers were waiting at the AAOF to assist the airplane pilot and passengers upon arrival.

The AKRCC shares that all pilots traveling in Alaska should have an emergency locator beacon on their aircraft, they should be packed for long-term survival, and a satellite phone is also highly recommended.

The AKRCC and the 1-207th Aviation Battalion were awarded three saves for this mission.

Earl Hughes and friends play at Greely



Alaska’s Ambassador of Country Music, Earl Hughes and friends played at the Aurora Community Activities Center on Fort Greely with a mix of bluegrass, old country and original songs for the Fort Greely and Delta community Aug. 30. (Photo by Chris Maestas, U.S. Army Garrison Greely Public Affairs)

WEEKEND WEATHER

Friday

Mostly sunny with a high of 56 degrees and a low of 34.

Saturday

Sunny with a high of 59 degrees and a low of 32.

Sunday

Mostly cloudy, high of 56 degrees and a low of 33.

NATIONAL PREPAREDNESS MONTH

Disasters Happen

PREPARE NOW LEARN HOW

THINK AHEAD, HAVE A PLAN, BE PREPARED FOR ANY EMERGENCY.

KNOW EVACUATION ROUTES

BACK UP IMPORTANT DOCUMENTS AND KEEP THEM IN A SAFE PLACE

CHOOSE A SAFE MEETING PLACE & CARRY NECESSARY SUPPLIES

CREATE AND PRACTICE FAMILY COMMUNICATION PLAN

New fitness test measures combat readiness, says Army secretary

David Vergun
Army News Service

“If you can’t pass the Army Combat Fitness Test, then there’s probably not a spot for you in the Army,” said Secretary of the Army Mark T. Esper.

“That doesn’t mean you’ll immediately get kicked out,” he added. It means there will be some sort of remedial program, the details of which are still being worked out.”

Esper addressed a range of issues, from recruiting and acquisition to offering a tribute to the late Sen. John McCain, during a Defense Writers Group breakfast Aug. 29.

The current Army Physical Fitness Test, which has been around some 40 years, is flawed, Esper said.

“I grew up in the Army with the APFT and I personally never thought it was a good indicator of combat physical fitness, nor did many of my colleagues. The testing has proved that out,” he said.

The secretary said studies done by U.S. Army Training and Doctrine Command show that the APFT captures “maybe 30 or 40 percent relevance of what you demand in combat ... the ACFT is upwards of 80 percent.”

The main purpose of the ACFT is two-fold, he said. First, the test ensures Soldiers are ready for combat. Second, preparation for the test improves physical fitness as it relates to injury prevention.

Losing Soldiers to injuries during PT or field exercises contributes to decreased readiness, he added, because injured Soldiers can’t deploy.

At one point, upwards of 15 percent of Soldiers were categorized as non-deployable, he said. That’s about 150,000 Soldiers across the entire force. Now, that figure has been reduced to 9 percent, and there are vigorous efforts underway to lower that percentage even more.

“If you’re not physically fit for combat, then we’re not only doing you an injustice, we’re doing an injustice to your colleagues and peers as well,” he said, explaining that if a Soldier can’t deploy, that means someone else has to deploy twice as much.

“At the end of the day we need Soldiers who are deployable, lethal and ready,” he emphasized.

Beginning October 2020, all Soldiers will be required to take the ACFT, which TRADOC fitness researchers term “gender- and age-neutral.”

NOT LOWERING STANDARDS

There’s a need to grow the active Army to at least 500,000, with associated growth in the Guard and Reserve, Esper said.

To do that, the Army is planning a modest annual increase spread out over the next several years to get to that number, he said. The additional Soldiers will be used to fill current units that are undermanned and grow additional



Secretary of the Army Dr. Mark T. Esper meets with journalists from the Defense Writers Group, an association of news outlets with reporters that cover national security issues, at the Fairmont Hotel on Aug. 29, 2018. The Defense Writers Group is housed at the George Washington University’s School of Media and Public Affairs under the Project for Media and National Security. (Photo by John Perrino, The George Washington University Project for Media and National Security)

capabilities.

Asked if he’d consider lowering standards to meet the end-strength goal, the secretary said the Army is not lowering standards, and will not.

“We’ve raised standards, such as limiting Category IV accessions from the DOD higher end of 4 percent to the

Army higher end of 2 percent, putting more stringent requirements on issuing waivers and making sure we truly take into account the holistic person to ensure persons who receive waivers are high-quality recruits,” Esper said.

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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

Curious to know how many calories your body burns while at rest? Is your metabolism fast, normal or slow? Make an appointment with the Army Wellness Center for metabolic testing. After testing you will receive results as well as strategies for reaching your health goals.

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.

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: Building a fall/winter wardrobe

Ryki Carlson
Survivor Outreach Services Support Coordinator

With the cooler weather arriving, it is time to focus on your fall/winter wardrobe. With a few additions you can easily transition your summer clothes into a fall/winter wardrobe.

Here are a few tips:

Before you start, ensure you set a limit for spending and that you have it budgeted. After doing this, take the challenge to find what you need within those limits. You’ll feel great that you did.

Start by inventorying your current wardrobe. When you are sorting through last year’s fall and winter clothes, ensure you try them on.

Exchange your flip flops for a pair of boots, or a cute pair of flats to dress up those jeans, dress pants or skirts. If you have a favorite pair of shoes that need repaired, look for a local shoe repair shop, but be sure to read the reviews.

Figure out your color palette. Make sure your colors complement each other so you can easily mix and match solids and patterned pieces together.

Stretch your budget by layering your t-shirts with a jean jacket, cardigan or blazer. Many of your summer tops can be paired with a dark pair of jeans or dress pants and topped with a cardigan or blazer.

You can still wear many of your summer dresses and skirts by combining

them with a closed toe pair of shoes, tights, and a cute cardigan or jacket.

Your basic wardrobe should include khakis, jeans, corduroy pants, and wool/flannel slacks to cover different environments, whether work or play. If you don’t have these basics check out your local thrift store for great deals on these items. Your thrift or consignment shop usually offers a wide selection of gently used items at huge discounts, even if you have to have an item dry cleaned the savings can be substantial.

Update your blazers, jackets and sweaters by sewing on new “fun” buttons. This small change can add a new look to your clothes.

Add accessories to your outfit. Have fun with the dizzying varieties of ties, belts and vests. You can enhance any outfit, conservative or otherwise, with low-cost accessories. This is where you can easily add bright colors to your outfit.

Participate in a clothes exchange with friends. This not only helps you stay in budget it helps the environment.

When you purchase those items you need, ensure you pay attention to construction and materials. But the highest quality your budget will allow; the clothing will wear better and last longer.

For all items you purchase online check out websites that compare prices (www.bizrate.com, www.pricegrabber.com, and www.nextag.com). If you purchase from an online merchant, keep the shipping costs and delivery time in mind.

Take time to save money. In your quest for frugal fashion, look online for coupons and special deals. You can often find special discounts at coupon websites. Type in the name of the store where you want to shop and “coupons” or “promotional codes” in your search

engine and see what comes up. Coupons and coupon codes (www.retailmenot.com) are useful when they save you money on what you are already planning on buying.

ALASKA POST

The Interior Military News Connection

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The Chaplain’s Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

I recently attended a meeting of the Delta Junction emergency planning committee. By joining others around the emergency planning table, I hope to listen and learn from locals who know best how to prepare for winter in Alaska. As a professional Army officer, I’m also interested in the operational planning aspect of emergency preparedness. More specifically, I firmly believe that local clergy have a vital role to play in helping prepare the community for emergencies. Common sense usually guides what basic necessities should be packed for an emergency kit. When traveling in a car during the winter I’ll want to ensure I have: A fuel can (with fuel), drinking water, some non-perishable food items, additional warm clothing, blankets, or sleeping bag, and some way to communicate my distress, like a road flare or hazard marker.

The list could go on: flashlight, batteries, cell phone charger, map or GPS, etc. The point is, everyone’s emergency survival kit will have similar items because we all need the same basics to survive. The same is true for a Christian’s “spiritual kit.” All Christians should include love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control - the fruit of the Spirit (Galatians 5:22-23). Other common sense spiritual necessities are the full armor of God: truth, righteousness, peace, faith, salvation, and the Word of God (Ephesians 6:14-17). Every Christian’s spiritual kit will have similar items because we all need the same basic Christian attributes to be Christ-like in the world. Now let’s imagine that I’m stranded with a dead car battery and suddenly realize that I’ve forgotten to pack jumper cables in my emergency kit. I’ll probably survive because other items in my kit will sustain me until rescue. However,

I’m still going to be miserable for many hours. That’s also true for Christians when we fail to pack humility in our spiritual kit. In a society that’s increasingly self-centered but not self-aware, humility is often forgotten. A selfish lack of self-awareness is like walking into a packed elevator wearing a large backpack and pummeling fellow passengers while turning around to face the doors. Without the self-awareness humility provides, we’re thoughtlessly unaware of who we knock around. Paul wrote to the Philippians: “Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others” (Philippians 2:3-4). May we pack our Christian kit carefully and humbly look to the interests of others around us.



Chaplain (Lt. Col.) Paul Fritts

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 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

MISSION

Continued from page 1

Soldiers to accomplish its wide-ranging mission of continuous defense against intercontinental ballistic attack, delivering in-theater missile warning, providing space tracking, and situational awareness and executing global satellite communications. “Homeland defense is a core competency of the National Guard. With the ground-based midcourse defense mission it is a great fit to have the National Guard execute this responsibility,” said U.S. Army Brig. Gen. Tim Lawson, SMDC deputy commanding general for operations, of the 100th Missile Defense Brigade. The 100th Missile Defense Brigade and its subordinate unit, the 49th Missile Defense Battalion at Fort Greely, Alaska, are made up of active component and full-time active, Guard and Reserve National Guard Soldiers representing the California, Colorado and Alaska National Guard, respectively. “SMDC/ARSTRAT is the resident expert when it comes to missile defense and Army space,” said Lawson. “This makes the multicomponent nature of the command a great fit and provides critical backing at the Headquarters, Department of the Army and joint staff levels. “There is only one GMD brigade and only one space brigade (1st Space Brigade) in the Army and they are under SMDC, operationally,” said Lawson. “We are able to provide training and support for both GMD and space forces to all components. The 1st Space Brigade has a Reserve battalion assigned to it. The 100th has active-component Soldiers permanently assigned to it. In



The unit patches of 1st Space Brigade, the U.S. Army Space and Missile Defense Command, Army Forces Strategic Command, and the 100th Missile Defense Brigade, left to right. (Photo courtesy, U.S. Army Space and Missile Defense Command)

both cases, this is virtually seamless.” Forty-four percent of the Army’s space cadre belongs to SMDC and more than 1,000 of those billets are with the 1st Space Brigade, headquartered in Colorado Springs. The 1st Space Brigade supports warfighters around the world through the activities of three subordinate battalions: the 53rd Signal Battalion (Satellite Control); the 1st Space Battalion and the 2nd Space Battalion, which was activated in 2017. The 53rd Signal Battalion provides wideband payload control, transmission control and defensive control ensuring the Department of Defense

wideband satellite constellation with a Headquarters and Headquarters Company and five Wideband Satellite Communications Operations Centers in Japan, Germany, Hawaii and two in Maryland. The 1st Space Battalion includes a Headquarters and Headquarters Company and six Army Space Support Teams and Space Control Awareness detachments. In addition, the 1st Space Battalion comprises four Joint Tactical Ground Stations in Europe, Korea, Japan and U.S. Central Command. This is the only active component space battalion in the Army. The 2nd Space Battalion consists of a Headquarters and Headquarters Company, 10 ARSSTs and three Space Situational Detachments. This is the only Army Reserve space battalion in the Army. The 1st Space Brigade also has a direct support relationship with the Colorado Army National Guard’s 117th Space Battalion. This is the only National Guard space battalion and includes 12 ARSSTs. Each ARSST includes a six-Soldier Space Force Enhancement analysis team, comprising two officers and four enlisted Soldiers, each having a unique space-related skill. ARSSTs deploy globally to provide warfighters space products and expertise to field, enhancing intelligence and operations planning capabilities. The 117th Space Battalion currently has one ARSST deployed to USCENTCOM and is preparing to mobilize three more teams in 2019. For 100th Missile Defense Brigade Soldiers, working side-by-side with a large force of Department of Army civilians and contractors while immersed in a high-tech environment has a corporate feel to it, said U.S. Army Staff Sgt. John Beshers. Beshers served as a combat engineer in the active-component Army for five

years, including multiple deployments, and also served on the Patriot system. He said when he was assigned to the 100th Missile Defense Brigade he had never heard of the unit. Now, he works in the Missile Defense Element at Schriever Air Force Base. “It is different not having Soldiers to lead, but the networking between active-component officers and noncommissioned officers is great,” said Beshers. “Crews facilitate a work-life balance very well.” The schedule for a missile defense crew at Schriever, and the redundant crew of the 49th Missile Defense Battalion, is rigid, but predictable, U.S. Army Maj. John Trahan said. “The work on crew is suited to individuals who prefer technical work, decentralized operations, and are detail oriented,” said Trahan, who is a missile defense crew deputy director in Colorado Springs. “Overall, crew life is frequently compared to being ‘deployed-at-home’ where you work 12-hour shifts, but get to go home at night.” Lawson said that SMDC is also integrating space training for all components with the Army Space Training Initiative by doing home station and Combat Training Center training for units, which will further solidify SMDC’s role with all components. “Multicomponent integration has its challenges,” said Lawson. “However, I believe that we have certainly established what ‘right’ looks like when it comes to multi-compo. I think the importance of the GMD mission has really dictated that we cannot fail. We have to get this right. National Guardsmen defending the homeland goes a long way with this, as well. “We are almost two decades into this mission and it is better today than yesterday,” said Lawson. “We all understand that we have to work together to successfully execute this mission and if we fail, we will all fail together. That is not acceptable.”

iSALUTE

INSIDER THREAT

TERRORISM

ESPIONAGE

EXTREMIST

SEE SOMETHING • SAY SOMETHING

What to Report:

- Unauthorized attempts to access classified or sensitive data
- Person advocating support for a terrorist organization
- Contacts that may suggest extremist group recruitment
- Suspicious behavior possibly associated with terrorist activity

How to Report:

- Contact your local Counterintelligence (CI) office
- CONUS Hotline: 1 – 800 – CALL SPY (1-800-225-5779)
- iSALUTE – The CI reporting portal via AKO at: <https://www.us.army.mil/suite/page/633775>



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Weekly Events

September 7 – 14

- 8

Color Dash 5k Fun Run
September 8, 11 a.m.

Make a dash to the finish line doused in color! This all-ages, 5-kilometer course makes its way through Fort Wainwright. Register at the Physical Fitness Center or the Melaven Fitness Center. Can't register ahead of time? Register at the start of the race for just \$25!

Last Frontier Community Activity Center, building 1044
Call 353-7755
- 9

Birch Hill Mountain Biking
September 9, 9 a.m. to 2 p.m.

Head on over to the world-class trails of Birch Hill XC Ski Area and partake in extreme mountain biking. There are a range of difficulties if you wish to choose your own adventure, but we will stick to the Green and Blue rated trails as we gain experience.

Outdoor Recreation Center, building 4050
Call 361-6349, registration required
- 11

Zumba Fitness Class
September 11, 6:30 to 7:15 p.m.

Join a certified instructor for a fun 45-minutes of Zumba fitness! \$3 or 1 punch from your card.

Physical Fitness Center, building 3702
Call 353-7223
- 12

Home School PE
September 12, 1 to 2 p.m.

If your child is home schooled, then join in on our weekly Home School PE class! This week's class is open to children 5-18 years old, and is the Presidential Fitness Challenge.

Youth Sports & Fitness, building 1045 basement
Call 353-7482
- 13

Spouse to Spouse
September 13, 9:30 to 11:30 a.m.

Meet military spouses currently living in and around Fort Wainwright. Learn what makes this military community special, ask questions, receive advice, and network with similar individuals.

North Haven Community Center, building 4286
Call ACS at 353-4332

DECEMBER 1 - 11

B.O.S.S. presents

HAWAIIAN VACATION

Ride the waves, relax on the beach, visit Pearl Harbor, and get your tan on!

Trip memo and \$100 deposit required no later than September 14, 2018.
Permissive TDY DA 31 and full payment required no later than October 20, 2018.

e1-e6: \$1,603
e7+: \$1,792

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

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Register at the B.O.S.S. Office or with your B.O.S.S. Representative
B.O.S.S., building 1045, Suite 31 (907) 353-7648
www.wainwright.armymwr.com

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MWR Sports & Fitness presents

COLOR DASH 5K

Sprint and splash through the colors of the rainbow at this year's Color Dash 5k Fun Run. Register at the PFC or Melaven Fitness Center.



The Bureau of Alcohol, Tobacco, Firearms and Explosives’ conduct canine training

An ATF trainer looks on as a Solider works with her assigned working dog. Moving around scent detection obstacles distractions, the dogs must be able to sniff, point and recognize which obstacles contain explosives scents. Dogs are rewarded with high-pitched vocal praise and rope treat each time they successfully find the scent. The 25 dog teams from various government organizations and Army units were on site to receive ATF’s voluntary training for their respective canine units. (Photo by Brady Gross, Fort Wainwright Public Affairs)

Country Artist Craig Morgan

Craig Morgan and his band perform to a large crowd of Soldiers, their families and the general public at the Fort Wainwright’s Warrior Zone on Sept. 1, 2018. (Photo by Brady Gross, Fort Wainwright Public Affairs)



Fundamentals of Successful Project Management

Fort Wainwright installation civilian employees discuss strategies on successful project management on August 28, 2018, in the Fort Wainwright Education Center. The Fundamentals of Successful Project Management class was led by seminar instructor Lauri Sowa and supported by Fort Wainwright’s Workforce Development department. Covered topics included review strategies, project management resources and project time management tools. Sowa showcased how junior and senior leaders can use their experience and background to contribute positively to project management

work flows. Sowa discussed how assigning specific goals and timelines to project members leads to a more efficient work flow and understanding of the project overall. (Photo by Brady Gross, Fort Wainwright Public Affairs.)

Interested in Volunteering?

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

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

Fingerprint and local background checks take 3-5 days from appointment to receive results. If no derogatory findings, results will be forwarded to program manager to begin the volunteer orientation.

Volunteer background checks are valid for 3 years as long as an annual self-disclosure form is completed by applicant.

www.wainwright.armymwr.com

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FITNESS

Continued from page 2

As to attaining higher end strength, Esper said the Army needs to do a better job of recruiting. One step being taken includes letting Soldiers go home for a number of weeks to assist recruiters by doing outreach, he said. This is particularly important in areas without a military presence, he added. The Army has increasingly become “a family business.” Almost all of the Soldiers he’s spoken to have told him they have veterans in their immediate family. And most senior Army leaders have or have had sons or daughters in the

military. Fewer and fewer young people know someone who’s served, he said, and so to them, the Army is unknown. Other efforts to attract quality recruits include putting more recruiters on the street -- an effort that began in the spring -- and moving recruiting stations to more optimal locations, he said. Some other approaches include better utilizing Army public relations assets like the Golden Knights and Army bands, he said.

TRIBUTE TO SEN. MCCAIN Long-time senator John McCain, of Arizona, died Aug. 25 after a bout with brain cancer. McCain was a Navy aviator, a Vietnam War veteran, and a prisoner of war. He served as the U.S.

senator from Arizona since 1987 and was a fixture on the Senate Armed Services Committee, serving as its chairman since 2015. Of McCain, Esper said: “His care was always for the Soldiers, the service members and our ability to support our diplomatic efforts -- and if diplomacy failed, to fight on the battlefield.” Esper said he knew the senator for a number of years, not only in his current position as Army secretary, but when he worked on the Hill in a number of positions. When it came to the Army and the other services, McCain “talked a lot about the Army’s failures over the years when it comes to acquisition and the need to take a bold and different approach to acquisition, and I was fully

supportive of that.” The new Army Futures Command, which McCain supported, is addressing some of the senator’s concerns, Esper said. Goals for the new command include streamlining the Army’s acquisition process and getting more prototypes and demonstrators to the Soldiers for testing early on in the process to reveal strengths and weaknesses of systems and components. McCain was “very cleared-eyed about what his expectations were of the U.S. military with regard to acquisition matters and he was spot on,” Esper said. “He knew it and the military knows it: that we need to field items more quickly and items that are capable that enable Soldiers to fight and win.”

Family, child and youth services

Staff Report Child & Youth Services

Army Child & Youth Services recognizes the challenges of our Soldiers and their Families, and helps Army Families meet their parental challenges and maintain their mission readiness through Department of Defense certified and nationally accredited programs and services. Children must be registered to receive services on the installation. Registration is free, and childcare costs are based on Total Family Income. Registration is completed at:

PARENT CENTRAL SERVICES Building 1049 Chena Road #2, (907) 353- 7713 Email: usarmy.wainwright.imcom.list.dfmwr-cyss-pcs@mail.mil Serves children ages 4 weeks to 18 years One-stop location to register for hourly care, part/ full day care, preschool programs (age 4 by Sep 1), records transfer, parent education classes, babysitter training, and referral services for Families. Includes CYS Parent Advisory Board, non-traditional outreach services, and Kids on Site program. Visit MilitaryChildCare.com for care options, services, and to waitlist for full-day or part-day programs.

FAMILY CHILD CARE Building 1049 Chena Road #1, (907) 353- 6266 Serves children ages 4 weeks to 8 years

Certified providers provide child care in their homes, which meet safety, fire and health standards. Providers undergo professional training in infant/child CPR, first aid, child guidance techniques and developmentally appropriate activities, and follow USDA food program nutritional guidelines.

CHILD DEVELOPMENT CENTER 1 Building 4024 600th Street, (907) 361- 4190

CHILD DEVELOPMENT CENTER 2 Building 4176 600th Street, (907) 361- 9056 Both Child Development Center locations serve children ages 6 weeks through 5 years; fees based on Total Family Income. Developmentally appropriate learning center for children to learn through play and exploration. Full-day, part-day, and hourly care options available. Follows USDA food program nutritional guidelines. Accredited by the National Association for the Education of Young Children (NAEYC).

SCHOOL AGE CENTER Building 4166 Neely Road, (907) 361- 7394 Serves children in grades pre-kindergarten through 6; fees based on Total Family Income. Services include before and after school care; full, part-day and hourly care. Programming activities inspire curiosity, promote collaboration and encourage critical thinking through Five Service

Areas: Education Support & Career Exploration; Character and Leadership Development; Health, Wellness and Life Skills; Sports, Fitness and Recreation; and The Arts. 4H, Boys & Girls Clubs of America, and CHARACTER COUNTS!, affiliates, and follows USDA food program nutritional guidelines. Accredited by the Council on Accreditation.

YOUTH CENTER Building 4109 Neely Road, (907) 361- 5437 Serves Youth in grades 6 through 12. Accessible, affordable, quality program options include technology, and the Five Service Areas: Character and Leadership Development; Education Support and Career Development; Health, Wellness, and Life Skills; Sports, Fitness, and Recreation; and The Arts. 4H, Boys & Girls Clubs of America, and CHARACTER COUNTS!, affiliates, and follows USDA food program nutritional guidelines

YOUTH SPORTS & FITNESS Building 1045 Gaffney Road, (907) 353- 7482 Serves children ages 3 to 18 years. Developmentally appropriate team and individual physical sports, competitions, skill building clinics, and nutrition and health classes to develop life-long healthy habits; provided by trained CYS employees and volunteer coaches. 4-H, Boys & Girls Clubs of America, and CHARACTER COUNTS!, affiliates. Accredited by the National Alliance of Youth Sports.

Officials encourage local residents to ‘learn how’ to prepare for a disaster

Eric Pilgrim U.S. Army

During this year’s National Preparedness Month, Fort Knox officials are encouraging residents, employees and families of Fort Knox to “learn how” and “prepare now” for a disaster. This year’s theme is Disasters Happen--Prepare Now--Learn How. “We stress preparedness all the time, but on a national level, it’s that one month out of the year where emergency managers, emergency management coordinators, regional and state agencies stress to communities and individuals the importance of being prepared in the event of a disaster,” said David Fusselman, operations specialist at Fort Knox Emergency Management. There are five different messages that officials will focus on each week -- make and practice your plan; learn lifesaving skills; check your coverage; save for an emergency; and the day of action scheduled for Sept. 15. Fusselman said there is one easy first step the Fort Knox community can take now that get them on the right track; sign up for emergency notifications. “The mass notification systems are only as good as the information we receive,” said Fusselman. “If I have one person signed up in the mass notification system, I can only reach one person. If I can get 10,000 names in there, I can reach out and touch 10,000 people. “Ten thousand people can then reach out and talk to others. So, the bigger the initial number is, the bigger the secondary effect numbers will be.” Department of Defense, Department of Homeland Security and many other organizations use a notification system called AtHoc. The system allows users to register smartphone numbers, email addresses and work phone numbers to ensure the greatest chance of receiving alerts. Fusselman said he didn’t think the registration numbers were bad. In fact, he said at last count, they had approximately 9,000-plus registered on the AtHoc system, with numbers continuing to rise over the past four months. Fusselman said spike in registrations has at least something to do with the garrison preparedness assessment in July. Currently, the system doesn’t allow those who are not on the Fort Knox domain to register for AtHoc. Therefore, there are a number of retirees, veterans and family members who are not authorized to get the alerts. Fusselman said there is another way to get registered for alerts, however. “It’s all those eaches that are not on the Knox domain that have to have [points of contact] for their organizations that can contact me and I can do it through a roster, and it kind of has to be done manually. It’s a lot more difficult, it’s not as easy as it is for garrison personnel.” National emergency officials at ready.gov offer some lifesaving tips on their website. “Take time to learn lifesaving skills – such as CPR and first aid, check your insurance policies and coverage for the hazards you may face, such as flood, earthquakes, and tornados. Make sure to consider the costs associated with disasters and save for an emergency,” states the website. “Also, know how to take practical safety steps like shutting off water and gas.” The site provides tools for better preparing for disasters, including toolkits, apps and games for youths to play that reinforce preparedness. Fusselman said September tends to be a slow month compared to other months. Because of this, officials encourage communities to take advantage of the lull to prepare for disasters before they strike. “I don’t think there’s a complacency issue here. It’s more about making people aware,” said Fusselman. “We have such a diverse community here, from young Soldiers to older retirees. Older folks tend to think more about [disasters] because they may have more likely experienced one. Whereas, younger people may have never witnessed a disaster. Not everybody was around during 9/11.” When it comes to preparing for disasters, however, Fusselman said military communities tend to understand better how to accomplish the mission. For more information on preparing for disasters, go to <https://www.ready.gov/september>.

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Army researchers hope to lighten Soldiers’ battery load

David Vergun
Army News Service

Across all six of the Army’s modernization priorities -- long-range precision fires, next generation combat vehicle, future vertical lift, network, air and missile defense, and Soldier lethality -- there has been a dramatic increase in demand for power as a result of the introduction of new system capabilities and prototypes that are energy hungry, said an Army lead engineer.

Of particular concern for Soldiers is the increase in energy demand in the areas of Soldier lethality, including augmented reality, said Julianne Douglas, Energy Harvesting Technology lead with the Army Communications-Electronics Research, Development and Engineering Center.

Douglas spoke at a National Defense Industrial Association-sponsored Army Science & Technology Symposium and Showcase, Aug. 22.

Increased energy demands will soon result in an increase in the quantity of batteries Soldiers must carry on dismounted patrols, Douglas said.

Based on her discussions with the Soldier Lethality Cross-Functional Team, which is in charge of overseeing the progress for that particular modernization priority, Douglas said a rifleman today requires an average of 12 watts of power in the form of AA and conformal wearable batteries. That means the weight requirement of batteries for a standard 72-hour patrol is about 15 pounds.

That includes batteries for such things as night vision goggles, weapon optics and communications devices.

It doesn’t sound like much weight, but it adds to the other things Soldiers are hauling like weapons and ammunition, protective gear, and food and water, she said, adding that Soldiers are always trying to be better prepared, so their battery load for a 72-hour mission is probably closer to 25 pounds.

All that added weight means Soldiers can get fatigued much more easily, are more susceptible to injury and are less able to maneuver nimbly, she noted.

By 2025, the wattage and battery weight is expected to roughly double, she said, citing discussions with the Soldier Lethality Cross-Functional Team and Augmented Reality Cross-Functional Team.

That estimate is based on anticipated power requirements of such gear as new augmented reality equipment and a next-generation squad weapon, she said.

On top of that, discussions are taking place in the Army about the possibility of doubling the duration of the standard 72-hour patrol, said her colleague, Noel Soto, a systems engineer with Army Research, Development, and Engineering Command.

It’s come to the point that Soldiers are losing their battlefield readiness as a result of all of the weight they carry and they are functioning more like “pack animals,” he said.

POSSIBLE SOLUTIONS

Douglas said Army researchers are experimenting with ways to make batteries more powerful and last longer so fewer need to be carried.

To do that, the researchers are trying to make batteries more energy dense by doing such things as replace graphite in batteries with carbon and fluorine



A Soldier tests a photovoltaic Solar Panel Harvester during an energy-harvesting technology demonstration at Fort Devens, Mass. (Photo by David Kamm, U.S. Army)

gas, and in hybrid batteries use manganese dioxide. However, the high temperatures required for that process have made them prohibitively expensive, so the researchers are looking for ways to bring the cost down, even as they experiment with other chemicals, she said.

Another solution would be to “add power consumption decision point to acquisition programs,” she said, noting that requirement is currently absent.

Soto said his team in Natick, Massachusetts, is working on a number of experiments to bring down the weight and number of batteries Soldiers must carry. They include:

- Wearable solar panels that are comfortable and flex with the body
- A backpack frame kinetic harvester that

produces energy for rechargeable batteries from slight movements of the Soldier’s rucksack during dismounted patrols

-A kinetic knee harvester that produces energy for rechargeable batteries from movements of the Soldier’s legs

The kinetic knee harvesters have received favorable reviews from Soldiers doing user testing, he said. They’re most efficient when Soldiers are moving downhill.

The backpack frame kinetic harvesters are more efficient when Soldiers are going uphill, he said, as that’s when their rucksacks wobble the most. Soldiers are taught to tightly fasten everything down on their person, but in this case, having a loose-fitting rucksack results in more energy-harvesting efficiency. That doesn’t sit well with Soldiers, who prefer the kinetic knee harvesters.

The added benefit of the kinetic knee harvesters is that when Soldiers go downhill, the mechanism helps Soldiers to more efficiently brake so they have a better-controlled descent and reduced fatigue, Soto added.

Power produced by backpack frame kinetic harvesters varies, based on wobble, but it can be anywhere from 8 to 40 watts, he said. Kinetic knee harvesters produce about 6 watts going uphill and 30 watts downhill.

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