

Telling stories through dance, Army veteran shares Native American culture

**Mass Communication Specialist
2nd Class Anita C. Newman**
Defense Media Activity

The grassy hill surrounding the arena is packed full of spectators and family members. The emcee calls out a dancer's name; there's movement in the crowd. The competitor makes it into the arena, throws out his hoops for his sequence.

Upon the dancer's cue, the drum starts singing. Bells on his ankles sing in time with each beat of the drum and each step he makes.

He has five minutes to convey a story, using small hoops as his medium to paint each scene, as part of the 28th Annual Heard Museum World Championship Hoop Dance Contest held in Phoenix earlier this year.

"The competition opens everyone's eyes to the Native American culture," said Timothy Clouser, the museum's facilities director and a Navy veteran. "I find it very

fascinating how each dancer puts their own artistic expression in their dance and story they are trying to convey. Not one dance is the same."

Brian Hammill, an Army veteran of the Ho-Chunk Nation of Wisconsin and a previous World Hoop Dance champion, competed in Phoenix. He uses his dancing to help bridge the cultural gap between Native Americans and non-natives, sharing his culture everywhere he goes.

"As native people, we don't give gifts of objects because an object goes away, but we give the gift of a song, or a dance," Hammill said. "When you do that, if you give somebody a song, and you tell them, 'Every time you sing this song, you tell the story,' or 'Every time you do this dance, you tell the story and you give it away,' that dance will last forever. That's how this hoop dance carries on; it's given from one person to the next."

See HOOP DANCE on page 3



Army veteran Brian Hammill of the Ho-Chunk Nation competes at the 28th Annual Heard Museum World Championship Hoop Dance Contest at the Heard Museum in Phoenix, Arizona, on Feb. 10, 2018. In the public Native American hoop dance performance, dancers can use up to 50 hoops to make formations that, when combined, convey a story. (Photo by Mass Communication Specialist 2nd Class Anita C. Newman, Defense Media Activity)

After recent rocket failure, Army astronaut confident about upcoming mission

Sean Kimmons
Army News Service

A month after a Russian Soyuz rocket carrying a two-person crew failed in midair, an Army astronaut slated to head into space remains confident in her crew's upcoming launch.

Lt. Col. Anne McClain, who is part of the Army Space and Missile Defense Command's small astronaut detachment, is currently in Star City, Russia, in preparation for a Dec. 3 launch of another Soyuz rocket to the International Space Station.

"I am so happy that I'm going to have six months in space," McClain said Nov. 9 during a teleconference press briefing. "We're not just going

to space to visit, we're going to go there to live."

McClain joined the NASA's human spaceflight program after being selected to the program in 2013, along with another Soldier, Col. Drew Morgan. His space mission is slated for July.

If her launch goes as planned, she will be the first active-duty Army officer to be in space since 2010. Her three-person crew is expected to launch from Kazakhstan aboard a Soyuz MS-11 spacecraft and rocket.

"Feeling the thrust of the rocket is going to be something that I am really looking forward to," she said. "It is going to be a completely new experience."

See SPACE on page 7



Then-Maj. Anne McClain, an active-duty Army astronaut, looks out of a mock cupola, a multi-windowed observatory attached to the International Space Station, as she simulates bringing in a cargo load in space with the station's robotic arm during training at Johnson Space Center in Houston on March 1, 2017. McClain is currently in Russia in preparation for an expected launch Dec. 3, 2018. (Photo by Sean Kimmons, Army News Service)

Don't stand in line: TSA Precheck open to military, DoD Civilians

Jim Garamone
Defense Media Activity

Service members are trusted to defend the nation, surely they can be trusted when boarding a plane.

This is the thinking of the Transportation Security Administration, which is pushing to ensure that service members and DOD Civilians know they can use the TSA Precheck program.

"Service members are already enrolled in TSA Precheck, but many do not know they are," TSA Administrator David Pekoske said in a recent interview. Pekoske, a retired Coast Guard vice admiral, wants all those eligible to use this free program.

TSA Pre✓

SMART SECURITY

All service members of all components of the armed forces and students at the armed forces' service academies are automatically enrolled in TSA Precheck. Their DOD ID numbers – a 10-digit number that should be on the back of your Common Access Card – serve as their Known Traveler Numbers.

Civilian employees must opt into the program using milConnect website. Their DOD ID number is also their KTN.

Again, there is no cost for military members or Civilians. For the general public that enrolls in the program, the cost is \$85.

"This is a real benefit for being a member of the armed forces, and it is good for us from a security perspective," Pekoske said.

To obtain their positions, service members and DOD Civilians undergo background checks, and most have security clearances. They are trusted to carry weapons in defense of the United States or to safeguard America's secrets. So the TSA decided that there was no need for them to take off their shoes and belts at a checkpoint to get on an aircraft.

USING TSA PRECHECK

All travelers must add their DOD ID number to their Defense Travel System profiles to access TSA Precheck while on official travel, but eligible service members and Civilians can also use it on personal travel, Pekoske said.

"If you go on any airline website, when you are making flight reservations, there is a box for the KTN, and that is where they put their DOD number in," he said. "Once you put the number in – especially if you are a regular flier on that airline – every time you make a reservation, or a reservation is made by the DOD travel service for you, they will automatically pick up that number."

"The effort makes sense from an agency perspective, and it is also a way to say thanks to members of the military and the Civilian members of DOD and the Department of Homeland Security who sacrifice so much," the administrator said. "It's a really good program, and it provides a direct benefit to those who keep us free."

WEEKEND WEATHER

Friday



Mostly cloudy, with a high of 17 degrees and a low of 12.

Saturday



Partly cloudy, with a high of 21 degrees and a low of 14.

Sunday



Partly cloudy, with a high of 21 degrees and a low of 15.

WOLVES DEN THANKSGIVING

Joint the Wolves Den Dining Facility for a Thanksgiving feast Nov. 21 from 11 a.m. to 2 p.m. This year's theme is Happy Luau Thanksgiving featuring luau entrees, sides and desserts alongside traditional Thanksgiving dishes. Prices per person are:

Enlisted Soldiers with meal cards - No charge

All active duty military - \$9.05

Spouses and dependents of E-5 and above - \$9.05

Authorized Civilians and military retirees - \$9.05

Spouses and dependents of enlisted Soldiers (E1-E4) - \$6.80

Nutrition Corner: Nutrition 101

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

Chocolate – The holiday season is upon us, and for many, chocolate is a sweet indulgence that seems to be everywhere from Halloween straight through Valentine’s Day. The question we all are dying to know this holiday season: is chocolate really good for me?

Chances are you’ve likely heard that there are some health benefits you can gain from this delicious delicacy but maybe thought that news was just too good to be true. Well, let’s clear up the confusion around the topic once and for all; the great news is that yes, chocolate is good for you.

Since the mid-1990s, more than 100 research studies and reviews have been published about chocolate, the majority of which have demonstrated that there is a positive correlation between regular consumption of chocolate and better health, specifically heart health.

Scientists believe that the flavanols naturally abundant in chocolate can improve blood flow by improving vascular dilation, and this leads to decreased risk for heart disease. In addition to better blood pressure control, chemical compounds known as antioxidants are found in cocoa more than any other food in the diet, and these help to increase insulin sensitivity and prevent the processes that cause hardening of the arteries.

As with everything good, there are caveats. The richest sources of these compounds come from the

darkest of the chocolates, and unfortunately, there are no known health benefits to all of the added simple sugars and milk fats that we commonly add to chocolate during processing to make it super tasty (this is how milk chocolate came to be). Furthermore, many of the beneficial properties of chocolate are less significant when in the context of excessive total caloric consumption. This means we should have chocolate, but not too sweet, and not too much.

Guidelines are starting to point to a cocoa solids concentration of at least 70 percent in order to maximize the health punch. So if you haven’t tried it yet, give yourself, and your heart, a gift of rich dark chocolate this holiday season.

MEDDAC Minute

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

PERFORMANCE TRIAD TIP
Don’t drink alcohol before bed. Alcohol initially makes you feel sleepy, but ultimately it disrupts and lightens your sleep several hours later.

FUELING FOR HEALTH
Looking for support for a healthier lifestyle? Have questions about healthy carbs, proteins and fats? Bring a friend and meet our supportive, friendly and knowledgeable staff at the Army Wellness Center for an educational hour of Fueling for Health. Call 361-2234 to reserve your space today.

ARE YOU PROTECTED?
Immunizations are a safe way to protect you and your family from preventable diseases. The immunizations clinic at Bassett Army Community Hospital is open on a walk-in basis Monday through Friday 7:30 a.m. to 3:45 p.m. for all beneficiaries.

INTERNAL BEHAVIORAL HEALTH
The Bassett Army Community Hospital Primary Care Clinic now offers internal behavioral health consultations. Assistance with concerns such as stress, chronic pain, tobacco dependency, weight loss, depression, diabetes and more are being offered without the need for a referral. For more information, or to schedule an appointment, call 361-5670.

THANKSGIVING MEAL
The Nutrition Care Division will be hosting its annual Thanksgiving Meal from 11 a.m. to 1:30 p.m. Nov. 19 featuring roast turkey, glazed ham and prime rib as main dishes. Tickets can be purchased at the Bassett Army Community Hospital Dining Facility prior to the event. E4 and below: \$6.80, E5 and above/Civilians: \$9.10. Meal cards will not be accepted for this event.

PATIENT EXPERIENCE
The Medical Department Activity – Alaska patient experience officer acts on behalf of all patients and the commander to resolve problems and implement necessary corrections. Beneficiaries needing assistance, or who have questions about the care received at MEDDAC-AK, can contact our patient advocate at 361-5291.

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: Winter Gear

Ryki Carlson
Survivor Outreach Services Support Coordinator

Thanksgiving is one of those special days where we’re prepared to spend a little extra money for the people we love. We want the table and our favorite foods to look amazing. Here are some ideas to help you save money.

Splurge selectively. Pick one grocery item to splurge on and budget shop for the rest of your ingredients. If you want to serve an organic, free-range turkey, order one, but then budget shop for everything else.

Get the right sized bird. While the oven is going to be on for several hours when you are roasting a turkey, it doesn’t need to be on any longer than necessary. Don’t stuff the turkey. Stuffing the turkey requires extra roasting time, more than just cooking the dressing on its own. Additionally, don’t waste water thawing out the turkey in the sink; start a couple of days ahead of time and thaw the bird in the refrigerator.

Shop smart. Make a master grocery list for all items on the menu. Check your pantry and freezer, so you can use items you already own prior to going to the store. And then when you shop buy only what you need. If you want to be creative with side dishes and use some items in your pantry, check out SuperCook.com for recipes using food you already have at home. Buy day old bread to make your stuffing.

Buy seasonal and local if possible. Visit the nearest farmer’s market to stock up on tasty seasonal and local produce for your dinner. Choosing vegetables in season is both fresher and cheaper.

Cook dishes together. While the turkey is in the oven, add side dishes that can be cooked at the same temperature. If there is a slight difference in temperature requirements, simply adjust the cooking time to accommodate the different temperature.

Cook in glass or ceramic. These

materials hold heat much better so they require less cooking time. Additionally, they give you the flexibility to cook side dishes in the microwave as well as the oven. Steaming vegetables or precooking potatoes in the microwave saves considerable time and electricity.

Delegate to your guests. People love contributing to dinner parties, and even more so, when it’s a holiday like Thanksgiving.

Buy wine in bulk. Many supermarkets have a discount for buying a case or a set amount of bottles. Consider buying boxed wine, which usually equals a couple bottles for a lot less cost.

Purchase fabric instead of a tablecloth. A cheap plain tablecloth costs around \$15. A beautiful piece of fabric costs a few bucks a yard at a discount fabric store and is infinitely more original. Check out your supermarket or backyard for Thanksgiving decorations. For centerpieces and table settings, gather natural materials such as branches, gourds, pinecones and beautiful autumn leaves. Not only will it create less waste, but you’ll also have fewer items to store, since everything is disposable and biodegradable. Most importantly, remember to keep it simple.

Use smaller plates. Because of the size of some dinner plates, people often take more than they can or should eat. By using smaller plates, guests will finish all their food, and can easily go back for seconds. It’s a good way to cut down on food waste and overeating.

Plan ahead for those leftovers. After three days of turkey sandwiches, it is easy to let leftovers linger in the fridge too long while you decide on how to use them. Look up some Thanksgiving leftover recipes before the feast, and plan out a whole week’s worth of meals in advance to use up your leftovers.

Buy dry and canned goods in the days after Thanksgiving. Holiday-related ingredients will need to be cleared out of the stores post-holiday, so take advantage of low prices.

U.S. Army to roll out new Army Greens uniform

U.S. Army

The United States Army announced Nov. 11 that it is adopting an iconic uniform – the “Army Greens” – as its new service uniform. This is the uniform worn by America’s “Greatest Generation” in World War II.

The current Army Blues Uniform will return to being a formal dress uniform, while the Army Greens will become the everyday business-wear uniform for all Soldiers. The Army Combat Uniform – also known as the Operational Camouflage Pattern – will remain the Army’s duty/field uniform.

The uniform will be cost-neutral for enlisted Soldiers, who will be able to purchase them with their annual clothing allowance. Female Soldiers will have the option to wear versions with a skirt or pants, and will also have additional shoe options.

The Army Greens will be fielded to Soldiers reporting to their first units as early as the summer of 2020. The mandatory wear date for all Soldiers will be 2028.

The new uniform will come at no additional cost to the American taxpayer. It will be made in the USA.



The United States Army is adopting an iconic uniform – the “Army Greens” – as its new service uniform. The uniforms in this photo are prototype models. (U.S. Army photo)

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Fort Wainwright Police: 353-7535

ALASKA POST

The Interior Military News Connection

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EDITORIAL STAFF

Garrison Commander
Col. Sean Fisher

Public Affairs Officer
Grant Sattler

Staff Writer/Editor
Daniel Nelson

Staff Writer/New Media
Brady Gross

The Chaplain’s Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

True or false: no two snowflakes are the same. True, according to Wilson Alwyn Bentley. In 1885, he perfected a way to photograph snowflakes before they disappeared. Bentley would capture more than 5,000 images of snowflakes in his lifetime. After all his years of photographing the fleeting, fragile crystals under a microscope, he claimed never to have seen two identical snowflakes. Consequently, the idea that no two snowflakes are the same has persisted in the public consciousness to this day.

True or false: no two snowflakes are the same. False, according to Nancy Knight who, in 1988, researched snowflakes as part of her work for the National Center for Atmospheric Research. She accidentally discovered two identical snowflakes from a sample taken in a Wisconsin blizzard.

True or false: no two snowflakes are the same. It depends on how one defines “the same” according to Kenneth Libbrecht, a Caltech physics professor and snowflake expert. As a snowflake falls through the atmosphere, variations in wind, moisture and temperature all but guarantee a snowflake’s singular uniqueness. Nancy Knight beat long odds and discovered two crystals that outwardly appeared to be the same. However, at a molecular level, all snowflakes are as different as night and day.

After having experienced the lake-effect snows of Fort Drum, New York, and the icy, windblown snows of Fort Greely, Alaska, my knowledge of snowflakes consists almost entirely of simply clearing them from my driveway. Discerning whether individual snowflakes are identical requires a level of expertise that goes far beyond just pushing the stuff around. Snowflake experts such as Bentley, Knight and Libbrecht have spent their adult lives

learning everything there is to know about individual crystals of frozen precipitation.

Even more intimately than these researchers know snowflakes, God knows you. The Psalmist says as much when he writes: “For you created my inmost being; you knit me together in my mother’s womb” (Psalm 139:13). Matthew 10:30 reminds us that “... even the very hairs of your head are all numbered.” The immeasurable breadth and depth of God’s intimate knowledge about us is evidence of God’s infinite love for us. Author Max Lucado writes, “If God had a refrigerator, your picture would be on it. If he had a wallet, your photo would be in it. He sends you flowers every spring and a sunrise every morning. Whenever you want to talk, he’ll listen. He can live anywhere in the universe, and he chose your heart.” Rest in the assurance and comfort of God’s love for you.



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

Veterans Day observance



Commander of U.S. Army Garrison Alaska, Col. Sean Fisher, speaks to veterans and supporters in the Greater Fairbanks area attending a Veterans Day observance Nov. 11 in the Westmark Fairbanks hotel. The annual event, hosted by the Fairbanks Chamber of Commerce and organized by Festival Fairbanks, thanked current and former service members and recognized their sacrifices. Army support included music by the 9th Army Band and participation in a joint Color Guard. (Photo by Grant Sattler, Fort Wainwright Public Affairs)

ESTATE NOTICE

Spc. James M. Guckavan passed away in Fairbanks on Oct. 26, 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.



HOOP DANCE

Continued from page 1

The hoop dance is different than other Native American dances, such as powwow dancing. Powwows are inter-tribal celebrations of Native American culture. Tribal affiliation doesn’t matter, nor does what region someone is from. It doesn’t even matter if someone is native or non-native.

Powwow dancing consists of at least six categories. Men’s categories include the fancy dance, grass dance and traditional dance. Women’s categories are the fancy dance, jingle dress and traditional dance.

The hoop dance regalia is minimal compared to that of the powwow dances. Typically, a hoop dancer will wear a shirt, breechcloth, side drops, sheep skin, bells (or deer hooves) and moccasins. The colors and designs are specific to each person. The hoops are small and vary in size, typically depending on the height of the dancer. Sometimes they have designs on them, again, specific to each dancer.

“Traditionally, the hoops were made out of willow, depending on where the tribe was located,” Hammill said. “I make mine out of a very exotic wood called plastic.”

The hoop dance has different origin stories with a common thread that it originated in the Southwest. To some native nations, the hoop dance is a healing dance, Hammill said. A hoop would traditionally be passed over an afflicted person, then the dancer would break that hoop and never use it again.

“Basically, it was a way of taking away all that pain or sickness away,” Hammill said. “That’s not done in public. There is also a story of the children, the Taos Pueblo children. It is said that the children saw this ceremony taking place and began to emulate what they saw. Instead of telling the kids, ‘No, you can’t do this,’ the adults encouraged them. They began to sing songs for them. They took what was a prayer and made it something the kids could do. So, basically, the dance changed, it evolved.

“In the north, it tells of a warrior’s journey,” he continued. “As you see these hoops come together, they start to make formations. You’ll see the eagle, the butterfly, the warrior on the battlefield defending his family, the clouds in the sky.”

Each person, he explained, will see that dance in a different way, interpret the story differently. There are hundreds of hoop dance stories, but each one revolves around the sacred circle of life.

“The significance of the hoops is that it represents the circle of life. There’s no beginning and no ending,” Hammill said. “We are taught that each and every one of us – doesn’t matter who we are, where we come from,

the color of our skin – we are all created equal in that sacred hoop.” Another part of Hammill’s culture that he lives every day is the tradition of service.



Army veteran Brian Hammill of the Ho-Chunk Nation applies face paint before grand entry at the 28th Annual Heard Museum World Championship Hoop Dance Contest at the Heard Museum in Phoenix, Arizona, on Feb. 10, 2018. In the public Native American hoop dance performance, dancers can use up to 50 hoops to make formations that when combined convey a story. (Photo by Mass Communication Specialist 2nd Class Anita C. Newman, Defense Media Activity)

“The way I was always taught is, as a native person, we are always here to serve the people,” he said.

“We serve them by cooking and providing food for them. We teach them, or protect them. One of the greatest things I was always taught that we do, is we put ourselves in harm’s way to protect our families and our identity. It was something I’ve always wanted to do, I felt I needed to do.”

Hammill enlisted in the Army while still in high school. He went to basic training during the summer between his junior and senior years, and went on active duty after graduation.

“It’s just something that we do,” he said. “You’ll find that throughout the United States, there are a higher percentage of native veterans per capita than any other race.”

While he was stationed in South Korea, one of his first sergeants learned that he had danced while growing up, and asked Hammill to share his culture with everyone. He performed the men’s fancy dance for his fellow Soldiers.

“A lot of these Soldiers weren’t exposed to different cultures, so he had me do one of my first presentations there,” he said. “I called my dad in Wisconsin, and he shipped all of my dance regalia to me. I started doing presentations for the people I was stationed with, and

in different areas throughout the Korean theater. That’s where I really got the passion to share the story, and I found out how important it is.”

Hammill was introduced to the hoop dance prior to his transition out of the military in 1994. Back then, he would travel about 120 miles from Fort Polk, Louisiana, to Livingston, Texas, where he performed and danced with the Alabama-Coushatta tribe.

“A good friend of mine, Gillman Abbey, basically gave me this hoop dance,” he said. “He told me the story. He told me every time I dance, to always make sure I share the story, and give the dance.”

He said the hoop dance helped him heal from his time in service. Still brand new to hoop dancing, Hammill actually competed in the World Hoop Dance Championship for the first time about six months after he got out of the military.

“I was 24, in the adult division,” he said. “I remember I was scared because this is a huge competition. Some of the dancers I’m still dancing with today pulled me aside, said to me, ‘Hey, you’re doing good. Let me show you some different moves. Let me help you.’ I’ll never forget that because that’s what really kept me coming back. Being here, feeling that hoop and how it affects people, it keeps me coming back. It took me a long time, about 15 years, until

I won my first world title. I moved to the senior division and won four more. But it’s a family. It really is something we all have in common.”

Military Culture Course for Educators



Michael Campbell (left), U.S. Army Garrison Alaska school liaison officer; Ernest Kincade (center), Eielson Air Force Base school liaison officer; and Georgia Sandgren (right), Fairbanks North Star Borough School District military student support coordinator, facilitated a Military Culture 101 for Educators Course during the FNSB In-service Culturally Responsive Teaching on Sept. 28 at Lathrop High School. Seventy nine teachers, administrators, counselors and psychologists, and special education staff explored military structures, culture and unique lifestyles that impact students, to include deployment cycles, training and transitions, and how to better respond to meeting student needs through available educator resources. (Courtesy photo)

SADD

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Vice President visits JBER for Veterans Day



Vice President of the United States Mike Pence, speaks to approximately 250 service members, veterans and their Families at the Iditarod Dining Facility on Joint Base Elmendorf-Richardson, Alaska, on Nov. 11, 2018. The vice president is beginning a visit to Asia and took time to visit the installation in observance of Veterans Day to meet and speak with service members and veterans of all branches. (Photo by Airman 1st Class Caitlin Russell, Joint Base Elmendorf-Richardson Public Affairs)

1 Geronimo paratroopers conduct live-fire training at JBER



Spcs. Daniel Mathis, foreground, and Peyton Moore, both assigned to Blackfoot Company, 1st Battalion, 501st Parachute Infantry Regiment, 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division, U.S. Army Alaska, load an M240B machine gun while preparing to assault a simulated enemy position during infantry platoon live-fire training at Joint Base Elmendorf-Richardson, Alaska, on Nov. 7, 2018. The exercise honed the paratroopers' infantry skills to include: platoon movement and communication, obstacle breaching, capturing objectives through assault and maneuver, and casualty care. (Photo by Alejandro Peña, Joint Base Elmendorf-Richardson Public Affairs)

Fort Wainwright Family & MWR

Weekly Events

November 16 – 23

17 **Snowmachine Safety Course**
November 17
2 Sessions: 9 a.m. and 1 p.m.

Get certified in snowmachine safety and know what to do to stay out of emergency situations. Plus, learn about hypothermia prevention, riding safety, basic mechanics, and more. The Snowmachine Safety Course is required to check-out a snowmachine from the Outdoor Recreation Center.

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

20 **Behavioral Concerns via Facebook LIVE**
November 20
11:45 a.m. to 12:45 p.m.

Join Special Educators from the Fairbanks North Star Borough School District during your lunch break for an ACS workshop focusing on children's behavioral concerns. Attend in person or via Facebook by tuning to @FtWainwrightACS.

Army Community Service, building 3401
Call 353-4227

21 **Moosercise Child Exercise and Play**
November 21
11 to 11:45 a.m.

Moosercise is an exciting new exercise program for parents and kids aged 18 months to 5 years. Both parents and children will get to try new exercises such as yoga, obstacle courses, circuit training, and dance! Participation by both parents and kids is encouraged!

Youth Center, building 4109
Call 353-7482, registration required

21 **Turkey Burn 2-Hour Fitness Class**
November 21
5 to 7 p.m.

Prepare for your upcoming Turkey Day feast with this 2-hour fitness class consisting of a high-intensity spin class followed by Zumba.

Physical Fitness Center, building 3709
Call 353-7223

23 **Letters to Santa**
November 23 through December 6

Are you on the naughty or nice list? Find out by writing a letter to Old Saint Nick through the B.O.S.S. Letters to Santa program. Letters are available for purchase at multiple locations November 23 through December 6. Check the Wainwright MWR website for more information.

www.wainwright.armymwr.com

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.

USAG ALASKA & FAMILY AND MWR PRESENT

HOLIDAY PARTY

TREE LIGHTING CEREMONY

DECEMBER 7

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DECEMBER 9

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

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NOVEMBER 21
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TURKEY BURN 2-HR FITNESS CLASS

America’s first female Soldiers on screen for WWI centennial

Gary Sheftick
Army News Service

When Jim Theres first read about the “Hello Girls” of World War I, he knew the story of America’s first female Soldiers needed to be told on the silver screen.

So the Veterans Affairs employee set out on his own time to produce and direct an award-winning documentary, “The Hello Girls: The Army’s Special Weapon in World War I.”

The film was shown as part of activities surrounding the grand re-opening of the Army Women’s Museum at Fort Lee, Virginia.

Prior to that, the film won best documentary feature last month at the Chagrin Documentary Film Festival in Chagrin Falls, Ohio.

Broadcast journalist Cokie Roberts also introduced the film Oct. 8 at the Washington Convention Center during the Association of the United States Army’s Annual Meeting and Exposition.

“I had never heard of the ‘Hello Girls’ and I write women’s history,” Roberts said. “That shouldn’t be.”

UNTOLD STORY

In 1918, the U.S. Army Signal Corps sent 223 women to France as telephone operators for the American Expeditionary Forces. They donned Army uniforms and swore an oath of allegiance. They often operated near the front lines, connecting calls between trenches, and they endured artillery barrages. Two of them died and were buried in France.

Yet, when the rest of the women returned to the states, they were told they were not eligible for veteran’s benefits, until an act of Congress changed that in 1977.

Now their story has finally been fully documented.

Theres had already produced one documentary film when he decided in May 2017 the time was right to look for a World War I story because the 100th anniversary of America’s participation in the war was coming up.

“I Googled by accident ... I meant to do World War I men, but I accidentally typed World War I women, and I looked at the screen.” A webpage popped up about Elizabeth Cobbs’ book published last year: “The Hello Girls – America’s First Women Soldiers.”

“I read the synopsis and said ‘Wow! I’ve never heard this story.’”

He immediately sent Cobbs an email. She called back later that afternoon and said she’d be in Washington, D.C., July 2, and offered to do an interview. That’s

how the genesis of the film came about.

NEXT-OF-KIN NARRATION

Segments of Cobbs’ recorded interview appear throughout the film. She’s “almost the narrator,” Theres said, because her voice is a consistent thread in the documentary.

Others who tell the story include the daughters and granddaughters of the original Hello Girls.

Staff members of the Women in Military Service for America Memorial helped connect Theres and Cobbs to family members of the women who served.



Grace Banker stands in the center of a group of mobile telephone operators of the U.S. Army Signal Corps in 1918. First U.S. Army awarded Banker the Distinguished Service Medal for her contributions to the Saint-Mihiel and Meuse-Argonne Offensives. This still image appears in the documentary film, “The Hello Girls: The Army’s Special Weapon in World War I.” (U.S. Army photo)

One of those family members is Carolyn Timbie, granddaughter of Grace Banker, who at age 25 became chief telephone operator at First U.S. Army headquarters in France.

Banker received the Distinguished Service Medal for her duties with First Army during the Saint-Mihiel and Meuse-Argonne Offensives.

Timbie shared her grandmother’s story from a diary that had been kept in a safe deposit box. She also shared a trunk of photos, memorabilia and the uniform her grandmother wore in France.

Timbie said she actually never met her grandmother, who died before she was born. Stories about the World War I telephone operators, though, were passed down to her by her father. And when she finally had an opportunity to read her grandmother’s diary, she was enamored by the history it told.

“It was just amazing to me,” Timbie said following the AUSA screening of

the film.

“I had no idea of the scope and magnitude of the story because it had never been told,” Timbie said after reading the book that brought experiences of all the women together. She said the film raises the story “another notch” by adding emotion to the history.

ARCHIVAL HISTORY

Photographs of the Hello Girls appear on screen as their descendants talk about the World War I exploits of the mobile telephone operators.

Along with pictures donated by

50 seconds to 10 seconds when the Hello Girls arrived.

“And that could mean the difference between life and death,” said retired Brig. Gen. Anne Macdonald, president of the U.S. Army Women’s Foundation.

If the enemy was launching an assault into Allied trenches, it required a telephone operator to connect the call for artillery or reinforcements.

“All telephone calls required at least one human being, one telephone operator,” said Shelton Hochheiser, AT&T corporate historian, who was on a panel to answer questions after the film was shown at the Washington Convention Center.

The women connected a total of 26 million calls during the war, Macdonald said.

Most of the female telephone operators were bilingual. Most spoke both French and English fluently, so they helped the Allies communicate with each other. In that regard, they played a significant role in helping win the war, she said.

A total of 447 women served as mobile telephone operators across the Army during the war years.

Many of the Hello Girls stayed in Europe operating switchboards after most of the “doughboys” left. Some of the women served with the Army of Occupation in Germany.

FINAL RECOGNITION

The last of the women returned to the states in 1920, only to be told they had never really served in the Army.

Regulations stated veteran’s benefits were due to “men” who served and that one word kept the women from receiving recognition as veterans. They ended up being regarded as contractors.

“So they had no recognition, no benefits, no military funerals, no flags on their coffins, nothing,” Roberts said.

Some of the women were persistent in petitioning Congress, though, adamant they had worn uniforms, followed Army regulations and had been part of the U.S. Army Signal Corps. Over the years, more than 50 bills were introduced unsuccessfully in Congress to recognize the service of these World War I women.

Finally, on the 60th anniversary of America’s entry into World War I, Congress granted veteran’s benefits to the 33 Hello Girls who were still alive and directed they be issued honorable discharges.

When 90-year-old Merle Egan Anderson received her discharge paper from the Army in 1978, she reportedly lifted the document to her lips and kissed it.

Army Continuing Education System

U.S. Army Human Resources Command

What is it?

The mission of Army Continuing Education System is to promote lifelong learning and readiness through flexible, relevant education programs, services and systems in support of the Total Army Family. Army Continuing Education System empowers Soldiers to utilize educational resources, sharpening the competitive edge of the Army, and enabling them to return to civilian life with key employment skills.

What has the Army done/is doing?

The Army observes American Education Week, Nov. 12 to 16, 2018. The observance began in 1921 to build national support for education; after discovering one-quarter of World War I draftees couldn’t read or write. The theme for 2018 is Army Continuing Education: A Culture of Learning, A Legacy of Service.

The Army Installation Management Command has education specialists in 150 centers and offices around the globe. The GoArmyEd portal has 24/7 information on programs and services, including tuition assistance.

The Army recently removed waiting periods for tuition assistance and created a two-tier eligibility system. Before, Soldiers had to wait one year,

after Advanced Individual Training, to use tuition assistance to pursue a bachelor’s and wait 10 years to pursue a master’s degree.

Eligible Soldiers will have \$4,000 per year toward 130 semester hours of undergraduate credit, 39 of graduate credit and 21 for a certificate.

Tier 1 includes Soldiers without a bachelor’s degree pursuing an undergraduate certificate/ diploma, or associate or bachelor’s degree. This tier also includes Soldiers who completed a bachelor’s without TA and pursue an undergraduate or graduate certificate or master’s degree. Eligibility:

- Enlisted Advanced Initial Training graduates
- Warrant Officer Basic Course graduates
- Basic Officer Leaders Course graduates

Tier 2 includes Soldiers who used tuition assistance for any portion of their undergraduate, have a bachelor’s and pursue an undergraduate, graduate certificate or master’s degree. Eligibility:

- Enlisted Advanced Leaders Course graduates
- Warrant Officer Advanced Course graduates
- Captains Career Course or equivalent graduates

What continued efforts does the Army have planned?

The Army is piloting a credentialing program with active duty Soldiers at Fort Hood, Texas, and Texas Army National Guard and Army Reserve Soldiers. The program is expected to roll out Army-wide late 2019.

Why is this important to the Army?

Army Continuing Education System helps Soldiers obtain skills to achieve the Army Vision of strong, capable leaders while meeting personal and professional goals. Education increases combat readiness, helps retain quality Soldiers, enhances careers and prepares Soldiers for a successful transition to civilian life. The program supports the leader development imperatives of the Army Leader Development strategy and supports Army strategic priorities.

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

SPACE

Continued from page 1

McClain, 39, of Spokane, Washington, will serve as a flight engineer for Expedition 58/59. Once in orbit, the West Point graduate said about half of her crew’s time will be spent on maintaining the space station.

The station is also a laboratory with more than 250 experiments, which McClain and others will help oversee. She will even participate in some of the experiments, including one that evaluates how human bones are regenerated in a microgravity setting.

“That will be an interesting one to see the results of,” she said, adding many astronauts suffer from bone loss since they use less weight during extended spaceflight.

Preparing to go into space has been a difficult challenge that the former rugby player has tackled over the past year and a half. During that time, McClain has conducted specialized training from learning how to do spacewalks, station maintenance, robotic operations and even speaking the Russian language.

“Everybody needs to be a jack-of-all-trades,” she said.

In June, she served as a backup astronaut for the crew that is currently at the space station. Now in Russia, McClain and her crew are doing some final training on the Soyuz launch vehicle.

While her crew prepares to lift off on a similar type of rocket that suffered a malfunction Oct. 11 and triggered an automatic abort, McClain is still not worried.

The Soyuz rocket, she said, has had an amazing track record. Before last month’s incident, the rocket’s previous aborted mission was in 1983.

“I saw that Oct. 11 incident not as a failure, but as an absolute success,” she said. “What this really proved was that the Russian launch abort system is a really great design, and for that reason, we have that backup plan.



Mark Vande Hei, a retired Army colonel, trains inside NASA's Neutral Buoyancy Laboratory pool near Johnson Space Center in Houston March 1, 2017. The pool is one of the world's largest at 202 feet long and 40 feet deep, and is big enough to hold a replica of the International Space Station. Lt. Col. Anne McClain and other NASA astronauts also train there as part of their specialized training before space missions. (Photo by Sean Kimmons, Army News Service)

“Bottom line is that I would have gotten on the Soyuz rocket the next day.” Her crew also received a debriefing from both astronauts in the aborted mission – Nick Hague and his Russian counterpart, Alexey Ovchinin. Hague, an Air Force colonel, explained to them the forces he felt and saw when the launch abort system kicked in. “Our whole crew sat down with Nick and got his impressions,” she said. “I think he helped us

get ready, and we adjusted a few things for our launch.” She also gave her friend a hug and jokingly told him that the next time they saw each other was supposed to be in space. “When I gave Nick a hug goodbye before his launch, we kind of said, ‘Hey, the next time we hug it will be on the space station,’” she said, smiling. “When I saw him again, I gave him a hug and I said, ‘Hey, we’re not supposed to have gravity right now. But I was happy to see him.” Because of the recent mishap, believed to be the result of a manufacturing issue with a sensor, McClain’s mission was moved up to next month. “We’re confident that particular issue won’t happen again,” she said. “But the important thing that we’ve learned from all incidents in spaceflight in the past is that you can’t just look at that one part because there’s a billion other parts on that rocket. “You have to make sure what caused that particular part to fail is not being repeated on other parts. And they’ve absolutely done that.” Her crew plans to relieve a three-person crew currently at the space station. Based on the life of their vehicle, that crew needs to return by the end of December, she said. The quicker she can get into space, the better for McClain. “I’m just excited for the experience,” she said. “What I do hear from many astronauts is that as soon as you look back at the Earth and all of its glory and realize how fragile it is, you’ll never be quite the same. I’m looking forward to those moments.”

Fort Wainwright Exchange shoppers have a final chance to ‘Give & Get Back’ in 2018

Katarayna Flatt
Army and Air Force Exchange Service Public Affairs

Fort Wainwright Exchange Shoppers Have a Final Chance to ‘Give & Get Back’ in 2018
Fort Wainwright – For the third time this year, the Army and Air Force Exchange Service is giving Fort Wainwright shoppers an opportunity to help Soldiers, Airmen and military Families in need.
From Nov. 30 to Dec. 5, Fort Wainwright Exchange shoppers can make at-the-register donations to Army Emergency Relief and Air Force Assistance Fund and receive a coupon for \$5 off a \$25 Exchange purchase for every \$5 donated.

The first two “Give & Get Back” donation periods of 2018 garnered more than \$212,000 for the support funds. AER and AFAF provide emergency assistance, sponsor educational programs and offer community programs that improve the quality of life for service members and their families. “The Fort Wainwright military community is always quick to help those in need—it’s in their DNA,” said general manager, Gloria Sylvia. “The Exchange is honored to be a part of this wonderful program to support service members and their Families who are going through tough times.” The coupons are valid Dec. 6 to Dec. 12. There is no limit to the number of coupons shoppers can earn, and the coupons can be redeemed in stores or online at ShopMyExchange.com.



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