

## Cyber force looks to grow with boost to electronic warfare

Sean Kimmons  
Army News Service

With the cyber domain expected to see constant battles in future warfare, Army leaders say new efforts are under way to strengthen the Army's cyber force so it can defend forward against adversaries.

One aspect being bolstered is electronic warfare. The Army has now placed 29-series EW Soldiers into cyber's 17-series career field as the service zeroes in on it.

"We have really focused on the next phase of development, and that's in our electronic warfare force," said Brig. Gen. Jennifer Buckner, director of cyber in the Army's G-3/5/7 office.

The goal is to combine EW assets along with cyber and information operations capabilities across all echelons of the Army.

The Multi-Domain Task Force, which has experimented with those capabilities in the Pacific, will continue



Sgt. Camille Coffey, a cyber operations specialist from the Expeditionary Cyber Support Detachment, 782nd Military Intelligence Battalion (Cyber), from Fort Gordon, Georgia, provides offensive cyber operations as part of the Cyber Electromagnetic Activities Support to Corps and Below program at the National Training Center, Fort Irwin, California, Jan. 18 to 24, 2018. The Army's cyber force plans to incorporate more electronic warfare and information operations assets in its future mission. (Photo by Steven P. Stover)

to serve as a proving ground. This fiscal year, there are plans to stand up an EW platoon within I Corps to support the U.S. Army Pacific-led task force.

"That will be kind of the first test case for our electronic warfare organizations," Buckner said Nov. 15 during an interview at the International Cyber Conference on Cyber Conflict U.S., or CyCon U.S. "We're going to experiment with the capabilities as much as we're going to also try to validate force design that we've put on paper."

In the coming years, the plan is to place an EW platoon in every brigade combat team's military intelligence company. New EW companies will also fall under expeditionary military intelligence brigades.

Cyber and electromagnetic activity cells, or CEMA, will even be built up to advise commanders at the brigade, division, corps and Army Service Component Command levels.

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## Non-deployable directive to help Army work toward more 'lethal' force

Joe Lacdan  
Army News Service

To support the ongoing efforts to reduce the number of non-deployable Soldiers, Army leaders released a new directive designed to encourage Soldiers to reach deployable standards outlined in the directive.

If standards are not met within six months, a Soldier could face separation.

Secretary of the Army Mark T. Esper and Chief of Staff of the Army Gen. Mark A. Milley prepared the directive, which took effect Oct. 1.

Maj. Gen. Joseph Calloway, director of military personnel management, Office of the Deputy Chief of Staff, presented the new directive Nov. 13 in a media briefing at the Pentagon.

The number of Soldiers in non-deployable status has been reduced from 121,000 (roughly 15 percent of the total force) to less than 60,000 this past year. In October alone, the Army posted a reduction of 7,000 non-deployable members.

Calloway said the separated members came from across the force, including unsatisfactory Soldiers in the Army Reserve and National Guard and some

who were pending separation.

The effort followed the release of a new directive by Defense Secretary James Mattis last February to raise standards for deployable troops across the four military branches, improving readiness and lethality.

The directive highlights two distinctions: for the first time, the Army defines deployability plainly in written form. And the directive marks a culture change that encourages greater accountability among Soldiers to maintain readiness and empower commanders.

"The culture change is particularly important," Calloway said. "We're not only defining the deployability and the directive, it's the first time we've ever put on paper what constitutes deployability."

The directive enables commanders to closely examine non-deployable Soldiers on a case-by-case basis.

"The first actions that senior leaders are taking is to ensure commanders understand their authorities; how to use them and that they are supported by senior leadership," said Diane Randon, principal deputy assistant secretary of the Army for manpower and reserve affairs.



Soldiers from the 82nd Airborne Division at Fort Bragg, North Carolina, prepare to load onto a C-17 Globemaster III during a joint Large Package Week and Emergency Deployment Readiness Exercise Feb. 5 to 11, 2018. The Army released a new directive designed to encourage Soldiers to maintain their deployability status. The service is looking to reduce its non-deployable numbers to help its forces become more lethal and ready. (Photo by Marc Barnes, 43rd Air Mobility Operations Group Public Affairs)

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### 2018 Overseas Cost of Living Allowance Overseas Living Patterns Survey

This survey is used to track the shopping patterns of uniformed service members stationed overseas. The data collected will assist in the determination of Overseas Cost of Living Allowance paid.

This survey will run from Dec. 1 to Dec. 31. The link to launch the survey will not be available until that date. Participation in this survey is voluntary. However, maximum response is encouraged so that data will be representative of your location of assignment.

This data is instrumental in updating OCOLA indices. Incomplete surveys cannot be used as this might result in inaccurate analysis of shopping behavior. To ensure that this survey results in valid OCOLA, please answer questions for all applicable categories.

To prepare for the survey, determine where you purchase groceries, clothing, household furnishings, entertainment, communications and transportation. Estimated time to complete the survey is 40 to 50 minutes.

To complete the survey between the Dec. 1 to Dec. 30 open period, visit <https://www.defensetravel.dod.mil/site/colaSurvey.cfm?ID=alaska> or scan the QR code.



## Fitness warriors wanted: Army establishing competitive team

Michelle deGuzman-Watson  
U.S. Army Recruiting  
Command Public Affairs

The U.S. Army Recruiting Command is seeking more than just Future Soldiers these days. As part of the Army's recent accessions overhaul, USAREC is recruiting current Soldiers who are elite athletes to become part of the new U.S. Army Warrior Fitness team.

USAREC's command team, Maj. Gen. Frank. Muth and Command Sgt. Maj. Tabitha Gavia, recently started this initiative as part of the Army's desire to increase outreach and recruiting efforts and create a more personal connection with the American people.

"As we change our recruiting models from industrial to digital age systems and implementation

techniques, we recognize that youth operate on a variety of different planes," Muth said. "A couple of different realms are functional fitness and esports."

Functional fitness is a classification of training that prepares the body for real-life movements and activities. These movements include strength, balance/coordination, power, range of motion and mobility.

CrossFit is one type of workout classified as functional fitness training. According to a recent report from CNBC, "By the numbers, CrossFit is possibly the biggest fitness trend in the world. CrossFit has approximately 13,000 gyms in more than 120 countries, up from 13 in 2005." There are also several other popular types of workouts that are classified as functional fitness

training including High Intensity Interval Training and Total Body Resistance Exercise.

USAREC will now have a presence in this fitness demographic with the U.S. Army Warrior Fitness team. The team will represent the Army at fitness competitions and health expositions that help bring awareness to the Army and the recruiters that will be at those events. The team will be part of the USAREC Marketing Engagement Brigade at Fort Knox.

First Sgt. Glenn Grabs, a certified functional fitness coach, is leading the initiative. Grabs also is certified in functional fitness gymnastics, power lifting and sport specific training. He has been doing functional fitness for six years and coaching for four years.

See FITNESS on page 2

### WEEKEND WEATHER

Friday



Mostly cloudy, with a high of 10 degrees and a low of 3.

Saturday



Mostly cloudy, with a high of 11 degrees and a low of 7.

Sunday



Partly cloudy, with a high of 14 degrees and a low of 13.

### 24 HOUR TRIAL

Beginning at 5 a.m. on Nov. 27, the Physical Fitness Center will remain open all day and night until Nov. 30th, closing at 9:30 p.m. Get your workout on, 24 hours a day for this three-day trial period.

The PFC will be staffed and fully functioning at all hours.

The Ice Rink will only be open during normal operating hours.

We want to hear from you. There will be a quick survey

at the front desk of the PFC during the three-day trial.

If you have any questions or concerns, please call the PFC at 907-353-7223.



# Nutrition Corner: late eating causes weight gain

**Brandy Ostanik**

Medical Department Activity – Alaska, Public Affairs

“Eating late eating will cause weight gain” - Myth.

It does not matter what time you eat; calories are calories. For some, it is helpful to create a cut off time to prevent overeating at night but this is not necessary.

If you do set a cut off time, be sure it is reasonable and fits within your schedule; do not set it too early. For those with an unpredictable schedule, an early cut off time may result in you skipping dinner on days you come home late. This

is never advised. Additionally, you don’t want to go to bed hungry.

Going to bed too hungry can cause you to wake up in the middle of the night or make it difficult to fall asleep. Not only can this disrupt your sleep cycle but it can cause to get up in the middle of the night and overeat.

If you do get the evening munchies, try to choose something that is low in calories but contains fiber and protein to help keep you satisfied.

Try going for fruit and yogurt or peanut butter and whole crackers instead of cookies and milk or ice cream.

It is alright to treat yourself occasionally, but your regular night time snack should be a small

meal that provides nutrition for your body but also helps keep you satisfied.

## RECIPE SPOTLIGHT:

Turkey roll up with whole grain crackers

## INGREDIENTS:

Turkey breast  
Reduced fat cream cheese  
Cucumber  
Whole grain crackers

Spread cream cheese on turkey slices. Place sliced (thin) cucumbers on cream cheese. Enjoy with whole grain crackers.

# 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.

## UPDATE YOUR INFO

All contact information for beneficiaries is pulled from the Defense Enrollment Eligibility Reporting System (DEERS). If you change phone numbers, move or change family status, beneficiaries must change their information in DEERS for MEDDAC to have the most up-to-date information. Correct information is vital to determining eligibility and contacting beneficiaries.

## 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](http://www.tricareonline.com)  
Health Net Federal Services:  
[www.tricare-west.com](http://www.tricare-west.com)  
1-844-866-9378

# Weekly Financial Tips: Holiday Shopping

**Ryki Carlson**

Survivor Outreach Services Support Coordinator

Black Friday deals are starting earlier than ever this year, upstaging Black Friday itself. Electronics are being offered at reduced prices starting the first week of November, with many of the best deals being offered online Thanksgiving Day. Preparing ahead of time can save you both time and money.

Start your research early by comparing ads both in print and online. You can find ad scans at [bfads.net](http://bfads.net), [bestblackfriday.com](http://bestblackfriday.com), [dealnews.com](http://dealnews.com), [gottadeal.com](http://gottadeal.com) and [theblackfriday.com](http://theblackfriday.com). Some ads may say “quantities limited,” “no rain checks,” or “not available at all stores.” Before you step out the door, call to make sure the item you want is in stock.

Comparing prices can increase your savings. Check out [PriceGrabber.com](http://PriceGrabber.com), [Shopwiki.com](http://Shopwiki.com), and [Joinhoney.com](http://Joinhoney.com). These sites will scan the internet to look for a better price.

Use apps to compare prices by scanning bar codes, get discounts and get coupons from local retailers. Some of the popular apps are ShopSavvy, Shopular, Flipp, Shopkick and BuyVia.

Being loyal offers advantages too. Store often have loyalty programs that offer sales and promotions to their members first. Sign up for their shopping alerts to give you access to promotions, coupons and discounts. Check their online site to see if you can purchase the item you want online and just pick it up in the store to avoid shipping costs.

Technology options for savings. Many stores offer savings via text. Sign up early with your favorite retailers to get these savings.

Use the live chat option. Many big online retailers employ live chat operators who have a list of coupon codes on their desk ready to hand out to those who ask.

Use social media for savings.

Facebook, twitter and even Groupon offers discounts and deals. Retailers will often reward customers who follow them with special alerts to discounts and incentives.

Matching prices. Many stores, such as Best Buy, Home Depot, AAFES and Lowe’s allow managers to either match or offer 10 percent below a competitor’s price. Don’t be afraid to haggle to get the best deal. However some store’s price-match policy might be suspended during Black Friday weekend, so check out their policy in advance.

Shop safely and within your budget. Carry your credit/debit card securely and be aware of where it is at all times. With all the excitement of Black Friday shopping, it’s easy to set your card down when paying and forget to pick it up again. Carrying cash is a great way to stay on budget, but it’s less secure. Have a list of what you are looking for and a dollar figure in mind for how much you want to spend. Once you have reached this spending limit, it is time to go home.

Check store policies in advance and read the fine print. You may be tempted to grab an item because it’s a good deal. However, returning it may not be so easy. Ensure you ask about the return policy before you pay.

Save on holiday shopping right from home. Many websites start posting specials starting at midnight on Thanksgiving Day, so shop early to ensure the item you want is in stock. Additionally, many sites will offer free shipping with no minimum purchase this holiday season. To get an idea on which sites don’t charge, visit [freeshipping.org](http://freeshipping.org).

Keep track of your spending and save receipts. Incidental and impulse purchases add up. Jot down everything you spend in a logbook; this will help you stay in budget and encourage you to find creative cost-effective gifts. Keep your receipts for returns and warranties. Check credit and debit card sales and verify them against your monthly or online statement.

# CYBER

Continued from page 1

“We’ll have an operational force, and we’ll also have the planning and staff element that would help employ them,” Buckner said.

An additional piece, she added, is the Cyber Warfare Support Battalion. The battalion will grow over the next five to six years and include about 600 personnel in expeditionary cyber teams.

The idea behind it is “that we can tailor force packages, if you will, to downward reinforce to tactical levels,” she said.

Personnel numbers in the other efforts are still being worked on and will depend on the Army’s end strength and growth, she added.

Army leaders also hope to help fill its cyber ranks with more cadets and Civilian professionals.

Throughout the ROTC community, there are about 50 cadets who commission into cyber each year.

At the U.S. Military Academy, many cadets have also expressed interest to commission into cyber. As of right now, though, only 26 cadets at the academy can do so.

“We got a large amount of interest [but] don’t quite have the demand side right yet from the Army,” said Col. Andrew Hall, director of the Army Cyber Institute, which is located at West Point, New York.

Cadets who branch into military intelligence or signal will benefit the cyber force, too.

“That’s also a huge win for us because those are our primary partners in this fight,” Buckner said.

Last year, the Army Cyber Command began the Cyber Direct Commissioning Program in an effort to entice cyber experts in the civilian world to suit up in an Army uniform.

The program received around 250 applicants and at least two of them – former enlisted Soldiers – were commissioned as first lieutenants in May.

Those who qualify under the program have the opportunity to join the Army as first lieutenant, with the possibility of a higher rank. Up to \$65,000 in student loan repayment over the course of an officer’s initial three-year term is also on the table to attract desired applicants.

The program is currently searching for its first applicant to be automatically promoted to colonel.

“Right now, we have a system where generally an 18-year-old is the target,” Hall said of Army recruiting. “But we’re saying what happens if someone wakes up at 37 and decides that they want to serve? What happens if that person has had an entire portfolio of work where they could step in ... as a battalion commander?”

While atypical, he noted, direct commissions were common during World War II to fill in gaps.

“We want to have flexibility so that we don’t limit patriotic service to 18-year-olds,” he said. “We want to give the entire country an opportunity to serve.”

# FITNESS

Continued from page 1

“Having a functional fitness team in national competitions gives the U.S. Army an opportunity to interact directly with the fittest people in the American population,” Grabs said. “We are looking for dedicated, driven Soldiers. We want Soldiers who are looking for an opportunity to perform, develop and assist in the recruiting mission.”

Grabs has been working at USAREC headquarters as part of the Commander’s Initiative Group to develop a plan for the new outreach effort and begin recruiting Soldiers for the 10-member team.

“I have the utmost confidence in [Grabs] and the team he will be

leading,” Muth said. “I cannot wait to see the results.”

Soldiers interested in applying should visit the U.S. Army Warrior Fitness webpage at [https://recruiting.army.mil/functional\\_fitness](https://recruiting.army.mil/functional_fitness). The deadline for applications is Dec. 14.

Soldiers identified as the most competitive will visit Fort Knox for a fitness evaluation and formal interview by the selection committee. Soldiers selected to the team will be stationed at Fort Knox for three years and, in addition to fitness competitions, will participate in outreach engagements and will regularly interact with the public as an Army ambassador.

The team is expected to begin competing on behalf of the U.S. Army by March 2019.



# ALASKA POST

The Interior Military News Connection

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# The Chaplain’s Corner

**Chaplain (Lt. Col.) Paul Fritts**  
Fort Greely

As a kid growing up in Oklahoma, I sat down for dinner with my parents nearly every evening of the week. Once Mom joined us at the table, the three of us would bow our heads and Dad would give a brief, simple blessing for our food. He prayed the same blessing, word for word, every evening. Once, while Mom was still in the kitchen, I asked him why he prayed the same prayer at every meal. His reply included an invitation for me to give the blessing for our food that night. Unsurprisingly, my prayer was exactly like Dad’s.

Thanksgiving in America will find families everywhere gathered around dinner tables filled with food. At many of those tables, a family member will invite those gathered to pray, offering thanks to God for the food and the many blessings of our lives. Once the “Amen” has been pronounced, however, all thoughts of prayer and

thankfulness usually take a back seat to loading up our plates and watching the football game. In other words, our priorities quickly shift from gratitude to self-gratification.

Table blessings are often viewed sentimentally as traditional moments of ceremony, necessary for the “perfect” Thanksgiving feast. Short prayers are quickly forgotten, but unusually long blessings become the stuff of family legend and remembered more as an obstacle to the feast. The value of a table blessing, however, is its ability to remind us that we haven’t flourished as a consequence of our own efforts. Think for just a moment about the countless individuals involved with growing, producing, and transporting the food on the table, not to mention our God who provides the sun, soil and water. Pausing for these little moments of gratitude supports an attitude that understands this life is not “all about me.”

The biblical concept of blessing is commonly misunderstood as the

“reward” of a favorable transaction between humans and God. Consider Proverbs 10:22, “The blessing of the Lord brings wealth, without painful toil for it.” Taken out of context, this verse seems to describe a scenario where we get something for nothing. Wealth without painful toil? Yes please! Or remember how Jacob manipulated blind, old Isaac in order to receive the blessing meant for Esau. It’s easy to slip into the habit of perceiving blessings as all the good things that happen to me.

Instead, what if we began to understand the blessing as something we give to build others up rather than receive for our own self-centered ends? Additionally, gifts of food or money to those in need aren’t the only way we can bless others. You can bless your spouse, child, friend or co-worker by giving them the gift of your undivided attention. This can be as simple as putting away the smart phones and sitting down together for a meal one evening. And perhaps even give a table blessing.



**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

# A beloved Soldier and the tokens he kept

**Master Sgt. Michel Sauret**  
200th Military Police Command Public Affairs

The “Old Soldier” has a basement full of history. At the age of 88, he has to walk gingerly down the steps. Coming around a bend in the stairway, he points to a Moran St. sign encased behind glass in a wooden box.

“They named a street at Fort Meade after me, too, right there,” he says, almost in passing.

No big deal. There’s more to show below.

The basement is like a private museum - time capsules dating back to the Korean War hung and displayed everywhere. Pictures, plaques, trophies, statues, banners, posters, flags, awards, books, newspaper clippings, most of which are about him: Raymond Moran, a man whose career is stacked with achievement.

As a recruiter, Moran enlisted so many men and women that the U.S. Army Recruiting Command named its Hall of Fame after him. In 2017, he received a Lifetime Service Award. Yet Moran is so low-key that the ceremony took place at a local barbecue joint. He keeps the newspaper articles in several binders, so many that they might fill a whole wall if they were framed.

Near the bar, there’s even an M1 rifle, returned from Korea decades after the war. It was a Veterans Day gift from his eldest son, Ray. The M1 is the same style rifle the ‘Old Soldier’ carried in combat when he was a young infantryman.

“I never put one nail on the wall,” said Raymond Moran as he offered the private tour.

as a result of it,” he says, pointing to the walls.

“All this” is more than military trinkets displayed on some walls. These objects point to the memories of people whose lives he touched. His brother and son said all those plaques and pictures are a reflection of the people Moran has helped, either through his recruiting years or otherwise.

“He’d always help other people. I remember so many people would call Dad for assignments,” said Ray. “And he’d call buddies, guys he had worked with ... It was crazy because Dad never did that for himself. Even if he had a lousy duty assignment, he would never ask for a better one. But when it came to everybody else, he was always pressing for the best.”

In the Army, he eventually became the sergeant major of the First Recruiting Brigade on Fort Meade, responsible for hundreds of recruiters across multiple states. When he retired, he humbly (and eagerly)

“If you have something in your life you aspire to, if you can feel that much affection toward anything, then you should consider yourself blessed,” he said.

He, Barbara and their three children, Ray, Rich and Robbi - all grown into parents and some into grandparents by now - have lived in so many places during Moran’s time on active duty, but one town in particular is still a point of pride for the Old Soldier: Latrobe, Pennsylvania.

If anyone mentions Latrobe, he is quick to mention Arnold Palmer, the famed golfer whose smiling picture is in his basement - autographed and all. Palmer and Moran were high school friends, along with Fred Rogers, who was one year ahead of them.

“He never had any tattoos underneath his sweater,” Moran reminds others of Mister Rogers, dispelling the silly rumor, which had made its way around some internet circles.



Retired Sgt. Maj. Raymond Moran, affectionately known as the “Old Soldier,” poses for a portrait on Fort Meade, Maryland, March 9, 2018. Moran devoted 65 years of service as an enlisted Soldier and as a Department of the Army Civilian in the U.S. Army and Army Reserve. He served in Korea, Vietnam, Japan, Cambodia and during Desert Storm. (Photo by Master Sgt. Michel Sauret, 200th Military Police Command Public Affairs)

As the basement tour continues, Moran jumps from one life event to another. Historical references spanning decades press against each other. Within minutes of mentioning high school (which he attended while the world was engaged in its second war), he jumps three-quarters of a century in time to another picture.

“Happy Veteran’s Day, Pap-Pap,” he reads from one inscribed portrait of a baby named Penelope, his great-granddaughter. “Kinda cute,” he says with a chuckle.

Then, another family picture. This time, a young Soldier: Christopher, his grandson, served in Operation Iraqi Freedom from 2007 to 2008. Moran had recruited him into the Army.

“And of course he got pinned with a (Combat Infantry Badge), and he was so proud because the first thing he wanted to show me was his CIB,” said Moran.

He mentions his grandson’s CIB, because he, too, earned one in Korea.

In fact, there it is, hanging on the wall beneath the M1: An oversized replica of the award - a ribbon given specifically to infantrymen who engage in combat.

In fact, every memory was hung by a professional: his wife, Barbara, who spent a decade working at the museum on Fort Meade. The couple has been married 65 years, celebrating their wedding anniversary at home on Valentine’s Day.

Like his marriage, Moran devoted 65 faithful years serving and loving the Army. He spent 30 years on active duty as an infantryman and recruiter, living all over the world: Japan, Korea, Vietnam, Cambodia and Germany. The other 35 years came as a Civilian recruiter for the U.S. Army Reserve.

When the Gulf War broke out, Moran was 61 and had been retired for 21 years, but he convinced the Army to allow him back to duty in uniform.

“You’ve got to help me put my uniform together. I’ve never worn these,” he told his son, Ray, holding a camouflage-patterned uniform, known as battle dress.

“He was in the old, starched, OG-107 green Vietnam uniforms from that era,” recalls his son, Ray, who was an Army Reserve Soldier himself at the time. “So he’d never worn battle dress until he got recalled for Desert Storm.”

“The age cutoff was 63, and he was just a few months shy,” said his son, Ray. “He volunteered again later at age 74 when Operation Iraqi Freedom kicked off. The Army sent him a very nice, ‘Thanks, but not this time,’ letter.”

Moran served stateside during Desert Storm as a casualty escort sergeant major, a job with a heavy toll. One of his most difficult tasks was taking wedding rings off the bodies of Soldiers after a scud missile attack killed 13 from an Army Reserve unit in Greensburg, Pennsylvania. Moran had recruited Soldiers into that unit, located less than 10 miles from his hometown of Latrobe.

“That was a perfect example of him giving himself to the remembrance of those Soldiers,” said his younger brother, Jim Moran. “He put on his uniform, went to Dover (Air Force Base) and did one of the most difficult jobs in trying to show mercy and gratitude for these young men and women that lost their lives, and accompanied those bodies back to their hometown. People remember things like that.”

Yet, Moran recalls his years with only gratitude and joy. His 65 years of total service are equivalent to three military careers.

“I loved it. Enjoyed every minute of it. Never complained at all any time that I served in uniform. It was just an honor for me to serve. And I have all of this

accepted a Civilian position as a GS-7, basically working at the lowest level of the recruiting food chain. He reported to a staff sergeant, a rank that was three grades below his retired rank. And yet, he never acted like the work was beneath him. Instead, he loved it. He recruited for the Army Reserve and found plenty of active duty recruits to pass onto others, which helped everyone else meet the recruiting numbers they needed.

“Recruiting is something close to my heart. I have a lot of pride in the Army Reserve, so encouraging them to join was an easy job for me,” he said.

“He genuinely is that kind of person. Positive. Upbeat. I hope to someday love anything as much as that man loves the Army and Barbi,” said Sgt. Maj. Luther Legg, former recruiting command sergeant major and long-time friend of Moran.

“That was pinned on me by my battalion commander in the Korean War ... We were in mud up to our ankles in combat boots, and he told everyone, ‘Unbutton your top button on your field jacket. And then he came and pinned our CIB on ... That day, it must have been at least 100 (of us). We were all lined up from one end to the other in a parade field. That was the only time we ever got together,” said Moran.

**See OLD SOLDIER on page 6**



Senior NCO organization on Fort Wainwright supports the Chaplains Holiday Food Basket Program



Sgt. 1st Class Jeremy Gawf (left), U.S. Army Garrison Alaska chaplain NCOIC, receives a \$500 donation from Dean Phillips (right), Arctic Sergeants Major Association secretary, to support the Thanksgiving and Christmas food program. ASMA uses its funds raised during the year to give back to the community. (Courtesy photo)



Fairbanks North Star Borough School District

# Sub Round Up

Need a job with a flexible schedule?

**Friday,  
November 30, 2018  
10am to 2pm  
FNSBSD Board Room**

- Hear from hiring managers around the District
- Learn what it takes to become a substitute employee (teaching and non-teaching positions!)
- Get resume, cover letter, and interview tips
- Fill out an application on site!

**\$12-\$20 per hour!**

Participants will receive a voucher for free fingerprints to complete the application process, a **\$47 value!**

Hosted at the FNSBSD Board Room, 520 5th Ave, Fairbanks, AK 99701  
**For questions, call 907-452-2000 ext. 11326**

THE FAIRBANKS NORTH STAR BOROUGH SCHOOL DISTRICT IS AN EQUAL EMPLOYMENT AND EDUCATIONAL OPPORTUNITY INSTITUTION, AS WELL AS A TOBACCO AND NICOTINE-FREE LEARNING AND WORK ENVIRONMENT.

Youth Center celebrates successful annual Fall Lock-In

**Annie Moore**  
Child and Youth Services Training Specialist

At 8 p.m. Friday, Oct. 26th, the Fort Wainwright Youth Center hosted its most successful annual Fall Lock-In yet, offering a wide variety of engaging activities for the 85 local military youth attendees.

The event continued until 8 a.m. Saturday morning, with youth having the opportunity to win prizes throughout the night.

Youth broke a sweat dancing to the mix of a local DJ, while names were drawn hourly for youth to win a variety of prizes. Seasonal movies were played throughout the night in the Youth Center's large theater room. The teen-designed spook room caused chills to those who dared enter.

Whisper E. and Abigail S. were declared winners of the cookie decorating contest, each earning Barnes and Noble gift cards.

Youth also tested their courage with the jelly bean tasting game.

Kobe V., Kobe J. and Noah S. dominated the three on three basketball tournament, while Gabriel T., Jamal D., Jayzen O. and Cameron T. secured the win for the four on four soccer tournament, all earning Regal Goldstream Cinema gift cards.

The first team/masterminds to solve all of the riddles posted throughout the Youth Center were Josh W., Mary W., Brandy W., Jazaya V. and Madison R., each winning a Barnes and Noble Gift Card.

Youth snapped selfies in the fall-themed photo booth.

The USO provided support by bringing pizza, sodas and waters to curb raging appetites. Multiple volunteers such as staff from other Child and Youth Services facilities, a coach from youth sports and a volunteer from the U.S. Army Garrison B.O.S.S. program joined in on delivering a fun, safe night to Military youth.

Stop by the Youth Center located at building 4109 on Neely Road or call 907-361-5437 to check out their upcoming events.



Local military youth attended Fort Wainwright's Youth Center annual Fall Lock-In on Oct. 26. The 85 youth who attended were treated to pizza, sodas and waters by the USO while they participated in activities throughout the night. (Photo by Annie Moore, Child and Youth Services Training Specialist)



# Fort Wainwright Family & MWR

## Weekly Events

### November 23 – 30

**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](http://www.wainwright.armymwr.com)

**23** **Youth Sports Registration**  
Through November 30

Time is running out to register your child for the exciting season of Youth Sports and Fitness has to offer! Choose from Bowling, Indoor Soccer, Downhill Skiing or Snowboarding, and Fat Tire Biking. Registration ends November 30 at Parent Central Services.  
Parent Central Services, building 1049, Suite 2  
Call 353-7713, registration required

**26** **First Term Financial Readiness**  
November 26  
1 to 4 p.m.

If you have just arrived at Fort Wainwright, be sure to add the Financial Readiness Class to your agenda. Attendance is mandatory for all Soldiers, and must be completed within 2 weeks of in-processing.  
Army Community Service, building 3401  
Call 353-4369

**27** **PFC Open 24 Hours for Trial Run**  
November 27 through 30

The Physical Fitness Center will be open and fully functioning all day and night, November 27 through 30. This is a 3-day trial period— we hope to hear back from you about what you like and would like to see changed about our physical fitness centers' hours. Surveys can be completed at the PFC.  
Physical Fitness Center, building 3709  
Call 353-7223

**30** **Cosmic Bowl**  
November 30  
9 p.m. to Midnight

Cosmic Bowling is a non-stop good time! Come out every Friday & Saturday for fast-paced bowling action!  
Nugget Lanes Bowling Center, building 3702  
Call 353-2654

*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**

DOORS OPEN 5:30 PM // FREE // ALL AGES

ACTIVITIES FOR THE ENTIRE FAMILY

PHOTOS WITH **SANTA CLAUS**  
**REINDEER • CAROLING**  
SANTA SHRED • FREE FOOD & DRINK

BIRCH HILLSKI & SNOWBOARD AREA LODGE





Have you been naughty or nice? Write Santa and find out!  
Find out more at [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)

NUGGET LANES BOWLING CENTER PRESENTS

## FAMILY FUN DAYS

EVERY SUNDAY  
11 A.M. - 4:30 P.M.




**\$40**

90 MINUTES OF UNLIMITED BOWLING, SHOE RENTALS, 1-TOPPING PIZZA & A PITCHER OF SODA

**NUGGET LANES BOWLING CENTER**  
BUILDING 3702 SANTIAGO AVENUE  
CONTACT: (907) 353-2654 / [WWW.WAINWRIGHT.ARMYMWR.COM](http://WWW.WAINWRIGHT.ARMYMWR.COM)





**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.



MONDAYS, WEDNESDAYS // 6:30 P.M.  
FRIDAYS // 6 P.M.

## FIT & FURIOUS AB CHALLENGE

ROCK THOSE ABS AND OBLIQUES TO THE CORE! ALONG WITH GROUP CLASSES 3X PER WEEK, PARTICIPANTS WILL RECEIVE INITIAL AND FINAL ASSESSMENTS, AS WELL AS "HOMEWORK" TO KEEP LOSING THOSE INCHES.

\$27.50 // REGISTER AT THE PFC.



OLD SOLDIER

Continued from page 3

When the Korean War first broke out, Moran was a corporal serving in Japan on peacekeeping occupation duty. Then, the war brought him to the Korean peninsula. When he returned home to his parents in Latrobe, he was a 21-year-old master sergeant. He’d been promoted from E-4 to E-8 in one year.

“He got a lot of field promotions,” said his brother, Jim. “Which tells you that he saw a lot of action.”

Jim is 84 now. He was too young to serve in Korea, but their middle brother, Sam fought at the same time as Ray. The two brothers ran into each other several times during the war, even though they were assigned to different units. Ray was with the 7th Cavalry Regiment of the 1st Cavalry Division. Sam was assigned to the 2nd Chemical Mortar Battalion in support of a British regiment known as the “Glorious Glosters.” During one encounter, they wrote a joint letter home to their parents. They missed two Christmases, which the Moran family refused to celebrate without them. Somehow, they returned home from across the world within a few hours of each other.

It’s hard to imagine Raymond Moran as a combat-fierce infantryman. Not because of his age, but because of his gentleness.

He’s an encourager, often saying to friends and family, “Good job. I’m real proud of you,” over the littlest things.

“Good job, Barbara, you remembered your medicine. You do such a great job,” he says for example.

“That was real nice of you. You take such good care of me,” he tells his sons and daughter repeatedly as they take turns visiting him on weekends.

Or, “Oh you’re right on time. I’m real proud of you,” he tells a visitor on their way out the door together.

When he says those things, his voice is not that of a dog owner training a puppy. It’s filled with genuine kindness. It’s more like the voice of his high school mate Mister Rogers making a neighbor feel welcome in his home.

When visitors leave his home, Moran stands on the front door waving a little American flag and salutes them goodbye.

“He’s always positive. He’s always upbeat ...

world. Somebody said something like, ‘I hate that son of a bitch.’ And Dad wouldn’t, just wouldn’t cross that line,” he said.

Ray remembers how his dad would give fatherly care and advice to all his Soldiers.

“Dad kind of adopted (them) like a second son, or third son, or tenth son, at this point. He’s got so many,” he said.

He was a father and mentor to all who came in contact with him, and beyond.

“If you track (Soldiers’) mentors back, somehow they all find their way back to Sgt. Maj. Moran. He may not have been your mentor, but there’s a good chance that he was your mentor’s mentor ... I used to kid, he’s like the (game) ‘Seven Degrees of Kevin Bacon.’ Eventually you find your way back to Sgt. Maj. Moran,” said Legg.

Moran earned his nickname in Vietnam because he called a lot troops “Ol’ Soldier” when he couldn’t remember their names. Eventually, the nickname stuck back on him, especially because he was older than most around him. Yet, long before Vietnam, Raymond was known as “Smiley Moran” because of his constant smile and infectious positive attitude.

“Dad used to tell a story when I was a kid that they were digging ditches or something in Korea, and Dad was whistling,” his son said. “The captain came over and said, ‘You’re Morale-Builder Moran.’ And everybody called him Smiley Moran after that.”

What made his cheerfulness unusual was that the Korean War was no place for smiling. The winters were so brutal that some Soldiers recall their gravy freezing on their plates by the time they walked back to their foxholes from the chow line. Bodies of American Soldiers - frozen stiff - were stacked by the truckload after China sent 200,000 troops to fight alongside the North Koreans against the Americans. The History Channel produced a documentary on the war, titled, “Our



Retired Sgt. Maj. Raymond Moran, affectionately known as the “Old Soldier,” holds an honorary Korean War Memorial medal that he keeps on display in his home in Odenton, Maryland, Feb. 22, 2018. Moran devoted 65 years of service both as an enlisted Soldier and as a Department of the Army Civilian in the U.S. Army and Army Reserve. He served in Korea, Vietnam, Japan, Cambodia and during Desert Storm. (Photo by Master Sgt. Michel Sauret, 200th Military Police Command Public Affairs)

Time in Hell.” It features Moran, among several other Soldiers who fought there. The images and video clips shown in that documentary don’t evoke any desire to smile, yet “Smiley Moran” managed to earn that nickname.

“I would (imagine) Ray was a smart fighter,” his brother, Jim, said. “He’s not one to have (made) many mistakes as a fighter. He was the one always looking to take advantage of the situation. To change the situation. To make it better for them ... He was a thinking-man’s fighter.”

The Old Soldier himself talks very little of whatever combat he saw or hardships he experienced.

He’s proud of his service in Korea, summarized simply, “It was infantry. It was mud. It was hardship. Good buddies ... The guys had

each other’s backs. Got to know each other so well.”

He typically resorts to the same few anecdotes: seeing his brother in Korea on several chance encounters and coming home to hug his father. Yet not every story is offered as easily as his smile, nor found framed inside a picture. Some stories surface over the years in the most unexpected ways.

Like the time his son, Ray, accompanied him to receive an award in Texas in 2002 and a young sergeant major came up to him and said, “Hey! You’re Smiley Moran, aren’t you? ... My dad says you saved his life.”

That was a story he’d never told his son before, and even when asked about it now, he treats it as if it was no big thing.

“I just patched him up. Did the best I could, the way they teach you in the Army,” he said, and that

was it. He wouldn’t linger there any longer or brag about saving someone else’s life.

Another story that surfaced unexpectedly was after Vietnam, when he went for a haircut with Barbara. The barber nicked Raymond’s neck, but instead of a little trickle of blood, it shot off in gushes. Barbara was scared. She thought maybe the barber’s scissors had fallen out of his pocket and stabbed her husband in the neck.

They managed to stop the bleeding, and Raymond was fine, but the whole incident upset his wife.

“We’re not going back to that barber shop anymore,” Barbara told her husband.

But in his typical gentleman fashion, Raymond Moran took the blame away from the barber.

“No, no. Not his fault,” he said. “I didn’t tell him to be careful. I had a wound on my neck.”

The wound was from a helicopter crash in Vietnam. This was a shock to his wife because he had never mentioned it before. After all, Moran was a 41-year-old retention sergeant major in Vietnam, not the fighting infantryman he once was in Korea.

The crash happened in the spring of 1970. He recalls how a medic had to administer an injection to his scalp because of the profuse bleeding from his neck. The medic was freaked. He’d never given a shot in the scalp before.

“Do it anyway. You have to do it,” someone told him.

He injected Moran, stopped the bleeding, and they evacuated him.

After the incident, Moran wanted to keep a memento to remember the man who helped save his life. So he gave him a “Mickey Mouse” bill - it was fake money used by Soldiers during the war. Moran asked the medic to write his name so he could keep it to remember him. He also told him to write “New Hampshire” on the bill because that’s where the medic said he lived back home.

“I went to New Hampshire (later on) to look him up, and I could never find him, and I felt bad. But I still think of him, often, up in New Hampshire. He helped me,” Moran recalled now, years later.

Unfortunately that paper bill is gone, lost somewhere in a box or maybe slipped between the pages of a book. Moran had tried several times looking for that bill, but couldn’t retrieve it.

That’s how it happens. That’s how Moran has managed to collect so many mementos. But it’s usually Moran doing the helping, and the recipient sending him a token of appreciation in return. Barbara said there are even more boxes of items in a backroom of the basement they couldn’t fit on the walls. A few miles from their home, Moran still has an office at an Army Reserve center. He doesn’t go there often, but like his basement the walls of that office are plastered with reminders: autographed portraits of sergeants major and generals, coffee mugs from all corners of the Army, a rack full of challenge coins, pictures, banners, trophies, even the Korean flag draping from one corner of the room. And stacks of business cards.

That’s the one thing everyone else keeps as an Old Soldier memento: his business card. Even though he’s long retired, he keeps some at home and hands them to anyone who visits. Sometimes he will hand out a second or third business card.

“No, this one is different, take it,” he’ll say. And sure enough, this time the business card has a different picture on the back. It’s a wedding photo of him and Barbara, dated 1953.

Nowadays, he doesn’t give out as many as he used to. At 88, he spends most of his days at home with Barbara, whom he calls his “wonderful Army wife.” But on the rare occasions he makes his way to Fort Meade, he’s like a local celebrity. Soldiers at the gate recognize him and many stop him to take a picture together.

At home, a nurse visits daily to take care of Barbara and checks both of their temperatures and blood pressure in the morning while eating breakfast.

After she reads his vitals, Moran asked, “Is that good?”

“That’s very good. You’re strong and healthy.” “Good,” he responded. “I guess I’ll re-enlist then.”



An oversized Combat Infantry Badge hangs on the wall beneath a genuine M1 rifle in the basement of retired Sgt. Maj. Raymond Moran, affectionately known as the “Old Soldier,” who lives in Odenton, Md. Moran earned the CIB in the Korean War. The rifle was a Veterans Day gift from his son. Moran spent 65 years both in the U.S. Army and U.S. Army Reserve as an enlisted Soldier and as a Department of the Army Civilian, serving in Korea, Vietnam, Japan, Cambodia and during Desert Storm. (Photo by Master Sgt. Michel Sauret, 200th Military Police Command Public Affairs)

At first you think, ‘He’s a recruiter and he’s been a recruiter for years and years and years, so he’s taught to be that way because he wants to be positive around people when talking to them about joining the Army.’ But then you realize that he’s just like that. There’s no one left for him to convince to join the Army,” said Legg.

“I remember one sergeant major one time saying to me, ‘I’ve never heard your dad say a bad word about anybody,’” recalled his son, Ray. “There was one guy who was just like the worst person in the



DEPLOYABILITY

Continued from page 1

To be certified as deployable, Soldiers must be:

- legally, administratively and medically cleared for employment in any environment;
- able to operate in harsh environments or areas with extreme temperatures;
- able to carry and employ an assigned weapon;
- able to execute the Army’s warrior tasks;
- able to operate their duties while donning protective equipment such as body armor, helmets, eye protection gloves and chemical or biological equipment.

Finally, Soldiers must pass the physical fitness test or be able to meet the physical demands of a specific deployment.

Soldiers who do not meet the standards of the new criteria, or Soldiers who become permanently non-deployable after the date of the new directive, will be considered unqualified to serve in any military branch. Soldiers who remain in non-deployable status because of administrative reasons

have six months to meet the requirements or face separation.

Calloway noted that the new directive does not apply to all of the remaining 60,000, including those who remain in non-deployable status due to medical reasons. The general estimated about 70 to 80 percent of the 60,000 remain non-deployable for medical reasons, and another portion for legal reasons.

Wounded warriors who have continued active duty and those on certain types of medical profiles will not be subject to the new directive. Only commanders at the O-6 level and above in a Soldier’s chain of command can waive one or more of the six requirements.

Exemptions to the requirements include ex-prisoners of war who were deferred from serving in a country where they were held captive, trainees or cadets who have not completed initial entry training, and Soldiers who are temporarily non-deployable because they received a compassionate reassignment or stabilization to move them closer to an ill family member.

To help Soldiers meet deployability standards, Calloway said, the service already has measures in

place to reduce non-deployables and injured Soldiers beginning in basic training.

Soldiers must meet physical and psychological standards based on their desired career fields. The Army has also began to implement holistic health and fitness measures in its training.

“You can never get 100 percent on [reducing the number of non-deployables],” Calloway said. “But the goal is ... to get it as low as possible.”

In the past, Calloway said Army leaders used a conservative approach to reporting non-deployables. By upholding stricter standards and holding Soldiers accountable to maintain qualifications for deployability will not only change culture but raise morale and enthusiasm to uphold standards.

In recent selection boards for officers competing to be battalion and brigade commanders, candidates were required to certify that they are deployable and had to pass a physical fitness test. Randon hopes Soldiers will see the increased standards at those levels of command as motivation.

“It really is a mindset of inspiring and motivating Soldiers to be accountable and to be classified as deployable,” she said.

Christmas tree cutting permits available for Fort Wainwright

Shawn Osborn  
Natural Resources Specialist, DPW Environmental Division


Members of the Fort Wainwright and greater Fairbanks communities may obtain a permit to cut Christmas trees on Fort Wainwright lands until Dec. 25 this year. Permits can be obtained online at <https://usartrak.isportsman.net/> free of charge (one tree per household). Maps of tree-cutting areas and regulations regarding tree-cutting procedures will be posted on <https://usartrak.isportsman.net/Christmas%20Tree%20Cutting.aspx>

All individuals and family members over the age of 16 who participate in a Christmas tree harvest must be in possession of a Recreation Access Permit available online at <https://usartrak.isportsman.net/>. As with other recreational land use, Christmas tree cutting permit holders must check in using the USARTRAK/isportsman system prior to going out on the land. Christmas Tree Cutting should be selected as the permit holder’s desired activity during the check in process.

After cutting your tree, proper care will allow it to be enjoyed safely through the holidays. Prior to placing the tree in a stand, the trunk should be re-cut approximately one inch above the old cut and placed immediately in water. Check water levels frequently and ensure your tree has an ample, constant supply of water to remain fresh and safe. Depending upon the size, species and location of the tree, it may absorb a gallon of water in the first day. Trees that are allowed to dry out before being re-watered will not be able to absorb moisture and will shed their needles prematurely.

In your home, be sure to locate your Christmas tree in a safe place, preferably near a wall or corner and away from heat sources such as baseboard heaters, space heaters, hot air ducts, wood stoves and fireplaces that can dry the tree out and present a fire danger. Ensure that light cords and connections used to decorate the tree are in good working condition. Lights should always be turned off at bedtime or when leaving for an extended period of time.

For more information regarding Christmas tree cutting permits, go online at <https://usartrak.isportsman.net/Christmas%20Tree%20Cutting.aspx>.






## FEDERAL RESUME WORKSHOP

**Open to Service Members, Spouses, and Veterans**

If you have found that writing a resume for Federal positions is tricky, have we got an opportunity for you! Join USO Pathfinder as we partner with ACS to host a workshop that will answer all your questions!

Click here to register: <https://www.eventbrite.com/e/federal-resume-workshop-greely-tickets-52310568237>

Questions? Contact Janice Westlind, USO Alaska Pathfinder Site Manager, 907-385-9127, [jwestlind@uso.org](mailto:jwestlind@uso.org)



**No Cost Event!**

**Includes FREE lunch!**

**Learn about the Federal hiring process**

**Expert instruction on Federal resume writing**

**Set yourself up for success!**

**AURORA COMMUNITY ACTIVITY CENTER**  
Building 500  
Fort Greely, AK 99731

**Wednesday, November 28, 2018**  
11:30 am – 12:30 pm



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**Sexual Assault and Sexual Harassment Prevention**