

Future Vertical Lift projects to build on recent progress

Sean Kimmons
Army News Service

Future Vertical Lift projects are primed to expand on recent progress this fiscal year as the Army searches to replace its aging fleets of helicopters.

In less than six months, the new cross-functional team for FVL has already published two requests for proposals on a future attack reconnaissance aircraft and future tactical unmanned aerial systems.

“We were able to push those two efforts pretty quickly,” Brig. Gen. Walter Rugen, the team’s director, said Oct. 10 during a panel discussion at the Association of the U.S. Army’s Annual Meeting and Exposition. But “we’re not resting on our laurels. We have much more to do this coming year.”

Intended to be a smaller variant, the future attack reconnaissance aircraft, or FARA, will likely serve as a close combat conductor for advanced unmanned aerial systems as well as provide support to troops on the ground.

The anticipated award date for competitive prototypes is next June. Two industry performers will later be selected to Phase II in those efforts and receive a fixed funding level of about \$735 million between fiscal years 2020 to 2023, according to the solicitation.

The rapid solicitations to industry, Rugen said, were made possible by the great interaction in his team that includes personnel from the contracting and science and technology communities.

Part of the Army Futures Command, Rugen’s team was created last year alongside similar cross-functional teams to tackle six modernization priorities. The teams are designed to speed up an outdated acquisition process in order to get new capabilities to Soldiers faster.

“It’s about overmatch. We have to build that overmatch by 2028,” Rugen said. “Our current programs have to be vibrant enough to take that risk on, but we also have to look at the future risk and understand that and harmonize those two aspects.”



AH-64D Apache helicopters, such as these, along with CH-47 Chinook and UH-60 Black Hawk helicopters must all be modernized if the Army wants to stay competitive, say senior Army leaders. The Army has created the Future Vertical Lift Cross-Functional Team to help further its Future Vertical Lift modernization priority. (Photo by Chief Warrant Officer 4 Daniel McClinton)

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Synthetic Training Environment is an emerging Army capability that will converge current live, virtual, constructive and gaming environments into a single simulation training environment. (Graphic by Peggy Frierson, Defense Media Activity)

Army to release new Squad Advanced Marksmanship Trainer

Devon L. Suits
Defense Media Activity

Over the next year, 26 installations are scheduled to receive the new Squad Advanced Marksmanship Trainer – with the first potential location slated for Fort Drum, New York, officials said.

The Army has been working on a squad-immersive environment since 2009, but limitations on virtual reality and other related technologies have hindered the development process, according to Maj. Gen. Maria Gervais, director of the Synthetic Training Environment Cross-Functional Team.

Recent advancements in the \$5.2 billion virtual reality and gaming industry, though, have enabled the Army to field the virtual marksmanship trainer as an “immediate

solution until a more robust squad-immersive environment is developed,” Gervais said.

Tied to the Soldier Lethality Cross-Functional Team, the new trainer is a joint venture with the Marine Corps, helping infantry and “close combat” forces achieve their training objectives, Gervais explained during the Association of the United States Army’s Annual Meeting and Exposition on Oct. 10.

During a recent demonstration at Marine Corps Base Camp Pendleton, California, forces were outfitted with a goggle device synched to the Squad Advanced Marksmanship Trainer. From there, the squad lined up in a four-man stack and went through a series of breach and clear scenarios, the general said.

See TRAINER on page 7

Boo the Flu offers tricks and treats

Brandy Ostanik
Medical Department
Activity – Alaska
Public Affairs

by Directorate of Family and Morale, Welfare and Recreation.

While it is only the seventh official year of the event, the annual trick-or-treating event started 10 years ago as a Family Readiness Group activity for Medical Department Activity – Alaska staff and Family members.

Temperatures hovering in the teens did not stop over 2,000 princesses, super heroes, gnomes and zombies from flooding through the doors of



Trick-or-treaters make their way through Bassett Army Community Hospital during the seventh annual Boo to the Flu event held at Bassett Army Community Hospital on Oct. 31. The event, co-hosted by Medical Department Activity – Alaska and Directorate of Family and Morale, Welfare and Recreation saw over 2,000 people through the doors. (Photo by Medical Department Activity – Alaska Public Affairs)

Bassett Army Community Hospital on Oct. 31 for the seventh annual official Boo to the Flu Halloween event co-hosted this year

As staff members began inviting friends, the event grew until it was opened up to the public in 2011.

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Birch Hill Ski and Snowboard Season: Two projects nearing completion at Birch Hill to help enhance and improve patron experience

Staff Report

Fort Wainwright’s Birch Hill Ski and Snowboard Area nears completion of two projects focused on safety and enhancing customer experience for the upcoming winter season.

The first project was to make some critical repairs to the ski lift. During inspections and maintenance in the summer months, it was discovered that the lowest tower, Tower 1, was misaligned due to settling after frost heaves. This lean has been carefully observed for several years and finally exceeded an acceptable level of tolerance, so it was determined that the tower needed to be straightened.

Several courses of action were reviewed and considered, with the decision being made to attempt a process familiar to the shipwright industry and even the ski hill industry but not widely known.

The process is a style of metal bending using heat to shrink metal and create a closed hinge. By heating the metal with torches in a wedge shape in very specific areas, it is able to create controlled bending of the metal structure. In the case at Birch

Hill, the pole was adjusted bringing it back into alignment with the other towers and making the chairlift run as smooth as silk once again.

Secondly, is the announcement of a brand new “Magic Carpet” lift on the Bunny Slope. The magic carpet replaces the older t-handle style rope lift that has been present for a long time. The magic carpet lift is very much like the moving sidewalks at an airport, only instead of being level, it runs up the slope of the Bunny Hill. The carpet is an amazingly safe and fun option for families with children of all ages, sizes and physical abilities.

These types of lifts are also safer than the older t-handle style lifts, due to a lack of flying handle, and more intuitive for most riders. Riders simply shuffle up to and on the rotating rubber mat and stand while the mat rotates them up to the top, where they naturally slide off the end and turn left to access the run.

The lift will be monitored at all times by two staff members to watch for kids falling down, and specifically, to monitor the dismount to be sure they clear the offloading area smoothly.

See BIRCH HILL on page 3



NATIVE AMERICAN
HERITAGE MONTH

WEEKEND WEATHER

Friday

Sunny, with a high of 26 degrees and a low of 14.

Saturday

Sunny, with a high of 23 degrees and a low of 7.

Sunday

Sunny, with a high of 20 degrees and a low of 3.

COMMUNITY ACTION COUNCIL

The Fort Wainwright Community Action Council is slated to take place next Wednesday, Nov. 7, at the Last Frontier Community Activity Center, building 1044. This event begins at 10:45 a.m., and is open to the Fort Wainwright community. Come participate and find out what’s happening on your installation. Get information on future events, share your questions/concerns and get answers from the experts. See you there, or on livestream on the Fort Wainwright Facebook page at <https://www.facebook.com/FortWainwrightPAO/>.

Nutrition Corner: Nutrition 101

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

Myth Busters – Does eating late at night contribute to weight gain?

It depends on the person and their schedule. It is not the late night eating alone that makes it difficult to lose weight; it is the extra calories the midnight munchies present.

Some people find it useful to have a cut off time for their evening snacks, so if it is helpful for you to turn off your snack attack then go for it – but follow these guidelines.

Don’t set your cut off time too early. You want to be sure to leave time in your evening to have a balanced dinner every night and a small early

evening snack if you tend to eat an early dinner. For example, if your cut off time is at 6 p.m. and you eat dinner at 5 p.m., you risk going to bed hungry or waking up in the middle of the night hungry.

Being overly restrictive can lead to binge eating, which is detrimental to weight loss efforts. If you make your cut off time a little bit later, there is time to incorporate a calorie-controlled, balanced snack that will prevent you from going hungry. If you eat dinner later in the evening, there is really no need to have a snack.

Remember, weight management boils down to overall caloric balance. As long as your evening snack does not turn into mindless overeating, it is ok to have a small, balanced snack. Aim for something with fiber and a little carbohydrate and protein – like a container of reduced fat yogurt

or piece of fruit with one tablespoon of peanut butter. Remember to stop there and get a good night sleep!

Recipe Spotlight:
Fruit skewers with dip

- Ingredients:
- strawberries
 - pineapple
 - 1 cup low fat sour cream
 - 1 tablespoon lime juice
 - 2 tablespoons of brown sugar
 - cinnamon sugar

Preparation: Thread fruit onto skewers. Combine all other ingredients for the dip. Garnish with cinnamon sugar.

MEDDAC Minute

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

PERFORMANCE TRIAD TIP

Studies show high school athletes have higher GPAs, and are more likely to graduate. Regular exercise improves blood flow and brain activity. Working out makes you smarter.

CARE ENOUGH TO CALL

In September, 509 appointments went unused due to no-shows. If you are unable to make an appointment, please call 361-4000 to cancel as soon as possible. This allows us to rebook the appointment for a beneficiary in need.

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.

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.

WALK-IN CLINIC

Beneficiaries 18 and older can utilize the Walk-in Clinic Nurse option when needing to be seen for strep throat screening, urinary tract infection screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic is open 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Monday through Friday. For more information call 361-5833.

NEED LAB RESULTS?

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

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



NURSE ADVICE LINE

Call the Nurse Advice Line:

- **Toll-free phone number:**
1-800-TRICARE
(1-800-874-2273), option 1
- **Hours:** 24 hours a day,
7 days a week
- **Areas served:** Continental
United States, Alaska,
and Hawaii

TREATS

Continued from page 1

Because of the continued growth, for the first time MEDDAC-AK leadership reached out to DFMWR for assistance.

“We serve the same members of the community,” said Col. Constance Jenkins, commander of MEDDAC-AK. “The event is so largely received; bringing in our partners made sense.”

In past years, all candy had been brought in by staff members - this year, DFMWR took that task and provided two pallets worth of candy for MEDDAC-AK, USO, Armed Services YMCA, Public Health, Dental Command and Army Community Service staff to hand out, said Jenkins.

Most events offered by MEDDAC-AK offer a little bit of fun with the majority of the emphasis being on health education, but Boo to the Flu is organized to do just the opposite. While flu vaccines were given to 87 beneficiaries during the event, trick-or-treating, a haunted house and a place to have a fun, warm community gathering was the focus of the event.

This was the first year of experiencing the event for lead organizers, registered nurse, Capt. Amutul Davis, and medic, Sgt. Lindsay Mercer, both assigned to the maternal newborn unit, but Davis says the event was everything she was told it would be.

“Overall, it was a great success,” said Davis. “The heaters placed outside by DFMWR were a wonderful addition, and not only did the kids seem to be happy, but the staff seemed to be enjoying

themselves too.”

In the weeks leading up to the event, staff members donated bags of candy to supplement the DFMWR donation, and organized section themes, decorating their respective areas of the hospital in themes such as Who-Ville, Sesame Street and The Wizard of Oz.

This year’s event provided guests with the chance to interact with the staff and the section themes.

Seeing 2,000 people through the doors in two and a half hours is no easy task, and it took the work of many volunteers to make it happen. About 75 volunteers doing tasks such as handing out candy, security and crowd control worked the event.

“This year’s event was very well organized, and everyone seemed to be having a wonderful time,” said Al Claxton, physical security specialist. “I am always delighted to see the kids’ faces and smiles as they venture from station to station.”

Claxton wasn’t the only one who thought the event went well.

“It’s always so fun to see how the hospital staff comes together to make this such a special experience for all the kids,” said Allyson Vorkapich, wife of Staff Sgt. Kenton Vorkapich with 1st Battalion, 24th Infantry Regiment, who has been coming to the event for three years running with their two sons.

“Our boys get super excited being able to say hello to our Family nurse and doctor who are dressed up each year passing out candy. We really appreciate everything Bassett does to make events so family-friendly during the holidays.”

Weekly Financial Tips: Energy Efficiency

Ryki Carlson
Survivor Outreach Services Support Coordinator

Winter is here, but it doesn’t have to bring shocking heating or electric bills with it. Take time to tour your home and check out these problem areas; fixing them could dramatically reduce how much you need to spend to keep your home warm.

Use light emitting diode lighting. LEDs are at least 75 percent more efficient and last up to 25 times longer than traditional incandescent lights. By using LED lights, you can be at ease knowing that you won’t be spending a bundle to keep those lights on.

Use lighting controls. You can save additional money on your electricity bill by using motion sensor and timer controls.

Lower the water heater. One significant way to reduce energy consumption if you are away on vacation is to lower the water heater. If you’re going to be gone for three or more days, set the water heater on the lowest temperature.

Wrap older water heaters with an insulating jacket or blanket to minimize excess heat loss. Remember to leave the air intake vent uncovered.

Use a power strip. If the idea of running around the home to unplug everything is a bit too much, use power strips to plug in multiple appliances, and then turn it all off with a flip of the switch. Phantom power drain occurs when appliances use electricity while not in use. About 10 percent of your home’s energy use if from phantom power drain. This is not only costing you money, but it’s also increasing your home’s carbon footprint.

Replace worn weather stripping. Worn or torn weather stripping around doors and windows creates drafts and lets cold air in. Some weather stripping needs to be replaced every few years because of wear. Replacing it is typically as simple as pulling off the old and tacking on the new.

Adjust door thresholds. If you can see daylight under your front door, then you’re losing heat. Some thresholds have numerous screws that let you adjust the height to eliminate a gap. Turn the screws counterclockwise to lift the threshold until daylight is mostly gone. A little light at the corners is fine, but don’t raise the threshold so high that it interferes with opening and closing the door.

Plug holes in exterior walls. Pipes, gas lines and electric cables that enter your house often have gaps around them and have been haphazardly filled with some type of caulk. But that caulk eventually cracks, peels and falls off. These gaps let outside air in, plus they are ideal entry points for mice and insects. Seal the gaps with expanding foam. For water pipes under the sink, unscrew and pull back the escutcheon ring, then caulk around the pipe.

Tune up the furnace and gas fireplace. There’s some upfront costs, but you will make it up in the long-term with more efficient heating that lowers your bills while preserving the life of your furnace. A tune-up includes an inspection, preventative maintenance (like changing filters), and identifying parts that may need to be

repaired or replaced. The professional can also find any gas or carbon monoxide leaks to keep your family safe. Some furnace warranties actually require this annual or regular maintenance.

Keep your registers clear. The warm air blowing out of your registers needs a clear path into the room to provide even heating. To reduce your heating bills, arrange your rooms so that the register is as unobstructed as possible.

Lock doors and windows. It makes a difference in your heating bill. Even when doors and windows are closed, they may not be pressed tightly against the weather stripping if they aren’t locked. Lock your windows early, especially if you live in the north.

ALASKA POST

The Interior Military News Connection

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The Chaplain’s Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

Back in college, I was something of a neatnik. I organized my textbooks by subject, time and day: Monday morning classes began on the left and progressed to the right through afternoon and evening periods, ending with my last class on Friday. My shirts all faced the same direction on their hangers, and I grouped them according to whether they had buttons or not. We won’t discuss my sock drawer. Let’s just say that I kept my dorm room so neat and tidy I was occasionally asked by the admissions office to let prospective students and their parents visit.

Unsurprisingly, my fastidiousness made me the target of a clever prank by a couple of friends. I kept a jar full of spare change - mostly pennies - in my room. One day while I was out, my friends hid pennies all over my room and then told me about it later. For months I wondered if I’d found

them all. I remembered that little story earlier this week as I swept my kitchen floor again and again, finding hidden dirt each time. Repeatedly seeing debris in my dust pan after sweeping so carefully it felt like finding a hidden penny in my dorm room after thinking I’d found them all.

We make tremendous efforts to tidy up our lives by “eating clean,” exercising regularly, practicing mindfulness or pursuing various spiritual disciplines. These and similar activities aren’t bad, but neither are they enough. At the end of the day, we might wonder, did we find all the dirt? If we were to sweep our mental, emotional and spiritual floor, would the dust pan be empty? The point is not that we’re hopelessly soiled, but that God loves us anyway.

Our sense of our own sin can become overwhelming at times, especially when we struggle to keep ourselves clean. It’s like constantly finding dirt on a floor we endlessly sweep. Psalm 103:7-12 paints a

picture of God as compassionate, gracious and loving. I especially take comfort in verse 12: “... as far as the east is from the west, so far has he removed our transgressions from us.” In beautiful, poetic language the psalmist reassures us that God removes our spiritual squalor to infinity.

“Life is amazing. And then it’s awful. And then it’s amazing again. And in between the amazing and awful it’s ordinary and mundane and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That’s just living heartbreaking, soul-healing, amazing, awful, ordinary life. And it’s breathtakingly beautiful.” This quote by author L. R. Knost reminds us that life on this earth can be hard, dirty and overwhelming at times. But there can also be moments when we know that God’s love for us is as infinite as the distance God has removed our sin from us. Let us hold fast to the hope we find in those moments.



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

VERTICAL

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Future tactical unmanned aerial systems are to be developed as brigade combat team-oriented platforms and could eventually replace the RQ-7 Shadow.

“We heard for a long time [from industry] that you’re ready,” said Brig. Gen. Thomas Todd, the program executive officer for Army Aviation. “So, you’re going to get your chance. We’re ready to see what you got.”

In December, the Army plans to award three vendors to further develop their technology over a three-year period of performance where Soldiers will also be able to provide feedback.

“We look forward to potentially having a couple solutions per vendor as well,” Todd said at the panel discussion. “I ask that you be agile in your proposals. Think about what we really need, get after it quickly because it’s going to happen very fast.”

The advanced UAS portfolio will also include air-launched effects, which could have unmanned systems launched from helicopters while in the air.

“We really have to get after lethality,” Rugen said. “We’re going to be very much focused on our air-launched effects, creating that overmatch with our pacing threats.”

Rugen also said his team is working toward a future long range assault aircraft, or FLRAA, which would be a medium-sized variant.

An analysis of alternatives for the aircraft is expected later this fiscal year. The Army will then wrap up its Joint Multi-Role Technology Demonstration program. Those two pools of knowledge will be important in realizing the next step forward.

“We feel like we’re going to finish up the JMRs, we’re going to finish up our AOA,” Todd said, “and really have the requisite knowledge to be able to understand how we exploit that knowledge in an efficient way to get that great technology into Soldier’s hands.”

BIRCH HILL

Continued from page 1

This is a new style lift, and many of the larger resorts have been installing them in recent years, including Alyeska Resort, on the Kenai Peninsula, due to their popularity and ease of use.

The magic carpet at Birch Hill will be an amazing 500-feet long, making it one of the longest and most dynamic bunny hills in the greater Fairbanks North Star Borough.

The Fort Wainwright Directorate of Family and Morale, Welfare and Recreation hopes that more families, especially those with smaller children, will find the area a better fit for their needs; close to town, competitively priced and with the amenities they want to see of a ski and snowboard area for their family.

These enhancements have been very important and time sensitive projects, and the garrison would like to extend a special thank you to all that have helped make them a success.

“Watch for future announcements to the 2018/2019 season. We are dependent on snow and our snow making conditions. This has been a record breaking warm fall season with limited snowfall so far,” said Dan Cain, Fort Wainwright’s community recreation officer. “We will begin snow making in earnest once the necessary conditions, cold and humidity, are provided by Mother Nature.

“Our hope is to open Birch Hill Ski and Snowboard Area fully the Friday following Thanksgiving, Nov. 23. However, depending on conditions, parts of the hill may not be fully operational until conditions are safe and our snow base is adequate.”

Season passes are available now at the Outdoor Recreation Building during normal business hours.

Saturday, Nov. 3, Outdoor Recreation is holding a Pre-season Winter Gear Sale to reduce current inventory and make room for the new rental inventory. Check the Fort Wainwright MWR Facebook for more details and updates.

Greely says Boo to the Flu at Fall Festival



U.S. Army Garrison Alaska Fort Greely conducted their annual Halloween festivities Oct. 27 beginning with a Zombie Run, “Say Boo to the Flu” Clinic, Fall Festival, trick or treating and a haunted house to bring together the USAG community for a “spooktacular” event. (Photo by Chris Maestas, USAG Fort Greely Public Affairs)

ESTATE NOTICE

Spc. James M. Guckavan passed away in Fairbanks on Oct. 29, 2018. Anyone having claims against or who is indebted to the estate of Spc. James Guckavan, of Alpha Company, 1st Battalion, 5th Infantry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 2nd Lt. Jeramy A. LaBoy, Headquarters and Headquarters Company, 1/5 IN, 1/25 SBCT, Fort Wainwright, Alaska 99703, phone (907) 353-2509 or email jeramy.a.laboy.mil@mail.mil.



**Veterans
Crisis Line**
1-800-273-8255 PRESS 1

Whether stalking a moose or walrus, hunting is way of life for native Alaskan Soldiers

Sean Kimmons
Army News Service

If Sgt. Burt Paul fails to hook in salmon or track big game, his family could struggle through the harsh Alaskan winter.

Isolated in the Yukon-Kuskokwim Delta Region, where soggy tundra makes it impossible to build connecting roads to other communities, his village of Kipnuk is home to around 900 Alaska natives.

The far-flung village, which is about 500 miles west of Anchorage, is only accessible by plane or boat. In the winter, slow and bumpy land routes can open up over frozen waterways.

It's no surprise that prices for basic food items can skyrocket by the time they reach Kipnuk. So, Paul and others must live off of the land to survive by eating moose, seal, walrus, bird and fish meat as well as berries and roots that grow wild in the tundra.

Paul's training with the Alaska National Guard also gives him supplemental income to pay for ammunition, camping gear and boat fuel – all of which are needed on his hunts.



Sgt. Burt Paul, an infantryman with the 297th Infantry Regiment, mends a fishing net at his home in Kipnuk, Alaska, Sept. 21, 2017. Subsistence hunting is a way of life for Paul and other Alaska natives in the remote village. (Photo by Sean Kimmons, Army News Service)

“Store-bought meat is very expensive,” said Paul, an infantryman with the 297th Infantry Regiment. “If I eat from the store, just two or three servings, my paycheck will be gone. If I go hunting and catch meat, like a moose, that would get me through the winter.”

ARCTIC SOLDIER

On the outskirts of the village is Paul's home, which sits on stilts due to occasional flooding and to prevent it

from sinking into the ground when the permafrost melts. Strewn outside the home are snowmobiles, hunting supplies and even the skull of a bull moose he shot last year.

In a nearby shed, he took a seat next to a large net and started to patch it up in preparation for a future fishing trip. Typically, he and others will catch hundreds of pounds of fish that include a variety of freshwater salmon.

“Once they're caught in the net, some will fight their way through and tear the net,” he said of king salmon, the largest fish they catch that can weigh around 100 pounds.

As he mended the net, Paul said he joined the Army about 18 years ago as another way to support his wife and four children. Lack of employment in the tiny village can make it difficult to live, he said, even with subsistence hunting.

“In the village, there are hardly any jobs,” the 41-year-old said. “There was a bunch of other people in the Guard, including my dad. They were the ones who encouraged me to go.”

While he struggled with English since he speaks Yupik, one of Alaska's native languages, Paul excelled in other Army tasks. His hunting background helped him in marksmanship and to thrive in austere conditions.

“On a bivouac, it was just natural because we always go camping out here,” he said, smiling.

Across the village, Spc. Raymond Ogoak, who is also an infantryman with the regiment based in Bethel – located about an hour away by plane -- was at home cleaning one of his rifles.

Both Soldiers deployed together to Afghanistan in 2011 and said the sweltering climate was one of the worst things for them to overcome during their Army service. In Kipnuk, the temperature only gets up to 60 degrees in the summer and then drops below zero in the winter.

Along with learning how to acclimatize to the heat, Ogoak said his military training made him a better hunter. Whether it's low and high crawling over terrain or using camouflage and concealment, he said, the tactics have made it easier for him to sneak up on prey.

The military setting even helped Ogoak, 41, shed his quiet persona so he could become a leader. As a result of his new sense of confidence, he was asked to lead others in his village on potential lifesaving missions.

“I was a shy one; I didn't speak in public,” he said.

“After I came back from Afghanistan, I became the search and rescue coordinator and started ordering other people.”

HARSH LIVING

Safety can be a major concern while at the mercy of the Alaskan wilderness. Advanced health care facilities are far away, and serious injuries may require patients to be transported on aircraft, which often face weather delays.

Bear sightings are not common around Kipnuk, but other large animals have been known to be aggressive



Spc. Raymond Ogoak, an Alaska National Guardsman with the 297th Infantry Regiment, reaches for one of his hunting rifles inside his home in Kipnuk, Alaska, Sept. 21, 2017. Subsistence hunting is a way of life for Ogoak and other Alaska natives in the remote village. (Photo by Sean Kimmons, Army News Service)

when threatened.

On a recent hunt, a male walrus once popped out of the water on the side of a small boat belonging to Paul's uncle. The mammal, which can weigh up to two tons, then violently punctured his tusks into the boat and flipped it over.

“You have to be very careful and cautious of where they're at,” Paul said.

Last spring, Ogoak and other Alaska natives navigated on small boats past icebergs about 10 miles from the Bering Sea coast in search of another walrus. When they spotted an older bull, he and others took aim and fatally shot it from 20 meters away.

“We go out and look for ice because that's where they rest in big groups,” he said. “When we do find them or see them with binos, we have to sneak up on them so we can get a close shot.”

Villagers normally just take the edible parts of the animal and leave the rest. The penis of a walrus, however, can be dried out and used for another purpose. “We use the walrus' thing down there for a good club,” he said, laughing.

One time, Ogoak left a dried walrus penis outside his home. But since the animal part is so effective at dealing fatal blows to seals and halibut, it was stolen by another hunter. “I used to have one, and when I went halibut fishing, I used it and with one shot the halibut would not move again,” he said.

Alaska natives also collect oil from the seals they hunt, he added, to moisten dry meat that has been preserved.

“It's a tradition,” he said of subsistence hunting. “I'm not hunting for myself. I'm hunting for my family and teaching my kids – so if I'm gone they will know what to do.”

Fort Wainwright Family & MWR

Weekly Events

November 2 – 9

3

MWR Used Gear and Equipment Sale
November 3
9 a.m. to 2 p.m.

Looking to gear up for the winter ski and snowboard season? Maybe you're clearing out your closet to make room for more! Attend the MWR Used Gear and Equipment Sale at Birch Hill Lodge and find great deals! For more information on how to buy and sell at this 1-day sale, check out the web or contact the Outdoor Recreation Center.

Birch Hill Ski & Snowboard Area, building 172
Call 361-6349

5

Health Nut: Healthy Holiday Treats & Recipes
November 5
11 to 11:30 a.m.

Staying healthy during the holiday season can be hard! Celebrate this season in a lighter, healthier way and learn how you can share it with your family and friends!

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

6

Tuesday Night Trivia
November 6
7 p.m.

Put your thinking cap on and get ready for challenging trivia questions! Winning teams get prizes and glory. Looking for extra practice? Follow @WainwrightMWR on Instagram and join us for Trivia Prep Mondays.

Warrior Zone, building 3205
Call 353-1087

7

Introduction to Paddlesports, Series 1
November 7
5 to 7 p.m.

Water sports don't have to end when it gets cold outside! Join Outdoor Recreation for a 3-part series where we'll explore different paddlesports including canoeing, kayaking, stand-up paddleboarding, and more.

Melaven Aquatics Center, building 3452
Call 361-6349, Registration required

9

BOGO Laser Tag
November 9
3 to 8 p.m.

It's a Training Holiday, which means it's Buy One, Get One on laser tag games! Get a group of buddies together and battle it out in the arena!

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

Please be aware that the upcoming holiday may effect Wainwright MWR operating hours. Please check the website for a complete list of holiday weekend hours.

THANKSGIVING

craft night



GOBBLE! GOBBLE! GOBBLE!

November 16, 5–7 p.m.
Last Frontier Community Activity Center

It's time to celebrate!

Create Thanksgiving decorations with the family!

FREE and open to all DoD ID Cardholders and their dependents

 **MAC** FEDERAL CREDIT UNION
THIS SPONSORSHIP DOES NOT CONSTITUTE AN ENDORSEMENT IMPLIED.

Last Frontier Community Activity Center (907) 353-7755
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightLFCAC




COSMIC TURKEY BOWL

Gobble, gobble! Bowl a turkey at Turkey Bowl on November 17. Find out more at www.wainwright.armymwr.com

ROADTRIP! NOV 9 – 12 // NOV 22 – 25

ANCHORAGE

REST & RELAXATION WEEKEND




SPEND A LONG WEEKEND IN ALASKA'S LARGEST CITY!*
HANG OUT WITH FRIENDS, GRAB FOOD AND DRINKS, AND HAVE FUN!

\$25 PER PERSON // TRANSPORTATION AND BARRACKS PROVIDED.
SERVICE MEMBERS ARE RESPONSIBLE FOR BRINGING WARM, DRY CLOTHES, AND MEALS.
SPACE IS LIMITED. A TRIP MEMO IS REQUIRED. REGISTRATION IS REQUIRED AT LEAST 1 WEEK PRIOR TO THE TRIP DATE.

*Single Service Members, Singles with Dependents, and Geo-Bachelors.
A \$10 refundable deposit is required.

For more information, contact B.O.S.S. at (907) 353-7648
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightBOS

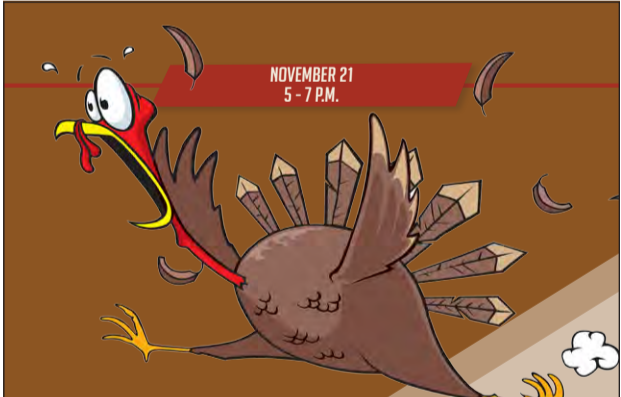


DECEMBER 9

B.O.S.S. ICEFALLS OF DENALI ICE CLIMBING

DIG IN AND ASCEND THE FROZEN FALLS. GET TO THE TOP AND ENJOY THE VIEW AND THE THRILL OF CLINGING TO THE EDGE!

SERVICE MEMBERS ARE RESPONSIBLE FOR WEARING PROPER WINTER ATTIRE. TRANSPORTATION, EQUIPMENT, AND INSTRUCTION INCLUDED.
\$45 PER PERSON. SPACE IS VERY LIMITED. REGISTRATION IS REQUIRED BY DECEMBER 2.



NOVEMBER 21 5 - 7 P.M.

TURKEY BURN 2-HR FITNESS CLASS

COME TORCH THOSE CALORIES IN PREP OF THANKSGIVING DAY!
\$6 OR 2 PUNCHES // REGISTER AT THE PFC

REGISTER NOW!
Physical Fitness Center (907) 353-7223
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightFitness

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353-4145

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Army provides HIMARS support during Red Flag-Alaska 19-1

Airman 1st Class Jonathan Valdes
Joint Base Elmendorf-Richardson Public Affairs

By 6:30 a.m., the first truck rolled onto the flight line at Joint Base Elmendorf-Richardson.

Tactically, Airmen and Soldiers guided two five-ton vehicles onto two C-130J Super Hercules – a testament to the aircrafts’ herculean strength. In four hours, the vehicles were secured, shipped and transplanted 300 miles up to Fort Greely, Alaska.

Because it was the final day of Red Flag-Alaska 19-1, Fort Bragg Soldiers were prepared to give it all they had and finish the exercise more than strong.

To the layman, the big box trucks are like any other military vehicles; a matte beige tractor-trailer style with what looks like a rear cargo bay. People familiar with the M142 High Mobility Artillery Rocket System know the awesome firepower of the weapons system.

“You see two groups of professional military members, each with their specialty and each working together,” said Army Lt. Col. Jeremy Linney, 3rd Battalion, 27th Field Artillery Regiment (HIMARS), 18th Field Artillery Brigade battalion commander. “When loading and unloading the aircraft, it didn’t matter which uniform you were wearing, everybody was working together.

There was good communication between both groups of people.”

The battalion from Fort Bragg partnered with Airmen from 327th Airlift Squadron and 61st Airlift Squadron from Little Rock Air Force Base, Arkansas, for the day’s mission.



Army Soldiers assigned to Alpha Battery, 3rd Battalion, 27th Field Artillery Regiment (HIMARS), 18th Field Artillery Regiment, Fort Bragg, North Carolina, fire a M142 High Mobility Artillery Rocket System at Fort Greely, Alaska, Oct. 19, 2018, during Red Flag-Alaska 19-1. Their unit was tasked to provide long-range artillery support during RF-A, allowing the unit to showcase its capabilities and develop relationships with other services. Some capabilities of the M142 HIMARS include long-range lethality, the ability to be loaded unto an aircraft and flown anywhere location in the world, and extreme range precision to reduce collateral damage. (Photo by Airman 1st Class Jonathan Valdes Montijo)

The HIMARS is a key component of military firepower, adding extraordinary competency to the joint mission and a serious threat to those at the other end of it.

“You have a precision-guided munition with high

net weight of explosives that is all-weather system,” said Army Capt. John Heath, Alpha Battery 3-27th FAR commander. “It can shoot in adverse conditions such as snow and rain. Being on a five-ton-chassis, it’s highly mobile and deployable.”

Although many other assets can be loaded inside an aircraft and travel anywhere around the world, the M142 HIMARS delivers an exclusive capability with its rocket-launching accuracy, Heath said.

The HIMARS’ long-range capabilities allow it to reach targets 300 kilometers away with pinpoint accuracy – beyond the reach of conventional artillery, Heath said.

The incredible execution of the HIMARS during RF-A 19-1 would not have been possible if it wasn’t for the Alpha Battery 3-27th FAR Soldiers, who dedicated all their efforts and strove for nothing short of perfection.

“What we do is difficult to master,” Linney said. “Our training is time consuming and demanding so that we can do our job right and do it fast.

A lot goes into operating the HIMARS, but only three people operate it. Every operator carries an incredible wealth of knowledge.”

Maintaining readiness requires a lot of practice and dedication; however, exercises like RF-A allows them to train with other services and get better each day.



U.S. Army
Families

Keeping Our Army Strong

The strength of our nation is our Army. The strength of our Army is our Soldiers. The strength of our Soldiers is in our Families. The Army recognizes that the selfless dedication and commitment of Army Families directly contributes to the readiness of our Soldiers. Families are the force behind the force. Throughout the year, the Army observes commemorations as a reminder of contributions and sacrifices made by Soldiers and their Families every day.



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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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Fort Wainwright Police: 353-7535

TRAINER

Continued from page 1

Through the marksmanship training device, one scenario transported breaching forces to a Middle Eastern virtually-constructed environment, where they engaged with simulated enemy forces. More importantly, Gervais said, the four-man stack was able to do this while navigating through a live training environment.

“Now, we’re seeing technology where you can link the squad in, they can move, they can shoot and keep going,” she said. “So, pretty exciting stuff.”

ONE WORLD TERRAIN

In addition to the virtual trainer, the Synthetic Training Environment Cross-Functional Team, or STE CFT, recently approved an “Army Collective Training Environment Initial Capability Document” to serve as the foundation for all STE support elements.

“We need to be able to provide our Soldiers and leaders the ability to conduct hundreds of repetitions wherever they are located so they can improve muscle memory and increase proficiency,” Gervais said. “The STE makes it possible to enhance home-station training and unit performance. Most importantly, the STE is focused on establishing common standards, common

data and common terrain to maximize interoperability, ease of integration and cost savings.”

Additionally, the STE team has increased their industry engagement, leading to the selection of two firms to support development of “One World Terrain” and another two for the Army’s air and ground simulation platforms.

Moving forward, the CFT is considering what architecture and industry support is necessary to maintain the STE as a service, the general said. Similar to the way Netflix works, incorporating a “training as a service” business model would potentially keep the STE up to date with the newest tools, providing Soldiers the best possible training without any latency.

“With One World Terrain, we want to be able to pull down terrain at the right fidelity. If you’re a squad, the fidelity has got to be better,” Gervais said. “It’s not a game. If there’s latency ... you lose it. And when you’re doing ... an exercise in your training, you can’t have that.”

In addition to the right fidelity, the Army must streamline the materiel process to avoid slowing the research, development and acquisition procedures supporting STE, said retired Gen. Peter W. Chiarelli, former vice chief of staff of the Army.

“This is not a tomorrow problem. This isn’t a problem that we need to wait five years to develop requirements, and wait another eight to 10 years to go ahead and field something to Soldiers. We need choice – we need to turn to industry,” Chiarelli said.

IMCOM – Pacific strategic forum enhances readiness across directorate

Installation Management Command - Pacific Public Affairs

Leaders from Army garrisons across the Pacific gathered in Honolulu from Oct. 16 to 18 to discuss trends, identify opportunities and develop strategies to enhance organizational and personnel readiness throughout the Pacific Directorate of Installation Management Command.

The three-day semi-annual Senior Leadership Forum is designed to provide a focused discussion and training among IMCOM-Pacific’s leadership, staff and garrison commanders, senior enlisted advisors as well as other personnel.

“These forums are one of the reasons ‘Service Culture,’ thrives here within IMCOM-Pacific. Getting leaders in a room to focus on challenges and opportunities we all share means we are leveraging our experiences to enhance the lives of our customers and the readiness of our forces,” Dr. Christine Altendorf, IMCOM-Pacific director, said. “The institutional knowledge combined with the innovative leadership skills we are privileged to have both among our garrison commanders and the IMCOM-Pacific staff allow us to focus on ways to improve as a team.”

The leadership forum featured discussions on smart building technology, the Pacific Non-Appropriated Funds Capital Investment Program, negotiation strategies and other breakout sessions. The participants also participated in a video teleconference with the IMCOM commanding general, Lt. Gen. Bradley A. Becker.

Becker stressed the importance of teamwork and building cohesive teams not just within IMCOM but with senior commanders and units on installations across the Pacific. He also spoke about the import roles Army installations play in the readiness and modernization of the Army.

“We build readiness and project power from our installations.”



Installation Management Command commanding general, Lt. Gen. Bradley A. Becker, speaks with IMCOM-Pacific garrison commanders, their deputies and IMCOM-Pacific staff via video teleconference during the IMCOM-Pacific Senior Leader Forum held in Honolulu from Oct. 16 to 18. (Photo by IMCOM Pacific Public Affairs)

Army CID rolls out smartphone app for reporting crime tips

USACIDC Public Affairs

The Army community and American public can use their computers and smartphones to submit tips about crimes, suspicious activity or threats to the U.S. Army’s Criminal Investigation Command, or CID, via a digital crime tips system.

The CID crime tips submission system is a web-based and/or smartphone app submission method. The public can access the system via any Internet-connected device by visiting <http://www.cid.army.mil/>. In addition to the web interface, the app is for submission of tips and is available for free download from the Apple Store and Google Play at <http://www.p3tips.com/app.aspx?ID=325>.

The CID Crime Tips app is also approved for download on government smartphones and smart devices. Apple users can access the app through the DOD Enterprise Mobility Personal Use Mobile Apps and DOD Apps icons on their device. Android users can access the app using the Mobile@Work icon on their device.

According to CID’s implementation project manager, Special Agent Christopher L. Adams, the system provides users a safe, secure and anonymous method to report criminal activity

and security threats without concerns of retaliation or fear. He explained that whenever a person submits a tip online, the completed form is securely transferred directly to Army CID through a



Secure Sockets Layer connection, which means that the tips are encrypted, entirely confidential and completely anonymous. Users can also attach images, videos and documents with their tips.

“This new system is the ideal solution for ‘tipsters’ to report criminal activities or suspicious activity anonymously. Tips received will be seamlessly assigned to various units for further investigation. Additionally, persons providing anonymous tips will have the ability to

communicate with the CID Agents,” Adams said. “After submitting a tip, a tip reference/ID number is created that allows the tipster to create a password to check the status of the submitted tip or check on the status of a reward – if applicable. So do not misplace your ID number, as it will be needed to check on the status of your tip.”

There is also the multi-language feature for global use that allows tips to be auto-converted into English on the back end, regardless of the language in which they were submitted. Tips will be responded to in English and auto-translated back to their source language during the two-way dialog process.

According to Christopher Grey, CID’s spokesman, individuals can report a crime through the CID Crime Tips app, or by contacting your local CID office.

“It is critical for people to say something when they see something and it literally can mean the difference between life and death or someone receiving the justice they deserve or victimizing another innocent person,” Grey said. “If you haven’t already done so, download the app today or bookmark CID’s Report a Crime web page.”

