

Installation Management Command welcomes new CG Becker

Susan A. Merkner
U.S. Army Installation
Management Command Public
Affairs

Lt. Gen. Bradley A. Becker took command of United States Army Installation Management Command in ceremonies Sept. 5 at Joint Base San Antonio-Fort Sam Houston.

Becker was promoted to lieutenant general immediately before the ceremony by Gen. Mark A. Milley, Chief of Staff of the U.S. Army.

Becker replaces Lt. Gen. Kenneth R. Dahl, who had served IMCOM since November 2015.

During Becker's promotion ceremony, Milley said the new IMCOM commander was talented and humble, a man who "is not afraid to speak truth to power. We want servant-leaders in our generals."

At the change of command ceremony, Milley praised IMCOM

and its employees, thanking them for generating Army readiness by supporting Soldiers, their families and civilians. "Readiness is much more than manning, equipping and training. Soldiers can't focus exclusively on their combat mission if they think their family is in lousy housing, or has inadequate medical care, or unsafe schools for their children," he said.

Of the Army's 1.1 million Soldiers, 60 percent are married and most have at least two children, Milley said.

Under Dahl's leadership, IMCOM reduced 1,000 positions "which allowed us to apply those resources to build an SFAB (Security Force Assistance Brigade) which is in Afghanistan today," Milley said.

"Every base and installation is important, both in CONUS and overseas," Milley said. "Every single Soldier in the Army passes



Lt. Gen. Bradley A. Becker
U.S. Army Installation Management
Command
commanding general

through IMCOM at some point, and IMCOM is responsible for the readiness of today's Army."

Dahl was the first commanding general of IMCOM who was not dual-hatted as the Army's Assistant Chief of Staff for Installation

See IMCOM on page 3

DISA increases DOD Information Network survivability by adding second operations watch floor

Staff Report

Defense Information Systems Agency

Operating and defending the DOD Information Network is a mission critical, full-time job.

To ensure the nation's warfighters have reliable and secure communication and information, information technology (IT) and cyber professionals monitor and secure the network from DISA Global Operations Command's network operations watch floor.

On July 15, DISA took a major step in improving the survivability and redundancy of global network operations by starting 24/7 Active-Active operations.

Active-Active means "always on," or continuously available operational and security capabilities, where a fault in a single location does not affect the ability of DISA Global Operations Command to continue to perform seamlessly in another location with zero downtime.

DISA Global Operations Command,

See NETWORK on page 6

Governor Walker sends Alaska Air National Guard in advance of Hurricane Florence

Tech. Sgt. N. Alicia Halla
176th Wing Public Affairs

Thirty-six Alaska Air Guardsmen of the 176th Wing and approximately three short tons of Alaska Air Guard equipment departed Joint Base Elmendorf-Richardson Sep. 12, to assist emergency response efforts for Hurricane Florence, the Category 4 storm off the East Coast.

With less than a day's notice, members of the 176th Operations, Maintenance and Mission Support Groups, along with supporting personnel, moved into action to get the team stationed close to the affected area to be ready to assist their fellow Americans.

"Our airmen are always ready to support disaster relief in and out of state," said Brig. Gen. Darrin Slaten, commander of the 176th Wing. "The challenging environment we train in here in Alaska and our unique set of capabilities makes us a great fit for responses across the United States and in the Pacific. While specific states have not yet asked for assistance, we can shift our training area to a spot that we can respond from more quickly."

The team from the wing will join members of the New York and California Air National Guard units.

The Alaskans flew a C-17 Globemaster III from the 144th Airlift Squadron, with Guardian Angel personnel, a rescue vehicle, raft and alert equipment, to Moffett AFB, California. There, California Air Guardsmen will board before meeting the rest of the team at Dover AFB, Delaware.

The remaining Airmen, to include HH-60 Pave Hawk aircrew, maintenance and other support personnel, traveled on a 211th Rescue Squadron HC-130J Combat King II headed to Dover AFB to await specific relief effort tasks.

"Everything is going to depend on what that storm does," said Lt. Col. Matthew Komatsu, a combat rescue officer with the Alaska National Guard and Guardian Angel mission commander. "That's why we're leaning forward and getting there early so that as the storm figures things out, we can dial in right behind it — to get in there and rescue people."

Guardian Angel Teams comprise a combat rescue



Alaska Air National Guard Airmen of 176th Wing load a Guardian Angel Air-Deployable Rescue Vehicle and an inflatable raft onto a 144th Airlift Squadron C-17 Globemaster III Sept. 12, from Joint Base Elmendorf-Richardson, Alaska. Thirty-six Alaska Air National Guardsmen departed in support of the Hurricane Florence humanitarian assistance effort. The governors of North Carolina, South Carolina, Virginia and Maryland declared a state of emergency Sept. 10 as Hurricane Florence approaches the East Coast. (Photo by David Bedard, U.S. Air National Guard)

officer and a pararescueman who have specialized medical training, which can be especially beneficial during a natural disaster and its aftermath.

The National Guard works as part of an integrated federal, state and local network, supporting civil authorities during emergency response efforts.

WEEKEND WEATHER

Friday



Mostly sunny, with a high of 60 degrees and a low of 42.

Saturday



Partly cloudy, with a high of 61 degrees and a low of 42.

Sunday



Rain, with a high of 54 degrees and a low of 42.

ACTIVE AURORAL EXPECTED FRIDAY NIGHT

According to the University of Alaska Fairbanks Geophysical Institute's Aurora Forecast site; auroral activity will be active tonight and Saturday, weather permitting. Visible overhead for most of interior Alaska. Best chances are between midnight and 4 a.m. The Geophysical Institute provides an aurora forecast, at <http://auroraforecast.gi.alaska.edu/?area=Alaska>.

Nutrition Corner: Fiber

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

Did you know that fiber offers more health benefits than keeping our gastro-intestinal (GI) tract healthy? The recommended amount of fiber for men and women ages 19-50 are 25 grams and 38 grams, respectively.

Most Americans only consume one-half to two-thirds of the recommended amount. “So what, it’s just fiber. What is the big deal?”

The truth is, fiber is often overlooked as an essential nutrient. Consuming adequate fiber generally promotes GI health by preventing constipation and diverticulosis.

As part of a healthy diet that is low in saturated fat and sodium, it can also

help reduce cholesterol levels and blood pressure.

If you are trying to reduce your weight, think about increasing your fiber. Fiber helps you feel more satisfied after eating a meal and helps you stay satisfied for a longer period of time.

In my experience, those who eat adequate amounts of fiber tend to refrain from overeating on a regular basis.

To increase your fiber, include plenty of plant based products in your diet. Start by making half of your plate vegetables, no matter what the entree.

Not only does the fiber in vegetables help fill you up, it will leave less room for the higher calorie starches and meats. Incorporate fruits, nuts, and nut butters with your snacks.

Include beans in your recipes and salads; you can sneak them in almost anywhere. Attempt to make half of your

grain whole grains, they contain more fiber.

FEATURED FOOD:

Flaxseed contains two to three grams of fiber per tablespoon. It can be added to hot or cold cereal, yogurt, smoothies, and baked goods. The options are endless. Not only is flaxseed a good source of fiber, it contains heart healthy omega-3 fatty acids. You get all that nutrition packed into only about 55 additional calories.

RECIPE SPOTLIGHT:

Banana Oat Breakfast Cookies

YIELD:

Serves 14 (serving size: 1 cookie). Each serving contains approximately 125 calories and 6g protein, 2g fiber and 85mg sodium.

INGREDIENTS:

3 bananas
1 tablespoon maple syrup
1 teaspoon vanilla extract
1 1/2 cup rolled oats
1 tablespoon of ground flaxseed
1/4 teaspoon of salt
1/4 cup chopped walnuts

PREPARATION:

Preheat oven to 350oF. Place bananas in a bowl and mash well. Add remaining ingredients to bananas. Stir well. Line a baking sheet with parchment paper. Press 2 tablespoons of the mixture onto the parchment paper. Bake at 350oF for 22-25 minutes or until cookies are golden brown. Allow to cool before serving.



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

Standing during the day can improve worker health. Nearly 75 percent of those working at stand-capable workstations experienced decreased body discomfort after using these desks for the six-month duration of the study. Learn more: <https://www.sciencedaily.com/releases/2016/05/160525220539.htm>

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.

PATIENT TRAVEL VOUCHERS

Two weeks turn-around time is the expected timeframe for vouchers to be approved for patients traveling for care outside of Fairbanks. For patients who have vouchers outside of this two week window please contact the Patient Administration Department at 361-5001.

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.

PATIENT TRAVEL VOUCHERS

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HEALTHY SLEEP HABITS

Trouble sleeping? Don’t feel rested when you wake up? Let us help. Join our Army Wellness Staff for a Healthy Sleep Habits class. The event is open to all active duty soldiers, family members, retirees and DA civilians. Call 907-361-2234 to reserve your spot today.

JOE WANTS TO KNOW

We want to hear from you through the Joint Outpatient Evaluation System. JOES surveys are randomly mailed to beneficiaries requesting input on appointment satisfaction. Your response assists MEDDAC-AK leadership to improve services and your overall experience. Look for your envelope in the mail.

THIRD PARTY INSURANCE

BACH is required to obtain a copy of private health insurance coverage from all non-active duty beneficiaries. To provide us with this information you will be asked to complete a DD FM 2569 upon visits to our facility. At a minimum we need to have an updated DD FM 2569 completed annually or as your coverage changes.

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: Fall traveling

Ryki Carlson
Survivor Outreach Services Support Coordinator

From Spring break to winter holidays, it might seem like the other seasons have all the vacation fun. But for travelers, fall is a great opportunity for savings. It’s a shoulder season, which means discounts abound on accommodation and flights. You don’t even have to go far with all the autumn attractions, including apple picking to foliage spotting to corn mazes. The weather is still nice enough to enjoy the outdoors. Here are some options worth investigating.

Check out a local Oktoberfest. Oktoberfest is a beer and food festival held annually in Munich, Germany for 16 to 18 days from mid-late September to the first weekend in October. Cities all around North America have been adopting the German traditions and have been inspired to host and create local festivals in their town during this time.

Stop by the green. Fall brings special offers of discounted rates on golf. If you ever wanted to try out golf, get outside and play in the fall. You will get to enjoy the stunning fall colors. If you are new to the game you won’t be intimidated by speedy pros and packed courses since there are far less people on the course.

Take a hike. Hiking is a great way to enjoy fall and see the beautiful colors in actions. It’s almost free or inexpensive to hike at state or national parks.

Take a repositioning cruise. Repositioning cruises offer some of the best bargains in the cruise industry. With cruise liners anxious to fill

cabins for these necessary crossings, prices can be remarkably low. You can find great pricing which will include accommodations, food, entertainment, transportation, and some unusual port of calls.

Get out of town. Summer is over, but that doesn’t mean your best trips of the year are over. Fall can be the ideal time to get out of town because many airline prices decrease, temperatures cool off, and most people stay home – making tourist destinations less crowded. Most of these deals are only available for a short period of time as the holiday travel season approaches. Luggage and travel accessories typically go on sale in the fall season as well.

Traveling to two countries or cities. If you are planning to stay in two countries/cities and an airline makes you change planes anyways, you might be in luck. Check pricing on the flights to see if you can stay a few days at the country/city of the flight change instead of changing planes right away since airlines often let you do that for the same price.

Find beach bargains. Sun seekers will crowd the beaches of Hawaii and Mexico come winter, but fall deals will help you soak up the sunshine in peace. Some airlines offer discounts up to 70 percent on vacation packages as well as last-minute fire sale prices to get you surfing in Maui.

Don’t stay at a hotel when traveling. Airbnb is quickly gaining popularity but is still unknown to or untried by many travelers. This site will permit you to rent someone’s house, apartment or even one room inside their property.

Take advantage of free events. Instead of buying tickets to a concert or a movie, hit up a free festival, farmer’s market or other community event. Free events are critical to having fun in an expensive city and a great opportunity to meet people. Do an internet search for free events.

Ask for age, student, military, and membership discounts. Many attractions like theme parks, museums

and others have discounts for seniors, children, students, or military. If you are traveling, remember to take your ID and membership cards (e.g. AAA card) with you to qualify for these discounts.

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

I’m originally from Oklahoma. Somewhat surprisingly, Fort Greely is currently home to a relatively large group of Okies. Among the first questions I’m asked after discovering that a new friend and I are from the same state is, “Sooners? Or Cowboys?” Okies intuitively know that this question must be answered carefully. With memories of “A House Divided” banners flying on homes in our neighborhood, I take great pleasure in answering, “Haymakers.” On the one hand, cheering for a favorite football team with fellow fans is all good fun and provides a great excuse to eat wings and drink a beer. On the other hand, fandom taken to an extreme (being a “fan” is derived from “fanatic”) is symptomatic of rising tribalism in our society. At the moment, we seem more focused on what divides us rather than on what unites us.

One definition of “tribalism” is: “the behavior and attitudes that stem from strong loyalty to one’s own tribe or social group.” Speaking as a professional Army officer, the strong loyalty that binds Soldiers together has some survival advantage on the battlefield. But rival teams at a sporting event are not engaged in armed combat. Political groups may speak of a “war of words” but policy differences are not armed combat. The point is, how did you feel when your tribe won? Or lost?

The German word “schadenfreude” means, “pleasure derived by someone from another person’s misfortune.” A Sooner fan may feel schadenfreude toward a Cowboy fan when the final whistle blows and OU has won the game. More significantly, current events have given rival political groups cause to take pleasure in each other’s misfortune. This is, perhaps, the way of politics and politicians. But this isn’t supposed to be the way of Christians.

After Jesus washed the feet of his disciples, he said: “A new command I give you: Love one another. As I have loved you, so you must love one another” (John 13:34). A new command to love... not to take pleasure in another’s misfortune, or conversely to sulk when others are blessed. Jesus didn’t say, “Love only your tribe.” In fact, Jesus says in Matthew 5:46, “If you love those who love you, what reward will you get?” Remember, Jesus washed the feet of all the disciples, even of Judas who would betray him and of Peter who would deny him.

We are all occasionally tempted to believe that God belongs to my tribe. And since God is on my side, then God must also love what I love and hate what I hate. Love, however, demands that we choose to be on God’s side and love what God loves - even our enemies... even “those people.” By the way, my alma mater was Phillips University in Enid, OK. Go Haymakers!



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 1000 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

IMCOM

Continued from page 1

Management. During his remarks at the ceremony, Dahl thanked the command’s 50,000 employees for their role in providing continuity in the Army’s 75 installations.

Despite budget cuts and doubling down on multiple jobs, IMCOM employees are dedicated professionals who keep the day-to-day operations going, providing facilities, utilities, security and recreational opportunities, he said.

“IMCOM provides platforms for readiness, so our Soldiers are fit, trained and ready for combat,” said Dahl, who will be retiring from active service later this month.

Becker thanked family and friends for their support and said Dahl built a great team at IMCOM.

“IMCOM touches the lives of every Soldier, civilian and their family members in the Army,” Becker said. “What you do every day is truly impressive. I appreciate all you do to keep the Army strong.”

The change of command ceremony Sept. 5 included music by the First Armored Division Army Band, the national anthem sung by Sgt. First Class Charmakeitha M. Smith of IMCOM, and an invocation by IMCOM Command Chaplain Col. Yvonne Hudson.

IMCOM Command Sgt. Maj. Melissa A. Judkins participated in the guidon exchange ceremony with the three generals. The traditional presentation of flowers was held to honor the outgoing and incoming commanding generals’ wives, Lt. Col. (R) Celia FlorCruz and Sherri Becker, respectively.

Prior to taking command of IMCOM, Becker was chief, Office of Security Cooperation-Iraq, U.S. Central Command, Iraq.

He was commander of the Joint Force Headquarters — National Capital Region and the U.S. Army Military District of Washington. He previously served as the commanding general, U.S. Army Training Center and Fort Jackson, South Carolina. He has had several joint assignments and has served in Iraq and Korea, as well as at Schofield Barracks, Hawaii, and Fort Lewis, Washington.

Becker’s awards include the Distinguished Service Medal (second award), the Defense Superior Service Medal, the Legion of Merit, the Bronze



Outgoing IMCOM Commanding General Lt. Gen.. Kenneth R. Dahl passes the guidon to Chief of Staff of the U.S. Army Gen. Mark A. Milley during ceremonies Sept. 5 at JBSA-Fort Sam Houston. (Photo by Susan A. Merkner, U.S. Army Installation Management Command Public Affairs)

Star Medal with Oak Leaf Cluster, the Defense Meritorious Service Medal, the Meritorious Service Medal with four Oak Leaf Clusters, the Army Commendation Medal with Oak Leaf Cluster, and the Army Achievement Medal with three Oak Leaf Clusters. He has earned the Combat Action Badge, Parachutist and Air Assault identification badges, and is Ranger qualified.

Becker was commissioned as a second lieutenant in the field artillery upon graduating from the University of California at Davis in 1986 with a

Bachelor of Arts degree in political science. He also holds a master’s degree in political science from Auburn University.

IMCOM became an independent command reporting directly to the Chief of Staff of the Army in the fall of 2015. Its geographic regions in the continental United States (CONUS) were reorganized into three directorates based on function — Readiness, Sustainment and Training — and co-located with their supported Army commands (Forces Command, Army

Materiel Command, and Training and Doctrine Command, respectively). The IMCOM directorates outside CONUS were already located with the Army Service Component Commands they support in Europe and the Pacific. The U.S. Army Environmental Command is also an IMCOM organization and was represented in the ceremony by its commander and command sergeant major. All IMCOM directorates were represented at the Sept. 5 ceremony by their directors and command sergeant majors.

SADD

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Purple Heart hunt allows wounded veterans exclusive access to Fort Greely

Staff Sgt. Zachary Sheely
100th Missile Defense Brigade

Two Soldiers, one serving and one retired, sit in a pickup truck and watch the rising sun slowly illuminate the sprawling wilderness of Fort Greely.

It is Sept. 1, the opening day of Alaska's moose hunting season. The cool morning wind gently rustles the leaves of the quaking aspen and paper birch, whispering hints of winter's inevitable arrival and subsequent stranglehold here.

The Soldiers are on high alert, looking for signs of their quarry - a slight movement in the forest, moose tracks, scat, fresh beds or antler scrapings on trees.

Generations and vastly different experiences separate these Soldiers, yet they form an easy bond, sharing jokes and trading tales along the way. Many begin with "back in my day," or "nowadays," and most end in laughter. There is good-natured ribbing by both, the product of more than 40 years of combined Army service. And there is hunting.

Together, they scout for a large bull moose to harvest as part of the Purple Heart Hunter Program held annually at Fort Greely. There were three hunters this year, and Soldiers from the 49th Missile Defense Battalion served as



Retired Sgt. 1st Class Michael Boarland, left, and Sgt. 1st Class Lawrence Martin, the acting first sergeant of Company A, 49th Missile Defense Battalion, Alaska National Guard, discuss their moose hunting strategy at Fort Greely, Alaska, Sept. 2, 2018. The state of Alaska offers a limited number of 100 percent disabled Purple Heart recipients to hunt exclusive land within the Fort Greely boundary every year. (Photo by Staff Sgt. Zachary Sheely, 100th Missile Defense Brigade)

their chaperones.

Sgt. 1st Class Larry Martin, the acting first sergeant of Company A, 49th Missile Defense Battalion, Alaska National Guard, was paired with a

veteran more than 40 years his senior.

Retired Sgt. 1st Class Michael Boarland of Peters Creek, Alaska, has hunted across the world. By his own account, he doesn't move as well as he

used to, thanks in part to his multiple combat wounds. He is limited to riding

See HUNT on page 6

Raptor intercept of Russian bombers



Two NORAD F-22 "Raptor" fighter jets positively identified and intercepted two Russian Tu-95 "Bear" bombers at approximately 10 p.m. EDT Tuesday, Sept. 11, 2018.

The Russian Bombers intercepted west of mainland Alaska were accompanied by two Russian Su-35 "Flanker" fighter jets.

The Russian aircraft remained in international airspace and at no time did the aircraft enter United States or Canadian sovereign airspace.

Homeland defense is NORAD's top priority. The identification and monitoring of aircraft entering a US or Canadian Air Defense Identification Zone demonstrates how NORAD executes its aerospace warning and aerospace control missions for the United States and Canada.

"The homeland is no longer a sanctuary and the ability to deter and defeat threats to our citizens, vital infrastructure, and national institutions starts with successfully detecting, tracking, and positively identifying

aircraft of interest approaching U.S. and Canadian airspace," said General Terrence J. O'Shaughnessy, the NORAD Commander. "NORAD employs a layered defense network of radars, satellites, as well as fighters to identify aircraft and determine the appropriate response."

NORAD is on alert 24 hours a day, seven days a week, 365 days a year. Operation NOBLE EAGLE is the name given to the military response to the terrorist attacks of September 11, 2001, and applies to all air sovereignty and air defense missions in North America. NORAD is a binational command focused on the defense of both the U.S. and Canada, the response to potential aerospace threats does not distinguish between the two nations, and draws on forces from both countries. (Photo courtesy North American Aerospace Defense Command and U.S. Northern Command)

ARMED SERVICES YMCA MILITARY COURTESY LOUNGE GRAND OPENING

The Armed Services YMCA of Alaska
and The Rotary Club of Fairbanks
invite you to come celebrate the
GRAND OPENING
of the newly renovated
ASYMCA Military Courtesy Lounge
at the Fairbanks International Airport.

Thursday, September 20, 1:30pm
Fairbanks International Airport
6450 Airport Way, Fairbanks

For more information, please contact
Victoria Raquepaw at 907-353-5962
or programsfbx@akasymca.org



www.asymca.org/alaska

Fort Wainwright Family & MWR

Weekly Events

September 14 – 21

16

Nugget Lane's Family Funday Sunday
September 16
11 a.m. to 4:30 p.m.

Grab your friends and family and head on down to Nugget Lanes Bowling Center! Parties of up to 6 can enjoy 90 minutes of unlimited bowling, shoe rentals, a 1-topping pizza, and a pitcher of soda for just \$40!

Nugget Lanes Bowling Center, building 3702
Call 353-2654

17

POUND Fitness Class
September 17
5:15 to 6 p.m.

Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums!

Physical Fitness Center, building 3709
Call 353-7223

18

B.O.S.S. Night Out
September 18
6 to 8 p.m.

Join fellow B.O.S.S. eligible Soldiers and Airmen for a night of casual bowling at Nugget Lanes! Compete against old friends and make new ones, all while grabbing a snack from the Motherlode Cafe and a drink from the Gold Rush Lounge.

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

19

Home School PE
September 19
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

20

LEGO Club
September 20
3 to 4 p.m.

There's nothing better than knowing your own home will be LEGO-free, and therefore your nights will be pain free. Avoid those painful nighttime steps by joining in on LEGO Club!

Last Frontier Community Activity Center, building 1044
Call 353-7775

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welcome to

WINTER

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- 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
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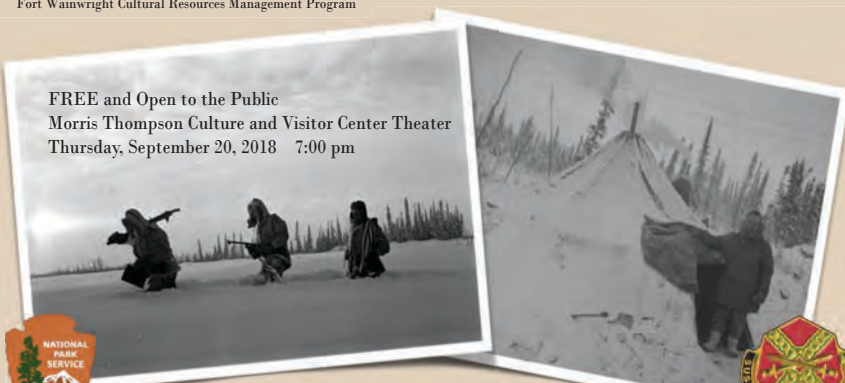


TALES FROM TANANA FLATS:



Stories of the Army's Tanana Flats Training Area encompass 14,000 years of history!

Reclusive trappers, gold rush trailblazers, and training exercises! This talk is part of an ongoing project to document the extensive history of the Tanana Flats Training Area, which will culminate in a publication. Come hear the preliminary research and learn about the creation of the training area in 1940, the cold weather training missions conducted between 1947 and 1991, prehistoric archaeology, and more!

Presented by Pierce A. Bateman,
Fort Wainwright Cultural Resources Management Program



FREE and Open to the Public
Morris Thompson Culture and Visitor Center Theater
Thursday, September 20, 2018 7:00 pm



Sponsored by the National Park Service and the U.S. Army Garrison Alaska

2018 National
Hispanic Heritage
Month Observance

September 20, 2018
1500-1600

Northern Lights Chapel
3430 Luzon Rd.

Please RSVP by September 13 to
MSG Holman or SFC Cormier
skylar.a.holman.mil@mail.mil
elisa.b.cormier.mil@mail.mil





VETERAN

Continued from page 4

along in the truck, save for infrequent stops to stretch his legs. Boarland, 79, pondered aloud if this will be his last hunt.

“This is the first time I’ve ever been taken care of on a hunt like this and it’s an honor to be here,” said Boarland. “I’ve met some people here who really care about veterans and that’s a real plus with me. When I came into the Army most of my squad leaders served in World War II and the Korean War. And now these younger troops are listening to my stories.”

Boarland served 31 cumulative months in Vietnam, split between tours in 1962 and 1965 and 1968-69. His final tour was cut short in 1969 due to wounds he sustained in combat. He served in the Army from 1957-1989, earning three Purple Hearts, two Bronze Stars - one for valor and one for meritorious service - and the Soldier’s Medal.

“I feel very fortunate to have this opportunity to be paired up with a younger troop and have this hunt,” said Boarland. “He’s taken real good care of me. I’m not able to do what I used to do, so it’s real good to be here with someone who will help you out.”

Delta Junction, Fort Greely and the Donnelly Dome basin. The state of Alaska issues no more than six DM795 permits per year, available to anyone in the U.S. at no cost, but a user must meet certain criteria. Awardees must be a Purple Heart recipient with a certified 100 percent service-connected disability.

This program was implemented in 2011 by Richard Barth, the Fort Greely environmental chief. Barth explained the need to maintain and mitigate the moose population within the 7,200 acre footprint of Fort Greely.

Fort Greely also must comply with the Sikes Act, a conservation mandate that states if the federal government has land where recreational opportunities can be made available to the public, then the Department of Defense needs to make those opportunities available as long as they don’t interfere with training and mission. However, the strategic mission of the 49th Missile Defense Battalion and the assets located at Fort Greely posed challenges in complying with the Sikes Act.

“We can’t just let everyone run around here willy-nilly,” said Barth. “So, how I meet the Sikes Act and my moose mitigation requirement was to have a moose hunt with 100 percent disabled Purple Heart veterans, because I knew they all had ID cards. So I was able to hit two birds with one



number of problems. Cow moose can become separated from their calves by fencing. Moose can die of dehydration because there are limited water sources for them. So we provide the water now and we manage the moose, but in an effort to keep the moose out the garrison and housing area, we started hunting them.”

Since 2012, Purple Heart hunters have had a 100 percent success rate hunting bull moose, Barth said.

Just Killin’ Time
Moose, the Alaskan state mammal, are the largest member of the deer family and can range in size from 800 pounds to nearly 2,000 pounds and are easily recognized by their antlers,

hunting season of Sept. 1-15. While there are many moose within the Delta Junction Management Area, most are not “shooters.” The DM795 hunting permit prohibits taking calves, or cows accompanied by calves. This leaves a handful of bull moose, most of which are too immature and underdeveloped to be considered.

Trophy-class bull moose are defined by large, wide antlers and typically range in age from 10 to 12 years old. The two other hunters as part of this year’s Purple Heart Hunt were successful in harvesting large bull moose.

Boarland and Martin, on the other hand, saw many moose during their hunt, but Boarland has not taken a shot. He’s after a true trophy bull with antlers as wide, or wider than 60 inches. Boarland will continue to hunt the area through Sept. 15, or until he sees a bull moose he would like to harvest, whichever comes first.

“I just like to be out here, just killin’ time,” said Boarland. “Being out here and seeing everything and how beautiful it is is a great experience. If I shoot, I shoot. If I don’t, I don’t. I’m just as happy shooting the breeze.”

“It’s 100 percent their hunt,” said Martin. “We make sure they’re taken care of and give them opportunities to hunt. We’ll hunt with them dawn to dusk. If they see something they like, we’ll do everything we can to help them get it.”

Boarland said he has formed a memorable friendship with Martin, and will cherish the memory of their time together.

“Some of our conversations are not rated for public, shall we say,” Boarland said with a laugh, “but most of our conversations have been about hunting and our service. It’s good to see what kind of troops we got now. Some of his views are 180 degrees different from mine, but our interactions have been nothing but positive.

“Anybody who’s fortunate enough to come out with these folks, it’s a once in a lifetime experience,” said Boarland, “and I’ll treasure the memory.”

For more information on the DM795 Permit, visit

www.adfg.alaska.gov/index.cfm?adfg=moosehunting_hunt_details&hunfile_id=21209®year=2018



The state of Alaska offers a limited number of 100 percent disabled Purple Heart recipients to hunt exclusive land within the Fort Greely boundary every year. (Photo by Staff Sgt. Zachary Sheely, Army National Guard)

THE DM795 PERMIT AND THE SIKES ACT

Boarland and two other hunters were awarded a special permit, the DM795, to moose hunt in the Delta Junction Management Area comprising

stone. “I’ve got 70 head of resident moose within the habitat,” said Barth. “Because there’s no open hunting on post, Fort Greely becomes somewhat of a sanctuary area. This poses a

carried by males only. According the Alaska Department of Fish and Game, there are approximately 175,000-200,000 head of moose in Alaska, with at least 7,000 harvested annually within the

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This training meets the mandatory financial readiness training requirement under the National Defense Authorization Act 2016, USARPAC OPORD 16-03-456, March 2016 and HEDA EXORD 987-16, December 2015, and DoDI 1342.22 Military Family Readiness, April 2017.

2019 Best Warrior Competition concludes in crowd-pleasing ceremony

Spc. Michael Risinger
134th Public Affairs
Detachment

Two members of the Alaska Army National Guard were announced as winners of the 2019 Alaska Army National Guard Best Warrior Competition at an awards ceremony here Sept. 9.

During the ceremony, Sgt. Trent Marnell, 103rd Civil Support Team, was named Noncommissioned Officer of the Year and Spc. Sychelle Gonsalves, 49th Missile Defense Battalion, was named Soldier of the Year.

“The Best Warrior Competition recognizes Soldiers who demonstrate commitment to the Army values, embody the warrior ethos and represent

the force of the future,” said Command Sgt. Maj. Michael Grunst, 38th Troop Command command sergeant major.

Among the 16 events designed to challenge the physical and mental toughness of the Soldiers were an Army Physical Fitness Test, casualty evacuation drills, day and night land navigation, an obstacle course, a cross-country run, written examinations, an essay and a road march.

Marnell, who finished first in the road march, summarized his success by stating, “Speed kills.”

Marnell and Gonsalves will continue to represent Alaska at the 2019 Army National Guard’s regional Best Warrior Competition in the spring of 2019.

“I’d like to point out that

Gonsalves is the first female winner of either the NCO of the Year or Soldier of the Year for the Alaska Army National Guard,” said Grunst.

Eight Soldiers from across Alaska were selected at the unit level to compete in the state competition.

“When I first got here, looking at the competitors, I felt a bit intimidated knowing that [so many] came from infantry,” said Gonsalves. “They are very smart, very physically and mentally tough Soldiers.”

Should the winners not be able to compete, they will be replaced by the runners-up from the state competition. This year, Staff Sgt. Joshua Austin, 297th Military Police Company, and Spc. Justin Kompkoff, 1st Battalion, 297th Infantry Regiment, are the runners-ups.

September is Suicide Prevention Month 2018

Make it Your Mission to...
#BeThere



MHS Military Health System health.mil

September is Suicide Prevention Month

Suicide Prevention Month 2018 national outreach efforts will focus on Service Members in transition. The Military Health System will highlight that strength and resilience are possible through support networks and additional DoD and Department of Veterans Affairs (VA) resources. Additionally, SPM 2018 allows DoD, VA, and MHS to show how individuals, organizations, and communities can work together to support Service Members and Veterans in times of crisis and provide life-saving resources for those at risk of suicide.

Military life can be stressful for service members and their families. Everyone reacts to stress and traumatic experiences differently, and some may feel angry or isolated. These reactions can be common responses to life events, but, for some, these feelings may be signs of more serious conditions, including depression, traumatic brain injury or post-traumatic stress disorder.

People coping with these concerns may feel like there is no escape from their symptoms, leading them to have thoughts of suicide. Deaths as a result of suicide are a preventable public health concern and a top priority for the Department of Defense (DoD).

The Military Health System works with military and civilian organizations to:

- Build awareness of suicidal behavior and risks, and
- Help service members and their families cope.

They also promote programs that instill the skills needed to manage life’s challenges and encourage those with suicidal thoughts to seek help.

Find out more, at <https://health.mil/Military-Health-Topics/Conditions-and-Treatments/Mental-Health/Suicide-Prevention>

REACH OUT FOR SUPPORT

Military Crisis Line
<https://www.veteranscrisisline.net/get-help/military-crisis-line>
1-800-273-8255
Select Option 1

National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org/>
1-800-273-TALK (8255)
Select Option 1

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2018-2019



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1958/59 - 2018/19

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FAIRBANKS SYMPHONY ORCHESTRA - BRYAN EMMON HALL, VIOLIN
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Fairbanks Symphony performances are made possible by grants from the Alaska State Council on the Arts, the National Endowment for the Arts, the Fairbanks Arts Association/City of Fairbanks Bed Tax Regrant, Alaska Airlines, and the University of Alaska Fairbanks.

NOT SURE IF YOU NEED CARE?

The Nurse Advice Line is available to you 24/7.

Contact them to:

✦ Ask urgent care questions

✦ Talk to a Nurse

✦ Get health care advice anywhere and while traveling

✦ Find a doctor

✦ Learn how to get care

✦ Schedule appointments

✦ Access a secure summary of your care

✦ Get an online "sick slip"

URGENT CARE

Urgent Care is also available during a disaster. Urgent care is care you need for a **non-emergency** illness or injury.

✦ Treat a condition that doesn't threaten life, limb, or eyesight

✦ Needs attention before it becomes a serious risk to health

If you're not sure if you need urgent care, **call the Nurse Advice Line**. They can schedule appointments at a military hospital or clinic or direct you to a network provider.

Are you on active duty? You need a referral for urgent care in most cases. Please contact your primary care manager or regional contractor before you seek care: www.tricare.mil/CallUs.



BE OUR Guest


ASYMCA OF ALASKA'S FATHER DAUGHTER GALA

Friday, September 21 | 6:00 - 8:00pm
Westmark Fairbanks Hotel

Formal Attire | Dinner Buffet
Tickets are \$15 per person

Active Duty, Guard or Reserve families only.
All ages welcome!

For More Information: Phone: 907-353-5962
programsfbx@akasymca.org



Tickets can be purchased online beginning August 14 at:
www.asymca.org/alaska-login