

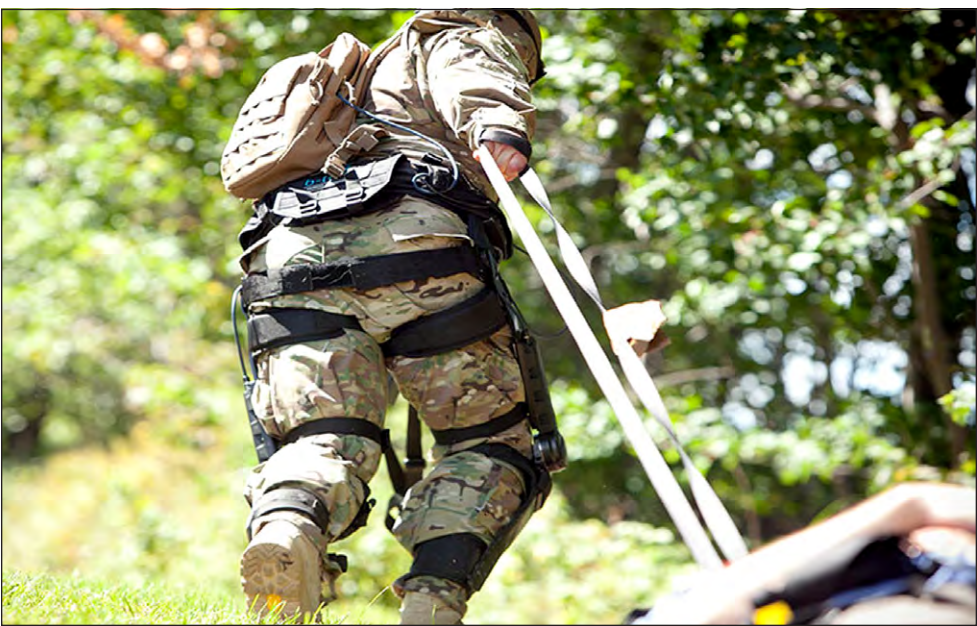
Natick’s exoskeleton work is a powerful step toward the future of Soldier lethality

Natick Soldier Research, Development and Engineering Center Public Affairs

With exoskeleton technology, the Natick Soldier Research, Development and Engineering Center, or NSRDEC, is helping Soldiers to step into future.

Soldiers are the most important, effective platform in the U.S. Army. In finite quantity, these warfighters are being asked to move farther, faster and carry larger loads – all while performing under harsh and challenging conditions. Responding to the Army chief of staff and the Soldier Lethality Cross-Functional Team, NSRDEC awarded an “Other Transaction Agreement” for a human augmentation system prototype to Lockheed Martin Space and Missile, or LMCO.

Trademarked under the name “ONYX,” the system is a powered, knee-based, mobility-enhancing device that shows great potential for allowing



The Natick Soldier Research, Development and Engineering Center is working with Lockheed Martin Space and Missile on a human augmentation system prototype. Trademarked under the name “ONYX,” the system is a powered, knee-based, mobility-enhancing device that shows great potential for allowing Soldiers to stay in contact while maintaining peak performance longer, with equal or increased warfighting power. (Courtesy photo by Lockheed Martin Space and Missile)

Soldiers to stay in contact while maintaining peak performance longer, with equal or increased warfighting power.

The NSRDEC’s exoskeleton effort will initially focus on the challenges faced by Army close combat forces, validating their needs with data from ongoing combat operations, reports, user focus groups and validation table top exercises.

Understanding that 90 percent of casualties since WWII are from the close combat force, the Army chief of staff has directed that one of his strategic focus areas emphasizes improving the lethality, maneuverability, mobility and survivability of the Army’s most valuable asset – the individual combatant. The Army seeks to cover more ground with fewer forces through strategic systems that integrate innovative technological concepts such as exoskeletons, other worn advanced capabilities and tactics.

See EXOSKELETON on page 3

Esper: Civilians play a huge role in Army’s modernization

Gary Sheftick
Army News Service

to focus on readiness and modernization.”

UNITY OF EFFORT

It’s up to Civilian employees to sustain the Army’s current momentum of modernization and reform, said Secretary of the Army Mark Esper Wednesday after he awarded the first of a new set of service pins for Civilian personnel.

“We are in a renaissance ... I believe it in my bones,” Esper said at a Department of the Army Civilian Luncheon during the Association of the U.S. Army’s Annual Meeting and Exposition.

“This renaissance means we look at everything differently,” he said. “We turn it upside down and inside out. We look for efficiencies. We look for better ways to be effective.

“We look for reform in every nook and cranny and every seat cushion to make sure we free up the time, money and manpower

With establishment of Futures Command, the Army for the first time has an entity in charge of all acquisition, Esper said.

“It was all over the place,” he said of the legacy “Big A” acquisition system. “You had RDECOM down here, months ago you had testing up here, you had contracting over here. There was no one single person in charge.”

He said experts were doing acquisition and were passionate about the Army, but no single organization was there to provide clear guidance. Now, Army Futures Command will bring unity of command and unity of effort. “We’ve drawn the boxes; we’ve tightened up the lines,” he said.

See MODERNIZATION on page 6



Secretary of the Army Mark Esper, pictured here during the Association of the U.S. Army Annual Meeting and Exposition Conference from Oct. 8 to 10, 2018, in Washington, D.C., says his “hope and aspiration” is that Army Civilian employees will sustain a “renaissance” that has begun to modernize and reform the Army. (Photo by Staff Sgt. B. Nicole Mejia, U.S. Army)

Fort Wainwright BOSS Soldier participates in Army Ten-Miler



2nd Lt. Lucas Parsley (far left), Echo Company, 1st Battalion, 52nd Aviation Regiment, 16th Aviation Brigade, represented U.S. Army Garrison Alaska, as a member of the Better Opportunities for Single Soldiers Installation Management Command – Pacific Army Ten-Miler Team. Parsley joined Sgt. Joni Jackson (left), USAG Daegu; Pvt. Ernest Rey (center), USAG Daegu; Spc. Daisy Botello (right), USAG Hawaii; Staff Sgt. Paul Zhang (far right), USAG Okinawa, to finish 31st out of 57 teams with a combined time of 5:17:17.



Mutual aid helps extinguish fire at power plant

The Fort Wainwright Fire Department battled a fire at the installation power plant’s south coal tower on Oct. 14. Mutual aid from Fairbanks Fire, University Fire, Steese Fire and Eielson Fire were on-scene assisting. (Photo by Captain Justin Boddy, Fort Wainwright Fire Captain)

WEEKEND WEATHER

Friday

Evening showers, with a high of 42 degrees and a low of 34.

Saturday

Morning showers, with a high of 40 degrees and a low of 33.

Sunday

Partly cloudy, with a high of 47 degrees and a low of 32.

WINTER PREPAREDNESS

While the weather here in Fairbank has been unseasonably warm weather recently, don’t forget that winter is coming. Remember to start prepping your family, home and vehicle for the cold temperatures just around the corner. For more winter preparedness tips, attend the next “Welcome to Winter” preparedness event on November 11th, or contact the Army Community Service at (907) 353-7908 for more information.

Nutrition Corner: Coconut oil myth buster

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

Coconut oil is considered a healthy food and can help with weight loss- Myth.

There is a misconception that coconut oil is somehow good for us. In fact, a re-cent survey from the New York Times demonstrated that 72 percent of the public considers coconut oil healthy. Perhaps, this is because virgin coconut oil is high in Lauric acid, a medium-chain fatty acid that can raise good (HDL-Cholesterol) but also bad cholesterol levels (LDL-Cholesterol).

Coconut oil is made up of 82 percent saturated fat, which is about 11 grams of saturated fat per tablespoon, and raises LDL-cholesterol just as much as the commonly known culprits such as butter and beef fat. Coconut oil, like all saturated fats, should be limited in a healthy diet. Fortunately, there are many other healthy oil alternatives that will help lower LDL levels and increase HDL levels.

Canola oil contains monounsaturated and polyunsaturated fats and has a light flavor which makes it good for baking, and sautéing. Olive oil is high in mono-unsaturated fatty acids, which can help reduce the risk of heart disease, and can be used in place of butter. Extra virgin olive oil has a

fruitier flavor and stronger aroma than pure or virgin olive oil. Don't be fooled by the label "light", which means it has a lighter flavor; the calorie content is the same.

Grapeseed oil has polyunsaturated fatty acids and can lower total cholesterol and LDL-cholesterol. It can be used for sautéing and in dressings and dips.

Overall, it is important to include fats in your diet that are heart healthy and limit the ones high in saturated and trans fat. Aim for oils such as canola oil, olive oil, flaxseed oil and grapeseed oil. Foods such as nuts/seeds/nut butters, avocados, and fatty fish such as salmon also contain the heart healthy oils that will help reduce the risk of heart disease.

Avoid the saturated fats found in butter, high fat dairy foods, fatty meat cuts and coconut oil and trans fats found in many margarines and pre-packaged baked goods.

Featured Recipe:
Devised Eggs with Guacamole

INGREDIENTS:
9 eggs, boiled and shelled
1 pitted avocado
3 tablespoons Fat free sour cream or plain Greek yogurt
2 teaspoons lime juice

1/3 cup seeded and chopped Roma tomato
1/4 cup chopped scallions
Pinch of salt
1/8 teaspoon ground black pepper
2 teaspoons finely chopped jalapeno
Fresh cilantro, chopped to garnish

DIRECTIONS:
Slice each egg in half lengthwise
Remove the yolks, adding two whole egg yolks into a bowl. Discard the re-maining yolks.
Use a fork to mash the two egg yolks and avocado together. Stir in the sour cream or yogurt and lime juice
Add tomato and scallions to the mixture
Add salt, pepper, and jalapeño to mixture. Stir to combine
Spoon the guacamole into each egg white half. Garnish with a sprinkle with fresh chopped cilantro.
Cover, chill, and serve.

<http://news.heart.org/advisory-replacing-saturated-fat-with-healthier-fat-could-lower-cardiovascular-risks/>
<http://news.heart.org/saturated-fats-why-all-the-hubbub-over-coconuts/>
<http://www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/all-about-oils>

MEDDAC Minute

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

PERFORMANCE TRIAD TIP
Well-rounded fitness routines are important! Do you know how to maintain your fitness when you are deployed or on vacation and don't have a gym? Soldiers who focus just on running are at increased risk of injury – cross train!

INDOOR TRICK-OR-TREAT
Join us as at Bassett ACH on Oct. 31, from 4:30 to 6 p.m., as we partner with Family and Welfare, Morale and Recreation, and the USO to bring you the 6th Annual Boo to the Flu event. Indoor Trick-or-Treating and a haunted house will once again be offered free of charge. The VA doors will open from 4:30 and close at 6 p.m.

TOBACCO CESSATION
Smoking poses major risks to women's reproductive health; just one more reason to quit. Contact our tobacco cessation educators at 361-2330 for information on classes and medication to assist in quitting.

STAY FIT AND INFORMED
A Performance Triad app has been launched by Army Medicine to assist Soldiers and family members in creating healthy nutrition, activity and sleeping habits. The app is free, and is available by searching "Performance Triad" on your mobile device's app store.

TRICARE ONLINE REMINDERS
TRICARE makes it easy to receive a reminder for upcoming appointments. Beneficiaries who have their cell phone number in their TRICARE profile will receive a reminder text 48 hours and two hours prior to their appointment.

NURSE ADVICE LINE
Not sure if you need to come into the emergency

room or make an appointment? Beneficiaries can call our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273).



ANONYMOUS OR NOT
Sometimes being anonymous is not a good thing. When filling out Interactive Customer Evaluation forms, leaving contact information helps us to better serve our beneficiaries. Many times, the issue is something we can easily fix, but without contact information we are not able to remedy the situation. Giving us a name and number allows us to contact the beneficiary and correct the problem on the spot.

BREAST PUMPS AND SUPPLIES
Do you have a breastfeeding child at home? TRICARE covers breast pumps and breast pump supplies at no cost. You must have a prescription from your provider and state which type of breast pump you need. For more information on coverage, go to www.tricare.mil/breastpumps.

UPDATE YOUR INFO
All contact information for beneficiaries is pulled from the Defense Enrollment Eligibility Reporting System. If you change phone numbers, move or change family status, beneficiaries must change their

information in DEERS for MEDDAC to have the most up-to-date information. Correct information is vital to determining eligibility and contacting beneficiaries.

THIRD PARTY INSURANCE
Bassett Army Community Hospital 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.

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).

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

Weekly Financial Tips: Fall Produce

Ryki Carlson
Survivor Outreach Services Support Coordinator

Since fall is upon us, we have the opportunity to enjoy lots of produce. Whether we shop at our local farmer's market or the grocery store, we want to keep our produce fresh as long as possible. Here are some tips for keeping them fresh longer.

Apples – There is perhaps no ingredient more representative of autumn than a crisp, sweet-tart apple. The fruit's widespread popularity is reflected in the incredible number of varieties. In North America alone there are 2,500 types. To keep them fresh longer, store apples in a cool, dark place away from other ethylene-sensitive produce. Early in the season, they are best eaten as soon as possible. Midseason apples will keep for a few weeks, while late-season fruit is good for a few months.

Beets – Both the bulbous root and leafy stalk are edible. When storing beets cut the bulbous roots from the stalk before storing them; place the leaves and stalks in a perforated plastic bag in the crisper. The beet roots can be stored loose, also in the crisper. Do not wash prior to using them.

Broccoli – Store unwashed broccoli in a closed plastic bag in the refrigerator. It will keep for four or five days.

Cabbage – Use plastic wrap to cover the entire head of the cabbage or store in a perforated plastic bag in the crisper drawer. Cabbage will keep for up to two weeks.

Carrots – Remove tops and wash before storing. They'll draw moisture from the root, so store them separately in a plastic bag; they will keep for two weeks. If your carrots are limp, you can refresh them by soaking them in ice water for about 30 minutes. Do not store next to apples, the ethylene gas will make the carrots bitter. If you have them in your garden, you can leave them there and use them as needed all winter long.

Celery – Wrap washed celery in foil; it will last up to two weeks. Celery is susceptible to freezing so don't store in the back of the refrigerator.

Cranberries – Place fresh cranberries in a tightly sealed plastic bag in the refrigerator. They should keep up to two months. Be sure to separate and toss out individual cranberries that are soft and decaying, as they will quickly spread to the rest of the batch.

Garlic – Store garlic at room temperature in a well-ventilated area of your kitchen. Keep away from sunlight to avoid sprouting. Green garlic should be placed in a plastic bag in the fridge. Peeled or chopped garlic should be stored in an airtight container in the fridge.

Onions – Store uncut onions in a cool, dry place with good air circulation. They will last approximately one month. Once they are cut, place them in a plastic bag in the refrigerator. Be sure to use them within 3 days.

Potatoes – Place potatoes in a cardboard box, paper bag, mesh bag or basket to ensure good ventilation. Store your potatoes in a cool, humid, and dark place (45 to 50 degrees F is the ideal temperature range).

Squash – Store in a cool, dark storage area (about 50 to 55 degrees F) and they will keep for about a month. Ideally, only cut or cooked squash should be refrigerated, since they will suffer chill damage below 50 degrees F.

Sweet Potatoes/Yams – Do not refrigerate. Keep in a cool, dark and dry place. They will keep for months.

Ensure you cut off the green spots prior to cooking.

As an alternative, consider preserving fresh edibles economically and conveniently by drying fruits and vegetables. Drying preserves the vitamin, mineral, protein and fiber content of foods. Additionally, dried foods – when kept dry – remain edible virtually forever.

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, is celebrating her birthdays this week. Yep, you read that right. Birthdays. It’s a mildly entertaining family story. Karen was adopted when she was four days old. Thus, her legal birthday is four days after the day she was actually born. This is a win-win for us. It’s a win for me because, as her loving (but occasionally forgetful) husband, if I were to forget her actual birthday, no problem. I have four extra days to get it right. It’s a win for her because, as the birthday girl, Karen gets to celebrate all week long!

Another mildly entertaining family story involves my birthday. I was a late-in-life baby, born to parents who were significantly older than the parents of my peers. At some point in my adolescence, my mom simply began giving me a birthday card with some cash. Mom did the same for my three

older brothers. In my twenties, though, I did the math and realized that I would, ultimately, receive fewer birthday cards from our aging parents than my siblings. It wasn’t so much about the cash as it was a sudden realization of my parents’ mortality. Next birthday, mom included cash for the current birthday and additional cash for the birthday in ten years. She did that for several more birthdays.

Christians often observe being baptized into the faith as a kind of spiritual birthday. While the sacrament of Christian baptism is much deeper and more nuanced than I’m able to convey in this brief column, it bears mentioning because it’s often forgotten. After all, whether we celebrate it or not, we usually remember the day of our birth when it comes around every year.

When was the last time you thought about your spiritual birthday? Recalling Karen’s multi-day birthday, one’s baptism

happens once (physically) and often (spiritually). Recalling my birthday, one’s baptism is meaningful for the present and future spiritual journey.

I invite you to remember your baptism now by meditating upon this fourth century poetic inscription from the Lateran Baptistry in Rome: “Here born in Spirit-soaked fertility a brood destined for another City, begotten by God’s blowing and borne upon this torrent by the Church their virgin mother. Reborn in these depths they reach for heaven’s realm, the born-but-once unknown by felicity. This spring is life that floods the world, the wounds of Christ its awesome source.

Sinner sink beneath this sacred surf that swallows age and spits out youth. Sinner here scour sin away down to innocence, for they know no enmity who are by one font, one Spirit, one faith made one. Sinner, shudder not at sin’s kind and number, for those born here are holy.”



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

Quilts of Valor Foundation award quilts to veterans at Greely Ranger, SF breakfast



The Alaska Quilts of Valor Foundation awarded two quilts to veterans for their military service at the Fort Greely Aurora Community Activities Center during the annual U.S. Army Ranger and Special Forces Breakfast on Oct. 13. The Quilts of Valor Foundation began in 2003 with a dream that ailing veterans would find a form of healing with their new quilts, and that a “Quilt of Valor” would unequivocally say, “thank you for your service, sacrifice and valor in serving our nation in combat.” The two Quilts of Valor recipients were Andrew Pancho, a Fairbanks resident, who served 22 years in the Infantry and retired in 1995 from Fort Wainwright, and David Luntz, a Delta Junction resident, who served 20 years in conventional and Special Forces and retired from Fort Wainwright in 2002. The Alaska Quilts of Valor Foundation is seeking volunteer quilters to help support the organization’s mission. To volunteer or to submit a veteran for recognition, contact Joyce Bendell at 907-873-3994. Since 2003, the Alaska branch has awarded 1,100 quilts, and the organization overall has awarded over 200,000 quilts worldwide. (Photo by Chris Maestas, USAG Alaska, Fort Greely Public Affairs)

MILITARY STAR giving away \$25,000 in cash in Home for the Holidays Sweepstakes

Katarayna Flatt
Army & Air Force Exchange Service Public Affairs

For the holidays, you can’t beat home sweet home. And MILITARY STAR is making it easy to get there with the Home for the Holidays sweepstakes.

From Nov. 1 to 15, Fort Wainwright Soldiers and their families who use their MILITARY STAR card at both a military exchange and a commissary will automatically be entered in the worldwide sweepstakes. Five winners — one each from the Army, Air Force, Navy, Marine Corps and Coast Guard — will win \$5,000 each.

“There’s no place like home for the holidays, and MILITARY STAR is helping provide service members with the resources to spend the holidays with family and friends,” said general manager,

Gloria Sylvia. “Extra cash can cover travel expenses, gifts or other holiday costs. We’re crossing our fingers that a Fort Wainwright Soldier will be one of the big winners!”

Shoppers will also earn an entry into MILITARY STAR’s Your Holiday Bill Is on Us! sweepstakes for a chance to have their entire balance paid in full.

Eligible shoppers 18 years and older, including veterans, retirees and family members, can participate. Qualifying exchange locations include Army and Air Force, Navy, Marine Corps and Coast Guard exchanges; online exchanges at ShopMyExchange.com; myNavyExchange.com; ShopCGX.com; and Exchange concessionaires. Winners will be announced on or about Dec. 15. No purchase necessary to win. For official rules and alternate method of entry, visit MyECP.com/CustomerAds/Page/Exchange.com.

MILITARY STAR is administered by the Army and Air Force Exchange Service. Other benefits of the card include:

- Two points per dollar on purchases and a \$20 rewards card after 2,000 points earned.
- The lowest flat-rate APR (12.24 percent) among store cards—rate is offered to all cardholders.
- No annual, late or over-limit fees.
- 10 percent discount on first day of use.
- Reduced interest deployment plan with no payments required for eligible customers.

EXOSKELETON

Continued from page 1

Working with NSRDEC leads, the LMCO ONYX team will integrate user-based feedback into the new design and improved system performance and deliver demonstration-ready prototypes in FY19.

The U.S. Army Natick Soldier Research, Development and Engineering Center is part of the U.S. Army Research, Development and Engineering Command, which has the mission to provide innovative research, development and engineering to produce capabilities that provide decisive overmatch to the Army against the complexities of the current and future operating environments in support of the joint warfighter and the nation. RDECOM is a major subordinate command of the U.S. Army Materiel Command.

ESTATE NOTICE

Pvt. Mason J. Heimer passed away in Fairbanks on Oct. 22, 2018. Anyone having claims against or who is indebted to the estate of Pvt. Mason J. Heimer, of 2nd Platoon, Bravo Company, 70th Brigade Engineer Battalion, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 1st Lt. Ryan Kelly, Headquarters and Headquarters Company, 70th BEB, 1/25 SBCT, Fort Wainwright, Alaska 99703, phone (307) 575-4081 or email ryan.v.kelly2.mil@mail.mil.

New federal employees swear in by reciting the Oath of Office

Nikki Macias
Fort Wainwright Workforce Development

As federal civil servants, we take an Oath of Office by which we swear to support and defend the Constitution of the United States of America. The Constitution not only establishes our system of government, it actually defines the work role for federal employees – “to establish justice, insure domestic tranquility, provide for the common defense, promote the general welfare and secure the blessings of liberty.”

As part of the continuing onboarding process, new Department of Defense Civilian employees attend a full two day session with Workforce Development. This training welcomes new employees into the organization along with their peers in an informal group setting. The goal of the training is to help integrate them into the Army culture. The training also provides an opportunity to meet with the command team, the five directorates of Fort Wainwright’s garrison and several other departments for a better understanding of how they contribute to the Soldiers and Families here.

During the orientation, employees are trained in providing excellent customer service, proper security measures, safety and reporting procedures.

Between Eielson Air Force Base and Fort Wainwright, there are currently over 160 open positions to fill in varying departments. For more information about applying for vacancies on Fort Wainwright, visit USAjobs.com.



Col. Sean Fisher (right), Fort Wainwright garrison commander, recites the Oath of Office with Civilian employees new to the installation. (Photo by Nikki Macias, Fort Wainwright Workforce Development)

Mission of mercy: MP recognized for his efforts in World War II



Walter Pruiksmas poses for a portrait after receiving The Military Police Regimental Association’s Order of the Marechaussee in Silver, during an award ceremony Oct. 13, 2018, Mannasquan, N. J. (Photo by Sgt. Audrey Hayes, 200th Military Police Command Public Affairs)

Sgt. Audrey Hayes
200th Military Police Command Public Affairs

“I remember the night and the trip to Carentan. You’ll remember that no one was on the road, except for the five of us in the horse drawn carriage. There is one thing that has stayed with me over the forty years, it was the fact that we never knew each other’s names, nor did we ever see one another’s faces.”

That is an excerpt from a letter that Walter “Rookie” Pruiksmas wrote about an event that took place a few nights after the mighty invasion of Normandy, France, during World War II.

He dubbed it his “Mission of Mercy,” when he volunteered to escort an injured French woman and her two children to a hospital, 12 miles through war-torn land, by horse and buggy.

Seventy-four years later, Pruiksmas, now 95 years old, and a resident of Brick, New Jersey, was recognized -- not only for his heroic acts that night, but also for his contribution as a Military Police Soldier during World War II.

On Oct. 13 at the Manasquan First

Presbyterian Church in Manasquan, New Jersey, Pruiksmas received the Order of the Marechaussee medallion in Silver. Maj. Gen. Phillip M. Churn, the assistant to the chairman Joint Chiefs of Staff, Reserve Matters, presented him with the medallion, which is awarded by Military Police Regimental Association.

The Marechaussee was established in 2000, and is the highest honor an MP can receive. It recognizes exceptional dedication and contribution to the MP Corps over an extended period of time.

Pruiksmas was drafted into the Army in September 1943. The following February, he boarded a ship and sailed to Great Britain with his unit, D Company, 783rd Military Police Battalion.

Four days after D-Day, D Company, along with C Company from the 783rd, arrived on Utah Beach, Normandy, France. They were the first MPs on the battle-ridden shore. Their mission was to set up traffic control points, process prisoners of war and establish the Red Ball Express -- a highway that was used to move an endless supply of cargo to Gen. Patton’s Army.

See MERCY on page 6

Fort Wainwright Family & MWR

Weekly Events

October 19 – 26

- 20

The Great Pumpkin Festival

October 20 and 21
2 to 5 p.m., and 2 to 4 p.m., respectively

Pumpkins, pumpkins, PUMPKINS! It's all about the pumpkins at the Last Frontier Community Activity Center! Two days of pumpkin carving, pumpkin decorating, pumpkin laser tag, and so much more!

Last Frontier Community Activity Center, building 1044
Call 353-7755, registration highly recommended
- 24

Upper Cut Fitness Class

October 24
5:15 to 6 p.m.

Join a certified instructor at the PFC for the Upper Cut Fitness Class. Upper Cut uses weights and cardio, and targets the arms, back, shoulders and core to get the upper body sculpted and toned.

Physical Fitness Center, building 3709
Call 353-7223
- 26

Halloween and Haunted Laser Tag

October 26 through 31
Times vary, check website for schedule

Zap the spooks right out of the place with Halloween and Haunted Laser Tag! Special Halloween-themed laser tag is only up for one week, so the ghouls will be gone before you know it!

Last Frontier Community Activity Center, building 1044
Call 353-7755, registration highly recommended
- 26

B.O.S.S. Haunted Halloween Party

October 26
Doors open at 4 p.m.

Think you have the best costume this Halloween? Find out at the B.O.S.S. Halloween Costume and Karaoke Party! Doors open at 4 p.m., with Karaoke continuing on through the night. Compare costumes and get in on your chance to win a Crosley Switch Tech Turntable and many other prizes!

Warrior Zone, building 3205
Call 353-7648, 18+ only
- 26

Parents Night Out

October 26
6:30 to 10:30 p.m.

With Halloween parties galore, now is the perfect time to let us watch the kids! Be sure to sign up 1 week ahead of time with Parent Central Services.

Parent Central Services, building 1049, Suite 2
Call 353-7713, registration required

FAMILY AND MWR PRESENTS

COSTUME CLIMB

FRIDAY // OCTOBER 26
5:30 – 7:30 P.M.
OUTDOOR RECREATION CENTER



FUN, GAMES, GHOULS, GHOSTS!
BOUNCY HOUSES AND, OF COURSE, CLIMBING!

\$5 PER CLIMBER
NO EXPERIENCE NECESSARY, EQUIPMENT AND INSTRUCTION PROVIDED

Outdoor Recreation Center (907) 361-6349
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightODR

MWR ARMY OUTDOOR RECREATION



Cycle for your life!
The 2-hour Spooky Spin Cycling Class is sure to be a haunt!

www.wainwright.armymwr.com

26-31 OCT

26TH: 3 - 8 P.M.
27TH: 1 - 8 P.M.
28TH: 1 - 5 P.M.
29TH: 3 - 6 P.M.
30TH: 3 - 6 P.M.
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MODERNIZATION

Continued from page 4

In response to a question about Civilian employees worried about being forced to move, Esper said that wasn't the intent of Army Futures Command. Only the headquarters of AFC is located in Austin, Texas, and the vast majority of acquisition employees working under the command will remain where they're at.

No one has been forced to move, he said, adding the fundamental purpose of Futures Command was simply to provide unity of effort. It's not to "rip people away" or take away responsibilities, Esper assured -- rather, it's to breed collaboration.

REQUIREMENTS IMPROVEMENT

One of the big acquisition shortcomings over the past 20 or 30 years has been the requirements process, Esper said.

Unachievable requirements were requested that caused programs to go over budget and be delayed, he said.

"You have people out there saying, well, I need a tank that can swim underwater; that can shoot a round 10,000 miles ... that can see at night," he quipped.

Now Futures Command and its cross-functional teams will be in charge of requirements. They will huddle at the very beginning with contractors, technology experts, budget specialists, testers and everyone involved, he said. It will be more of a team approach.

"It's no longer a relay race with 12 different people handing off the baton ... nobody knows where the race began, nobody knows who slowed down and who sped up."

The new process will be more like a football team, he said. "You go in a huddle, you talk about what you're going to build, you all agree -- one, two, three, break -- you go out and run your play."

It's all about empowering people to do it well, he said, and do it in far less time. "It's all about readiness and modernization. It's about doing what is best for our Soldiers, our Civilians and their families."

NEW SERVICE PINS

One way leaders take care of people is to recognize them for the great jobs they do, Esper said.



Secretary of the Army Mark Esper fastens the first gold retiree service pin onto the lapel of Zeli King, who retired last week from the Office of the Assistant Chief of Staff for Installation Management, known as ACSIM. A set of three new civilian service pins were unveiled during a luncheon Oct. 10, 2018, at the Association of the U.S. Army's Annual Meeting and Exposition. (Photo by Gary Sheftick, Army News Service)

The idea of a Civilian service pin was brought to him several weeks ago, "and it wasn't hard to decide this one, because it was such a great idea."

The idea was brought to him by Diane Randon, the senior official performing the duties of principal to the assistant secretary of the Army (Manpower and Reserve Affairs). He called her up on stage to receive the first pin.

"It's really an important way to recognize our DA Civilians who served the Army for many years, and many decades in some cases," Esper said.

A bronze pin will be given to employees after one year of Civilian service. A silver pin goes to employees with 10 years or more of service.

The words "Army Civilian Service" on the pin circle the traditional Army emblem designed by the

Army Institute of Heraldry.

A gold pin will be presented to employees upon retirement.

"The gold rays emanating from the triangle allude to the future years ahead of them," Randon said of retirees.

Zeli King of the Office of the Assistant Chief of Staff for Installation Management, known as ACSIM, was presented the first gold pin. She is retiring Saturday.

John Ursel of the Army's G-1 was awarded a silver pin and Taneshia Gray of Installation Management Command at Fort Belvoir, Virginia, was awarded the first bronze pin.

"We hope Army Civilians will wear these pins in pride," Randon said.

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MERCY

Continued from page 4

Pruiksma's company set up its headquarters in Sainte-Marie-du-Mont, Normandy, and established a traffic control point. But it was two days later, June 12, 1944, when his most memorable event -- the Mission of Mercy -- occurred.

A local French boy came to his post late at night and asked an officer if someone could help him transport his mother to a hospital.

She was injured on D-Day, when a German soldier threw a grenade into their home.

Pruiksma recalls the officer saying, "I'm not going to assign anyone for this mission. But, I will take volunteers."

Pruiksma said he thought of his mother and how he would want someone to help her, so he volunteered. Then, Cecil Morris, another MP from his company, said he would go too, to help pull security during the trip.

At 1 a.m., Pruiksma, Morris and the French boy, along with his sister and injured mother, boarded a small two-wheeled, horse-drawn carriage and began their mission to the hospital in Carentan -- 12 miles away and in no man's land. Pruiksma knew which direction Carentan was because he watched the glow of the city burning the night before.

"The only thing I could hear was the sound of the horse's hooves and iron wheels hitting the cobblestone," said Pruiksma. "The streets were completely empty."

When they reached the scorched town, Soldiers from the 101st Airborne Division were watching from windows and doorways as the carriage rolled by, not stopping them to investigate where they were going.

When they reached the hospital, Pruiksma saw a church across the street. In front of the church building were two piles of dead German and American Soldiers that reached five feet high.

They quickly jumped out of the carriage and rang a bell at the hospital. A pegged-leg French man hobbled to them and opened the gate.

Nurses, or perhaps nuns, Pruiksma

said, received the injured French woman, and were so thankful for his and Morris' service. After a couple of minutes, they got back on the carriage and headed back to their headquarters.

Just like that, it was over.

Although it was a sliver of time compared to the rest of his duration in the war, that mission remained his most memorable.

"You know, I never talked about any of this for nearly 40 years," said Pruiksma. "I left all that stuff on the boat."

Until one day, when he had an urge to know with whom he shared the lonely, dangerous road to Carentan.

"It was like a book, but without the last chapter," said Pruiksma.

He started to write letters inquiring about the injured French woman and the pegged-leg man. He sent one to a church in Saint-Marie-du-Mont and another to the town's mayor.

The newspaper of Saint-Marie-du-Mont published an advertisement with Pruiksma's inquiry about the family he helped, but no one responded.

A couple of years later, Pruiksma tried again. This time, he sent a letter to the mayor of Carentan. And, this time, the mayor replied. The letter included the names of the people he escorted to Carentan, 40 years prior.

Pruiksma and the daughter of the injured French woman -- whose name he now knew as Madame Andree Tourraine -- wrote letters to each other explaining what they remembered of the events that night.

"Upon learning your name, I finally feel like I began to read the last chapter, and the story is coming to a completion," Pruiksma said in a letter to her.

Pruiksma wasn't officially recognized for his selfless service during the war until 2016. The French government awarded Pruiksma with the Legion of Honor, the country's highest recognition.

And now, two years later, the Military Police Regimental Association is bestowing their highest honor upon him as well.

"I'm proud to have served as an MP," said Pruiksma. "When I was in France and Belgium and Holland, it didn't matter what other [national] army I was working with. They knew I was authority when I had my MP brassard on."

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Gearldine Tuck
Fort Wainwright Education Center

On Nov. 1, 2018, from 10 a.m. to 3 p.m., the Fort Wainwright Education Center will sponsor the Winter Education Fair in Celebration of American Education Week, Nov. 12 to 16, at 4391 Neely Road, across from Bassett Army Community Hospital.

The local, on-post schools; Central Texas College, University of Alaska Fairbanks/Community and Technical College and Wayland Baptist University provide available programs that are highlighted along with our visiting service members opportunity colleges, external degrees colleges, region-wide and vocational/technical schools and programs or agencies offering educational support and services to the Fort Wainwright community.

There will be representatives from ROTC, Troops to Teachers, Literacy Council, Adult Learning Center and support organizations in support of post-secondary education locally and afar.

During the event, we will be hosting informational sessions concerning financial aid, Department of Veterans Affairs and “scam awareness.” All schools need to register for installation access on the GoArmyEd.com portal, and all other agencies need to contact the Fort Wainwright Education Center.

Come join us, talk to the many representatives and find out what is out there for you. Refreshments are provided.

Please contact Jerri Tuck or Marvin Castagna at 361-7486 if you have more questions, or email Gearldine.j.tuck.civ@mail.mil or marvin.r.castagna.civ@mail.mil.

Fort Wainwright's Winter Education Fair 2018

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VA Brief

School Age Program
USO

Greely ASAP team challenges military families to join in a drug free activity to promote Red Ribbon week



The U.S. Army Garrison Alaska, Fort Greely Army Substance Abuse Team, Polly Guthrie (left) and Brian Gray (right), established a Red Ribbon display at the Fort Greely Aurora Community Activities Center Oct. 16 in preparation for Red Ribbon week. The theme for this year's event is “Life is your Journey - Travel Drug Free.” During the week of Oct. 23 to 31, the Alaska military community is invited to join in a drug free activity and promote Red Ribbon celebrations and the ongoing commitment to healthy Army families and Drug-Free America by wearing and displaying red ribbons in support of Red Ribbon week. (Photos by Chris Maestas, USAG Alaska, Fort Greely Public Affairs)



How overseas COLA is calculated

Overseas Cost of Living Allowances

Overseas COLA is intended to equalize purchasing power so that members can purchase the same level of goods and services overseas as they could if they were stationed in Contiguous United States. Overseas COLA is calculated by comparing the prices of goods and services overseas with average prices for equivalent goods and services in CONUS. The result of this price comparison is an index that reflects a cost of living. Members will only receive a COLA if the costs are higher in an overseas location. If prices in CONUS are rising at a greater rate than those overseas, a member's Overseas COLA will decrease, and vice versa. However, if prices rise or fall at the same rate, a member's Overseas COLA will stay the same.

Two surveys determine the relative cost of living overseas compared with CONUS:

- Living Pattern Survey - asks service members where (what outlets) they shop and what percentage of goods they purchase locally, at the Commissary/Exchange, and from the internet. Service members can have a direct impact on Overseas COLA indexes by participating in the LPS
- Retail Price Schedule or Market Basket Survey) - annually captures prices of approximately 120 goods and services based on outlets identified in the Living Pattern Survey.

Find out more, at www.defensetravel.dod.mil/site/cola.cfm

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