

Alaska National Guard immediate aerial survey reduces earthquake havoc

Maj. John Callahan & Tech. Sgt. N. Alicia Halla
176th Wing Public Affairs

In the cold and dark early-morning hours Friday, an Alaska Air National Guard C-130J “Combat King II” aircraft taxied out to the runway here, filled with Christmas goodies and school supplies for children in the remote Bering Sea community of Gambell -- a flight canceled before departure.

Only two hours later, the same plane, feverishly reloaded and reconfigured, was flying the skies from Wasilla to Valdez to Homer, assessing infrastructure damage following the 7.0 earthquake that rocked the region.

“It was extremely helpful to have such a well-organized team to get us airborne,” said Lt. Col. Eric Budd, the commander of the Air Guard’s 211th Rescue Squadron and aircraft commander, speaking of the members of the 176th



Lt. Col. Eric Budd, a pilot with the 211th Rescue Squadron, gives direction as the aircraft commander of a C130J “Combat King II” during an aerial damage assessment Nov. 30, 2018, flying over Southcentral Alaska. In a matter of hours, members of the Alaska Air National Guard’s Maintenance and Operation groups turned a planned community engagement into an aerial survey of earthquake damage, reporting findings to the State of Alaska’s Joint Operations Center. (Photo by Tech. Sgt. N. Alicia Goldberger, U.S. Air National Guard)

Maintenance and Operations group.

This hasn’t been the first earthquake response Alaska National Guardsmen have responded to in such short notice.

Fifty four-years earlier, in the chaotic hours following Alaska’s March 1964 Good Friday Earthquake, the first planes allowed in the air were Alaska Air National Guard C-123 Providers. Filling in for a collapsed air-control tower, the Provider crews were the only means of guiding incoming aircraft, and their radios Anchorage’s only working links to the outside world. As they circled overhead, other guard members rushed to extricate victims from the control tower’s rubble, rescuing three. Elsewhere in Anchorage, Air Guardsmen formed patrols to locate and remove victims from collapsed buildings and to prevent looting and other criminal activity.

See SURVEY on page 7

Tributes flow in as nation mourns passing of George H.W. Bush

Jim Garamone
Defense.gov

President Donald J. Trump declared Dec. 5 as a national day of mourning for former President George H.W. Bush, who passed away, Nov. 30, at age 94.

Trump joined countless others in paying tribute to Bush and his lifetime of service as a Navy pilot in World War II, congressman, ambassador to the United Nations, CIA director, vice president and president.

“Through his essential authenticity, disarming wit, and unwavering commitment to faith, family, and country, President Bush inspired generations of his fellow Americans to public service – to be, in his words, “a thousand points of light” illuminating the greatness, hope, and opportunity of America to the world,” Trump said in a statement released today by the White House.

“With sound judgment, common sense, and unflappable leadership, President Bush guided our nation, and the world, to a peaceful and victorious conclusion of the Cold War,” he said. “As president, he set the stage for the decades of prosperity that have followed. And through all that he accomplished, he remained humble, following the quiet call to service that gave him a clear sense of direction.”

Defense Secretary James N. Mattis said Bush “took his experience in war to build a better world as our commander in chief. His service to our nation demonstrated how we as a people can draw on our humility, diversity and devotion to our country to meet every challenge with fortitude and

confidence.”

“We will miss him, but at the going down of the day, his example will long guide our sailors, soldiers, airmen and Marines for how to live life without regret,” Mattis said.

INTERNATIONAL LEADERS

All praised Bush’s steady hand on the tiller as the Soviet Union imploded and democratic government arose in Central and Eastern Europe. “When the Iron Curtain came down, the world needed politicians with visions and will,” wrote NATO Secretary General Jens Stoltenberg. “President George H.W. Bush was capable and committed. He seized the moment and shaped history. He will be remembered as one of the architects of the post-Cold War era and as a true trans-Atlantist.”

Bush was born into privilege, but was a true “servant leader.” “George H.W. Bush’s life is a testament to the notion that public service is a noble, joyous calling,” President Barack Obama wrote in a release. “And he did tremendous good along the journey. Expanding America’s promise to new immigrants and people with disabilities. Reducing the scourge of nuclear weapons and building a broad international coalition to expel a dictator from Kuwait. And when democratic



Former President George H.W. Bush celebrates following a parachute jump for the 10th anniversary and rededication ceremonies of the George Bush Presidential Library and Museum in College Station, Texas, Nov. 10, 2007. (Photo courtesy of the George Bush Presidential Library and Museum)

revolutions bloomed across Eastern Europe, it was his steady, diplomatic hand that made possible an achievement once thought anything but – ending the Cold War without firing a shot.”

The man who defeated him in 1992 – President Bill Clinton – gave thanks for Bush’s “great long life of service, love, and friendship.”

The two men became close while working together in the aftermath of Hurricane Katrina. “He never stopped serving. I saw it up close, working with him on tsunami relief in Asia and here at home after Hurricane Katrina,” Clinton said. “His remarkable leadership and great heart were always on full display.

I am profoundly grateful for every minute I spent with President Bush and will always hold our friendship as one of my life’s greatest gifts.”

All spoke of Bush’s devotion to his wife of 73 years, Barbara, who died earlier this year. “After 73 years of marriage, George and Barbara Bush are together again now, two points of light that never dimmed, two points of light that ignited countless others with their example,” Obama said.

Perhaps the most fitting tribute was one of the shortest. On Twitter, the U.S. Navy posted a picture of President Bush with the words, “Fair winds and following seas, sir. We have the watch.”

WEEKEND WEATHER

Friday



Mostly cloudy, with a high of 27 degrees and a low of 18.

Saturday



Cloudy, with a high of 20 degrees and a low of 13.

Sunday



Snow showers, with a high of 15 degrees and a low of 5.

ARMY VS NAVY FOOTBALL

Army and Navy will play for the 119th time, with this year’s game at Lincoln Financial Field in Philadelphia. Army and coach Jeff Monken are 9-2 and ranked No. 22 in the AP Poll. Navy and coach Ken Niumatalolo are 3-9 this season. The game kicks off at 11 a.m. AKST on Saturday, Dec. 8. The Black Knights and Midshipmen will be playing on CBS. It can also be watched through CBSSports.com.

Army Football to honor 1st Infantry Division with Army-Navy uniforms

Brandon O'Connor
Pointer View Assistant Editor/
Army.mil

Black and gold with a pop of red, the Army West Point football team's uniform for the 119th Army-Navy game is steeped in history. From the black lions on the sleeves to the red one on the crown of the helmet and the World War I era flag on the back of the helmet, each element pays tribute to the fighting Soldiers of the 1st Infantry Division.

The 1st Infantry Division was chosen as the represented division for this year's game due to their role as the first division to be sent to France during World War I, which ended 100 years ago this November.

From the process of selecting the division to designing the actual uniforms, Nike works with instructors in the West Point Department of History. The instructors help to make sure every element of the jersey and the other merchandise that is sold is historically accurate from the colors to the patches.

This work includes looking through historical documents to see if references are made the exact colors and threads used in the uniforms and also working to make sure everything being used and represented is validated and backed-up historically.

"The designer at Nike will come back to us and say, 'I have an idea. Here is a look we can have for the game jersey or things they might want to sell in retail. Is this correct? Would they have worn this at the time?'" Lt. Col. Channing Greene, an instructor in the Department of History, said. "The folks at Nike don't always know what a division means or a regiment or battalion. Helping them clarify those things when they start to make a story of the uniform and produce things that surround the story, you are helping

them through those tidbits."

This year's uniform mark the third year in a row where they were designed to honor a specific division within the Army. Two years ago, the uniform honored the 82nd Airborne Division and last year, the 10th Mountain Division was honored. Capt. James Villanueva, an assistant professor in the Department of History, said they chose to highlight

with the history of the Army. To be a part of the Army/Navy game is just fantastic," Maj. Gen. John S. Kolasheski, Commanding General, 1st Infantry Division, said. "This opportunity for the division to be a part of the Army/Navy game and all the honors that come with it is really a significant event for us. It honors those who have fought and served with this division and will

28th Infantry unit, which became known as the Black Lions of Cantigny after leading American forces to their first victory of World War 1 at the Battle of Cantigny. The 28th Infantry will also be one of the units represented on the collars of the jerseys.

"It is a matter of working with ODIA and Nike to start collecting things that are iconic of that time that would have been representative of a uniform, what a common Soldier would have worn, something that the unit would be representative of such as mascots or icons and you just start collecting photographs and things from that period," Greene said of the design process. "To take a uniform for a historical period and make it into a modern looking football jersey with the elements that are on there historically and you would recognize it, we call the gal we work with at Nike pretty much a genius."

When the Army team takes the field against Navy Saturday with the goal of winning their third straight game over the Midshipmen and claiming the Commander-in-Chief's trophy outright, they will look to embody the

spirit of the 1st Infantry Division, whose Soldiers have fought in both world wars along with Vietnam, Afghanistan and Iraq.

"A hundred years ago, the 1st Infantry Division led the Allies to victory in World War I and then on Saturday, Dec. 8, 1st Infantry Division Soldiers and families will be able to cheer on the Army team to achieve victory in this historic rivalry," Kolasheski said. "Here in the division, our motto is no mission too difficult, no sacrifice too great, but duty first. We believe that the Army team's mission on Dec. 8 is to beat Navy. I know that the Army team will demonstrate the same readiness and devotion to duty as our Fighting First Division."



(Photo by Dustin Satloff)

the 1st Infantry Division this year because of the World War I ties as well as the desire to honor a mechanized or armor division after highlighting light infantry units the past two years.

The process of selecting the division starts multiple years in advance to give Nike time to design the uniforms and craft the story around them. The next two divisions to be honored have already been selected and work has started on the designs, but even the division itself is kept in the dark about their role until a few weeks before the game.

"I think it is exciting and something we are very honored to be a part of because of the legacy of the division and how it has nested

do so in the future. It also gives us an opportunity to talk about the division."

Elements throughout the uniform will honor the division starting with the team's black helmets for which will feature the division's Big Red 1 on the crown. The design is a reference to the 1st Infantry Division Soldiers who painted their helmets with their insignia on the way home from France.

Throughout the war, the division's patches were mismatched after being hastily sown on while in France, Greene said, but in the years following their return the images on their helmets featuring the red one became iconic.

The black lions on the sleeves honor the 1st Infantry Division's

Nutrition Corner: New Years is creeping around the corner

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

If you are like a third of the Americans who make New Year's resolutions, you may have recently made some healthy diet and exercise changes to become healthier or lose weight. Congratulations if you've kept up with those resolutions for the past two weeks! Here are some tips to help you maintain the positive momentum and not fall in with the 36 percent of Americans who do not stick with their changes past January.

It is important to avoid the "all or nothing" mentality when making lifestyle changes. "I am going to cut out ice cream for the New Year" or "I will never have chocolate again" are not realistic or sustainable goals. If your resolution sounds like that, perhaps change the language to include your favorite treats in moderation. Including one serving of your favorite treat, whether it be ice cream, chocolate, chips, etc. occasionally (about once per week) will help you not feel deprived and will make it easier to keep up with the positive changes you are making.

Food should not be a source of negativity in your life, so don't set yourself for feelings of deprivation and/or hunger. Eat healthy most of the time but include a plan to treat yourself occasionally without feeling guilty. It is important to also be wary of diets and products that are too good to be true and promise weight loss results that are more than one to two pounds per week. Red flags for diet programs that are unhealthy and/or unsustainable promise large amounts of weight loss, quick results and/or they cut out entire food groups or macronutrients (typically carbohydrates).

These types of plans are not only unhealthy and do not provide a balanced diet to support an active and healthy lifestyle, but they are simply not realistic to follow long

term. They also tend to send the wrong messages such as, "carbo-hydrates will make you gain weight" or "dietary fat is bad". Both broad ideas are untrue and can make it difficult to maintain a healthy relationship with food. Instead, aim for lifestyle changes that include healthy fats from nuts and seeds, olive oil, avocados, salmon and tuna and healthy carbohydrates like fruits, whole grains, and low fat milk and yogurt.

A balanced diet also includes sources of lean proteins like beans and lean meats and plenty of vegetables. In fact, half of your plate should be fruits and vegetables, and a good goal for the day is five cups of both combined. Always remember that you can't put a Band-Aid on a bad diet by following a "quick fix" diet promising unrealistic results. Strive for slow, sustainable changes that will help you lose weight at a rate of about one to two pounds per week and keep it off!

Featured Recipe: Quinoa and beans

- 1 teaspoon vegetable oil
- 1 cup onion, chopped
- 2 cloves of garlic, chopped
- 3/4 cup quinoa
- 1.5 cups vegetable or chicken broth
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- Salt and pepper to taste
- 1 cups frozen corn
- 2 (15 ounce) cans of black beans
- 1/2 cup chopped cilantro

Heat oil in a sauce pan over medium heat, cook and stir onion and garlic until lightly browned, about 10 minutes

Mix quinoa into onion mixture and cover with vegetable broth, season with cumin, cayenne, pepper, salt and pepper. Bring the mixture to a boil. Cover, reduce heat and simmer until quinoa is tender and broth is absorbed, about 20 minutes

Stir corn into the saucepan and continue to simmer until heated throughout, about 5 minutes.

Mix in the black beans and cilantro

ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF

Garrison Commander
Col. Sean Fisher

Public Affairs Officer
Grant Sattler

Staff Writer/Editor
Daniel Nelson

Staff Writer/New Media
Brady Gross

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Alaska Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548 Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Fort Wainwright, building 1047 #1; Mailing address is Public Affairs Office, 1046 Marks Road, Fort Wainwright, AK 99703. Call 353-6779 or 353-6760, or send emails to usarmy.wainwright.imcom-pacific.list.pao@mail.mil The ALASKA POST – The Interior Military News Connection



**Veterans
Crisis Line**

1-800-273-8255 PRESS 1

The Chaplain’s Corner

Chaplain (Lt. Col.) Paul Fritts
Fort Greely

In the summer of 1982, my parents and I visited my older brother who was an Airman assigned to Ramstein Air Base, West Germany. The European trip included vacation stops in London and Paris. As a high school student who had just completed a year of French class, I was particularly eager to experience Paris. The Louvre Museum was memorable not only because I got to see famous paintings and statues, but also because I got stuck at the service desk trying to buy a souvenir guide book of the museum. My parents had taught me to be considerate of others. Those lessons, combined with a teenager’s natural shyness, meant that the crush of my fellow tourists chaotically gagged at the cash register kept me rooted in place. I honestly don’t know how long I stood there as more assertive customers from behind me deftly maneuvered to positions in front of

me. But I was making no progress at all toward completing my purchase of the guide book. All of a sudden, I felt a hand on my back that gave me a forceful shove forward. In that instant, I involuntarily elbowed aside a couple of people on my right and left. Awkwardly shaking off their disapproving looks, I sheepishly looked behind me to discover that my dad had given me the nudge. He grinned at me with a look on his face that was a mix of amusement and “Get on with it!”

The Season of Advent affords us an opportunity for a different kind of waiting. At the Louvre, I passively waited for a turn at the cash register. During Advent, Christians wait for Jesus’ birth with anticipation, actively engaged with the faith community and responsive to the Holy Spirit. The “Nunc Dimittis,” or Song of Simeon in Luke 2:25-35, describes the spiritual posture of Christians during Advent.

Luke records that Simeon was a righteous and devout Jew. He was

waiting for the consolation of Israel, or the messianic age. Inspired by the Holy Spirit, Simeon goes to the Temple in Jerusalem where he finds Mary, Joseph, and the infant Jesus. Having been assured by the Holy Spirit that he would live to see God’s Messiah, Simeon cradles Jesus in his arms and says: “Sovereign Lord, as you have promised, you may now dismiss your servant in peace. For my eyes have seen your salvation, which you have prepared in the sight of all nations: a light for revelation to the Gentiles, and the glory of your people Israel.”

Simeon didn’t passively allow Mary, Joseph, and Jesus to pass by. Instead, he trusted God’s promise and responded to the nudge of the Holy Spirit by going to the Temple where he reached out and took Jesus in his arms. Simeon actively waited, alert to God’s direction. May we do likewise and “Get on with it!” when the Holy Spirit prods us during Advent



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

Arctic Wolves learn self-defense tactics through Lethal Athlete Program

1st Lt. Haileigh Combs
1st Stryker Brigade Combat Team,
25th Infantry Division Public Affairs

Last week, the Fight House was packed with Soldiers from across the 1st Stryker Brigade Combat Team chasing each other with knives, engaging in hand to hand combat, and acting as bodyguards for their classmates. While this may sound like the second coming of the gladiator games, these were just a few of the many Krav Maga classes led by Gabriel Greenstein, the guest instructor for the Brigade’s Lethal Athlete Program. Greenstein, a former Israeli Defense Force Officer travels the world teaching Krav Maga tactics to law enforcement and military personnel.

The Lethal Athlete Program was filled with 50 Arctic Wolves that volunteered for the opportunity to train for a week with Greenstein. Starting with physical fitness training at 6:30 a.m. every morning, the Soldiers received a quick breakfast before they hit the mats for the rest of the day. They focused on the basics of Krav Maga, including the ABC’s - Avoid, Block, and Control: Avoid harm (fists, knives, guns, etc.), then block strikes, and finally controlling your opponent. These three items were the base line to each combination of movements that would eventually lead to disarming and defeating ones opponents.

Greenstein stressed the importance of these skills when discussing his start as an instructor. “I found out a good friend of mine was raped and so we started a women’s defense (course) and later (a) children’s defense course against bullying,” he said. “To me this training is important in learning how to stay safe, as it is to fight and be in shape.”

Using his personal funds to fly to Fairbanks, Alaska from the Netherlands to train the Arctic Wolves, Greenstein brought a wealth of knowledge to Fort Wainwright through his background as an officer in the Israeli Defense Forces, a physical therapist, a personal protection officer, and a lifetime student of martial arts and self-defense tactics.

“There is an expression that says ‘When you stop learning, you start losing. So I am always a student, only sometimes a teacher,” he said.

The program began with the premise that a fit Soldier who is confident in their ability to fight with a variety of weapons, including their body, will be the first to deter a potential aggressor. In the event an adversary wishes to engage in close combat with our Soldiers, the adversary will quickly realize the futility in aggression against a member of the brigade. Lt. Gen. Gary Volesky, I Corps Commander, has directed every member of the America's First Corps, to master combatives as part of their Warrior Task and Battle Drills. Soldiers who complete the training will possess a higher level of physical conditioning. The Krav Maga instruction stresses their mental capacity and results in Soldiers with more tools to battle the enemy in close combat.

The Soldiers that participated gave rave reviews and feedback to the 1st Stryker Brigade Command Team, Col. Matthew Brown, and Command Sgt. Maj. Matthew Ladd, before the appreciation ceremony for Greenstein.

“It didn’t matter what background you had, this program gave you the reflexes to react and gain control in a dangerous and potentially life-threatening situation,” said Staff Sgt. Albert Librojo, from the 70th Brigade Engineer Battalion. Other Soldiers in the crowd remarked how they could implement the training for their teams or squads with one noting, “This course gave me the tools to train my guy’s self-defense while doing PT in the morning, or as concurrent training in the field.”

As the appreciation ceremony finished on Friday, Greenstein said to his students, “Don’t focus on one thing. Continue to train, continue to learn, and to share this with others.” Each of the Soldiers in this course seemed eager to do just that. The officer in charge of the course, 1st Lt. John Russell said, “We will do whatever we can to bring back Mr. Greenstein in the future. For now we will continue to train as a group, and hopefully bring more people into the fold.”



Gabriel Greenstein, a guest instructor from the Netherlands, instructs Soldiers from 1st Stryker Brigade on Krav Maga tactics during the unit's Lethal Athlete Program Nov. 29 at Fort Wainwright's Fight House. The program began with the premise that a fit Soldier who is confident of their ability to fight with a variety of weapons, including their body as a weapon, will be the first to deter a potential aggressor. (Photo by 1st Lt. Haileigh Combs, 1st Stryker Brigade Combat Team, 25th Infantry Division Public Affairs)

Alaska Mission Operation Center opens language learning center

Staff Sgt. Alex Montes
70th Intelligence, Surveillance and Reconnaissance Wing Public Affairs

Airmen from the 373rd Intelligence, Surveillance and Reconnaissance Group hosted a ribbon cutting for their new language center for the Alaska Mission Operations Center (AMOC) at Joint Base Elmendorf-Richardson, Alaska on November 1, 2018.

The new center will offer 373rd IRSG Airmen to focus on maintaining their proficiency in language skills. Also, giving Airmen a chance to train in an unclassified space as well.

“The AMOC has very limited classroom spaces, and this has limited the number of courses we could offer,” said Master Sgt. Joshua J. Kauffman, 373rd ISRG deputy of education and training. “The Alaska Learning Center came about as a way to resolve that issue by tripling our classroom space and allowing us to hire a larger instructor cadre. The training will all be offered under the auspices of the National Cryptologic School and will be locally overseen by the AMOC NCS Chief, Mr. Chad Griffith.”

With the new center up and running, Kaufmann mentioned that the center will give Airmen the chance to step out of their normal routine, by allowing them to solely focus and sharpen their skillsets to maintain mission readiness.

“Right now, if an Airman attends a course ‘inside the wire,’ they are often pulled out of their class to attend to mission needs,” Kaufmann said. “With the courses being moved off-site the students are able to focus more on the course and not have to worry about being pulled out of the class.”

Having the new learning center off-site will allow Airmen who are awaiting for their clearances, to attend unclassified classes, maintaining knowledge based readiness. This will help reform the DoD’s best practices to maintain greater performance and affordability.



Members of the 373rd Intelligence, Surveillance and Reconnaissance Group officially open the Alaska Mission Operation Center Alaska Learning Center November 1, 2018 at Joint Base Elmendorf-Richardson, Alaska. The new center will offer Airmen at the 373rd IRSG to focus on maintaining their proficiency in language skills. Also, giving Airmen a chance to train in an unclassified space as well. (Courtesy photo)



DO YOU NEED YOUR
SNOWMACHINE SAFETY
CERTIFICATION?

JOIN THE OUTDOOR RECREATION CENTER
ON DECEMBER 1, 1 P.M.
OPERATION B.O.S.S. SNOWMACHINE

DECEMBER 8

B.O.S.S.
WHITE MOUNTAINS
SNOWMACHINE TRIP

VENTURE OUT INTO THE SNOWY WILDS OF THE WHITE MOUNTAINS ON
SNOWMACHINE WITH B.O.S.S.

SERVICE MEMBERS ARE RESPONSIBLE FOR WEARING PROPER WINTER ATTIRE, AND MUST HAVE AN OOR SNOWMACHINE SAFETY CERTIFICATION.
\$70 PER PERSON, \$10 REFUNDABLE DEPOSIT REQUIRED. SPACE IS VERY LIMITED. REGISTRATION IS REQUIRED BY DECEMBER 1.



*Single Service Members, Singles with Dependents,
and Geo-Bachelors eligible for this trip.
For more information, contact B.O.S.S. at 907.335.7448
www.wainwright.armymwr.com
@WainrightMWR #WainrightBOS

welcome to

WINTER

DISCOVER WHAT'S IN STORE IN THE LAST FRONTIER
PREPARE YOURSELF FOR ALL ALASKAN WINTERS HAVE TO OFFER

- Learn how to properly “winterize” your vehicle
- Discover what to wear in the bitter cold
- Know how to drive on ice
- Learn how to care for your pets in extreme conditions
- Find coping mechanisms for the long, dark days



6-8 P.M.
SEPTEMBER 27
OCTOBER 11
NOVEMBER 14
DECEMBER 13

LAST FRONTIER COMMUNITY ACTIVITY CENTER
BUILDING 1044 APPLE STREET

Fort Wainwright Family & MWR

Weekly Events

December 7 – 14

7 Youth Sports Registration Extension
Through December 14

Time is running out to register your child for the exciting season Youth Sports and Fitness has to offer! Choose from Bowling, Indoor Soccer, Downhill Skiing or Snowboarding, and Fat Tire Biking. Registration ends December 14 at Parent Central Services.

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

8 Cross-Country Skiing for Beginners
December 8
10 a.m. to 2 p.m.

Learn the basics of cross-country skiing. We'll loop around Glass Park, located adjacent to the Outdoor Recreation Center, learning proper cross-country skiing techniques along the way. Once finished, head inside for a hot tea break!

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

10 First Term Financial Readiness
December 10
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

11 Tuesday Night Trivia
December 11
7 p.m.

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

Warrior Zone, building 3205
Call 353-1087

13 Welcome to Winter
December 13
6 to 8 p.m.

Are you wondering how you're going to survive the upcoming Alaskan winter? Get prepared! We are here to help you make sure that you are confident in your journey towards the frozen months. Learn how to care for your car, your pet, your house, and your health during this informative talk.


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

skate with Santa

SATURDAY, DECEMBER 22
1:30 – 4 P.M.

PFC ICE RINK
\$4/ADULT, \$3/YOUTH, 4 YEARS OR YOUNGER/FREE
FREE ICE SKATE RENTAL WITH PAID ADMISSION!

Free cookies & hot cocoa!



Physical Fitness Center Ice Rink (907) 353-7223
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightSports



Say goodbye to holiday flab! Burn it off with the Santa Scorchers!
Find out more at www.wainwright.armymwr.com

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 runs through Dec. 31. 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 complete the survey, visit <https://www.defensetravel.dod.mil/site/colaSurvey.cfm?ID=alaska> or scan the QR code.



CHRISTMAS TREE CUTTING PERMITS

PERMITS FOR CUTTING CHRISTMAS TREES ON ARMY-MANAGED LANDS ARE NOW AVAILABLE UNTIL **DECEMBER 25TH**

FOR PERMITS, MORE INFORMATION AND DESIGNATED AREA MAPS, TAKE A PICTURE OR USE AN APP TO READ THE FOLLOWING QR CODE



Retiring from the Guard, a small village experience

Senior Airman Mae Frazier
168th Wing Public Affairs

Walking up the stairs in the headquarters building in route to the commander's office, you don't know exactly who you may run into.

Are you nervous? Maybe.

But you're ready to go.

Best professional attitude: check.

Polite greetings in the hallways:

check. You approach the "The Boss" office and you come face-to-face with the front line: Master Sgt. Ella Doak.

Her calm, sometimes stern, demeanor has been a constant on the third floor for the past nine years.

After nearly 25 years of service, Doak, administrative assistant to the commander, is retiring from the Alaska Air National Guard. In honor of her service, a retirement ceremony was held in her home village of Kipnuk, in Western Alaska.

Doak's extensive knowledge on military orders, travel, pay, promotions and many other topics in regards to personnel issues has made her the go-to for many Airmen during her time as command support staff.

"Working for the commander can be challenging. You have to be patient to be in this position and able to adapt to new people and leaders," said Doak, who has worked with five different commanders. "I know that I'm the best one for it, a Jane of all trades."

Doak and Maj. Matthew McClurg, commander of the 168th Maintenance Squadron, previously worked together in the 168th Maintenance Group and again in her current role.

"Master Sgt. Doak always brought level-headedness and a willingness to help; a couple very valuable traits in a senior noncommissioned



A retirement ceremony is held for Master Sgt. Ella Doak, with the Alaska Air National Guard's 168th Wing, after more than 24 years of dedicated service to the state and nation at the Kipnuk School in Kipnuk, Alaska, Nov. 9, 2018. Alaska Army Guard Col. Wayne Don, deputy chief of staff for operations, presided over the ceremony presenting Doak with a U.S. Air Force Meritorious Service Medal, certificate of appreciation for service in the Armed Forces of the United States signed by President Donald Trump, and a certificate of retirement. Doak will effectively retire as a U.S. Air Force master sergeant on Jan. 1, 2019. (Photo by Sgt. 1st Class Balinda O'Neal Dresel, U.S. Army National Guard)

milestone for her.

"I enjoyed living in a tightknit community like Kipnuk, where everyone knew everyone," said Doak. "Kipnuk was somewhere where I could just walk to a neighbor's house for coffee, and I'd see smiling, familiar faces on the way."

While she was a student a fellow classmate told her about their experience in the active duty Air Force, piquing her interest.

"I grew up in a protected environment, so I

hug.

Doak's first duty station brought her right back to Alaska. She was assigned to Elmendorf Air Force Base, now Joint Base Elmendorf-Richardson, with the 962nd Airborne Air Control Squadron, where she worked on AWACS computers.

Though stationed close to home, Doak's service took her to places like Thailand, Japan and Panama. She was then transferred to Tinker Air Force Base, Oklahoma, where she served in communications with the 552nd Air Control Wing before receiving orders back to Alaska.

"We were in the capital of Oklahoma, surrounded by 1.5 million other people. I loved the restaurants, football games, concerts and all the experiences the city life offers," said Doak. "The Air Force opened up a whole new world that I wouldn't have experienced if I had stayed back home."

Her last active duty assignment led her home once more to Eielson Air Force Base where she transitioned into the Alaska Air National Guard.

Doak said she viewed the Guard as a small village experience compared to active duty and credited the people she worked with for her longevity of service.

Her retirement service brought her military journey full circle to where she began: her hometown.

"I [was] excited to have the village experience [my] retirement because I want them to know they are not stuck living in the village and there are so many opportunities," she said. "I want the younger kids to see me and know that they can do whatever they put their mind to."



Villagers gather around an Alaska Army National Guard UH-60 Black Hawk helicopter in Kipnuk, Alaska, Nov. 9, 2018. The Bethel-based crew flew members of the AKARNG's Recruiting & Retention Battalion and officiants for a retirement ceremony for Alaska Air Guard Master Sgt. Ella Doak's retirement ceremony. Doak chose to have the ceremony in her hometown after more than 24 years of dedicated service to the state and nation. (Photo by Sgt. 1st Class Balinda O'Neal Dresel, U.S. Army National Guard)

officer," said McClurg. "She consistently followed the application of those traits with a warm-hearted smile."

Doak's journey began when she made the decision to leave her home, an isolated village accessible only by boat or plane, to attend the University of Alaska Fairbanks. Although she didn't leave Alaska, leaving Kipnuk was a

had very little experience with many things that people in the Lower 48 considered to be 'normal,'" said Doak. "People think we live in a different country here in Alaska."

She knew enlisting in the military would be a difficult conversation to have with her parents, so she waited until the evening before she was due to ship off to basic military training tell them.

"I knew my parents would be worried and I didn't want to give them the opportunity to try and stop me from making the decision to join the military."

Although surprised by the sudden news, Doak's father, a former Army National Guard soldier, was there the next morning to send her off with a huge

SADD

SOLDIERS AGAINST DRUNK DRIVING

353-4145

For a free ride home.

*Brought to you by
Better Opportunities
for Single Soldiers.*

**Weekend Hours: Friday and
Saturday, 11 p.m. to 4 a.m.**

**Also Training and
Holiday Weekend Hours**

Alaska National Guard response to earthquake

Lt. Col. Candis Olmstead
Alaska National Guard Public Affairs

A 7.2 magnitude earthquake with significant infrastructure damage struck seven miles northwest of Anchorage at 8:29 a.m. Friday, November 30th. The Alaska National Guard is responding, ready to support the needs of the state and to assist the governor and state agencies as requested.

Alaska Governor Bill Walker and Adjutant General Maj. Gen. Laurie Hummel conducted an aerial site survey in an Army Guard UH-60 Black Hawk helicopter in the vicinity of Anchorage and the Matanuska-Susitna Valley to assess critical infrastructure damage.

Another Black Hawk is transporting Alaska Department of Transportation personnel for assessment of major roadway arteries in and out of Anchorage. An Alaska Air National Guard HC-130J Combat King III search and rescue aircraft surveyed damage and searched for any possible needs for SAR.

Air Guardsmen in the Alaska Rescue Coordination Center worked in conjunction with the State Emergency Operations Center and the Alaska Wing, Civil Air Patrol, to ensure launch of three CAP aircraft to conduct airborne assessment of infrastructure



Alaska Air National Guard Lt. Col. Eric Budd, left, commander of the 176th Wing's 211th Rescue Squadron, and fellow pilot, 1st Lt. Kelly Eisberg, fly over the city of Anchorage via a C-130J "Combat King" aircraft to assess earthquake damage Nov. 30, 2018. Anchorage was hit with a major earthquake about 8:30 a.m. Friday. A broad range of men and women of the Alaska Air National Guard's 176th Wing -- including pilots, pararescuers, combat systems operators, loadmasters, public affairs specialists and others -- remained on duty to help with the initial response. (Photo by Sgt. David Bedard, Alaska Army National Guard)

damage in the Anchorage Bowl, Mat-Su areas, Prince William Sound and the Cook Inlet, as far as Seward and Kenai.

Essential personnel are on duty, coordinating with Division of Homeland Security and Emergency Management personnel and partner agencies in the Guard's Joint Operations Center and the State Emergency Operations Center.

A press conference was conducted on Friday at the National Guard Armory on JBER with Governor Bill Walker, Lieutenant Governor Valerie Davidson, and Major General Laurie Hummel. Gov. Walker gave an update about the aftermath of the earthquake.

Per the Division of Homeland Security and Emergency Management, use your local media for current information, do not call 911. If you smell natural gas, shut it off, but do not attempt to do this if you do not smell it. Continue to check social media and the news media for updated information.

JBER installation personnel are currently conducting damage assessment. JBER Public Affairs may be reached at 908-552-7913 and can provide information regarding the installation.

The Alaska National Guard is ready and prepared to respond to emergencies and disasters as requested by the state. National Guardsmen are trained, equipped, prepared and #alwaysready #alwayswhere.

SURVEY

Continued from page 1

In the years since, Alaska's vast and varied terrain have presented a daunting range of year-round challenges. It is through meeting these challenges that the Alaska Air National Guard organization in Anchorage, the 176th Wing, has evolved into one of the nation's largest, busiest and most capable Guard wings. Perhaps best known for its wilderness search-and-rescue operations, the wing's missions also include strategic airlift, aerospace defense and rescue coordination.

In the midst of emergency operations, the wing continues to carry out its other 24-hour missions, to include air defense and rescue.

It is through disaster response that the wing's men and women, almost all of whom live in Anchorage or the surrounding area, connect most immediately and directly to the needs of their community.

"This is why we live and breath rescue here," Budd said. "We make sure our families are okay, and then our immediate response is to go out and help the community."



176th Wing members performed an aerial damage assessment in a C-130J "Combat King II" Nov. 30, 2018, over Southcentral, Alaska, following the earthquake that hit the Anchorage and Matanuska-Susitna Valley areas. In a matter of hours, members of the Alaska Air National Guard's Maintenance and Operation groups turned a planned community engagement into an aerial survey of earthquake damage, reporting findings to the State of Alaska's Joint Operations Center. (Photo by 94th Airlift Wing, Air National Guard)

Parents DAYS & NIGHTS OUT

BECAUSE PARENTS DESERVE FREE TIME

FRIDAY, OCT 26

//

6:30 - 10:30 PM.

FRIDAY, NOV 16

//

6:30 - 10:30 PM.

SATURDAY, DEC 15

//

10 AM - 2 PM.

\$20 per child gets 4 hours of premium childcare, filled with creative activities and playtime

PLEASE MAKE SURE YOUR CHILD'S CYS REGISTRATION IS UP TO DATE PRIOR TO THIS EVENT. REGISTRATION ENDS 1 WEEK PRIOR TO THE EVENT DATE



For more information, contact Parent Central Services at (907) 353-7713

www.wainwright.armymwr.com
@WainwrightMWR #WainwrightCYS





BIRCH HILL

SKI & SNOWBOARD AREA

FORT WAINWRIGHT, ALASKA