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Fort Wainwright, Alaska

March 15, 2019

Ms. Colorado credits Army, competitive nature to her success



Sgt. Daphney Black

By her own admission, growing up, she was “the biggest tomboy ever.”

Whether she was climbing trees, playing on the softball field or shooting hoops, she said she was one little girl who was not afraid to get dirty.

When 1st Lt. Angela May DiMattia joined the Army, she said it brought her back to her childhood - back to days playing in the woods and rolling around in the dirt.

“Really when was the last time an adult played in the woods just for fun?” said the 33-year old.

So, it was a definite departure for her to enter the world of pageantry.

DiMattia recently won the title of United States of America’s Ms. Colorado in her first attempt at competition pageantry.

“I never considered competing in a beauty pageant,” said the Columbus, Georgia, native. “I didn’t ever care about winning a pageant.”

Among the many ways she keeps herself busy, DiMattia is heavily involved in charity work and saw entry into the pageant as a unique opportunity.

“I wasn’t going to compete for ‘Miss Pretty,’” said DiMattia. “But when I found out this was a competition where the winner gets money for charity - and I’ve dedicated the last 10 years of my life to really get into more charity work - I was like, this might be an opportunity for me to talk about the charities on post, show my intellectual side and use the media aspect to try to do something good.”

When she is not putting in work for Soldiers and Families, DiMattia, who serves as a Family Readiness Leader for the 52nd Brigade Engineer Battalion, 2nd Infantry Brigade Combat Team, 4th Infantry Division, can be found on the weight bench.

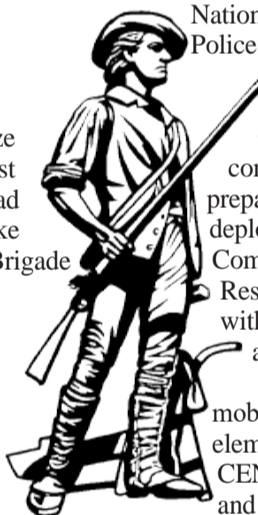
See **COLORADO** on page 2

Joint multi-component mobilization training prepares Alaska Guard MPs for deployment

Crista Mary Mack

When Army Reserve and National Guard units mobilize and deploy, Soldiers don’t just put on their uniforms and head into combat. Instead, units like the 196th Infantry Training Brigade and the 3301st Mobilization Support Battalion train and prepare them for active duty in very specific jobs.

One such specialized mobilization training and validation underway is that of the Alaska Army



National Guard Military Police Company based in Wasilla, Alaska, where a National Guard military police company is trained and prepared for their upcoming deployment to the Central Command region by active, Reserve and Guard forces, with the Air Force assisting as well.

The 297th are mobilizing three different elements to go to the CENTCOM region, a law and order detachment and

two protective services detachment.

“Second battalion 196th is the training support battalion for the state of Alaska, so we are the active duty trainers for the Reserve and National Guard members in the state of Alaska,” said Lt. Col. Jeff Noll, commander, 2nd Battalion, 196th Infantry Brigade. “That’s actually codified in U.S. law, title 11 of the U.S. Authorization Act, which was passed following the Gulf War, and establishes the role of active duty in Reserve and National Guard training.”

See **DEPLOYMENT** on page 3

Fort Wainwright Soldier participates in swimming championship



Sgt. Logan Haga, the Fort Wainwright Better Opportunities for Single Soldiers president, encourages Fairbanks Area teammate, Dave Halbrooks, as he turns in a heat at the 2019 Alaska Masters SCY State Championships on March 9 at the Wescott Memorial Pool in North Pole, Alaska. Swimmers, ages 18 to 85 and ranging in skill from novice to prior high school and collegiate levels, came from around the state to compete in a variety of events. The Fairbanks Area team successfully defended its Alaska state title, beating Anchorage by more than 500 points with 14 individual high point winners, 22 best times and breaking nine team records over the two day meet. (Photo by Grant Sattler, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

See **SKILLS** on page 7

Notice to all personnel regarding wood cutting

Staff Report

The Fort Wainwright Directorate of Public Works Environmental Division has received complaints that people are taking wood from log decks in the airfield approaches.

Timber harvesting in the airfield approaches is managed through permitted timber sales. Taking wood from a non-designated wood cutting area or those areas designated as timber sales is considered theft, and is punishable by law.

“Timber Sale” signs are posted at the airfield approaches, which means the wood has been sold, and is owned by the

purchaser. Do not take wood from these or any other areas if you do not have a permit to do so.

If you wish to cut wood on U.S. Army Garrison Alaska lands in non-timber sale areas, you must purchase a wood cutting permit on-line at <https://usagak.isportsman.net>.

For information on wood cutting or maps of designated wood cutting areas, please check online at <https://usagak.isportsman.net/woodcutting.aspx>.

If you have any questions contact, the USAG Alaska natural resource specialist, Shawn Osborn, at 907-361-4539.



MEDDAC-AK puck drop



The Medical Department Activity - Alaska Color Guard present the American flag for the national anthem while MEDDAC-AK commander, Col. Constance Jenkins, had the honor of dropping the ceremonial puck at the Fairbanks Ice Dogs Hockey Club Military Appreciation Night on March 9. (Courtesy photo)

Military spouses can boost job skills with free finance certification

Erinn Burgess

Installation Management Command

Now through April 19, military spouses can apply for the opportunity to earn a free financial counselor accreditation to help them find employment at any military installation or in the civilian sector.

The FINRA Foundation Military Spouse Fellowship Program offers this career-enhancing credential to military spouses so they may in turn provide financial counseling and education to fellow members of the military community.

The program provides a clear pathway for participants to obtain an Accredited Financial Counselor designation, said Jennifer Chambers, a Baumholder military spouse who is currently enrolled in the program.

“The fellowship provides participants with textbooks, an exam study guide and an online webinar review course. The curriculum is comprehensive and has given me a broad understanding of financial issues that families regularly encounter,” Chambers said.

See **SKILLS** on page 7

WEEKEND WEATHER

Friday



Mostly sunny, with a high of 39 and a low of 23 degrees

Saturday



Cloudy, with a high of 41 and a low of 29 degrees.

Sunday



Mostly cloudy, with a high of 44 and a low of 31 degree.

ARMY EMERGENCY RELIEF CAMPAIGN KICKOFF
WARRIOR ZONE – 1600 – 18 MARCH

Please join us as we kickoff this years AER campaign while enjoying light refreshments and dessert. It's what we do.

\$1 BILLION IN ASSISTANCE PROVIDED SINCE 9/11

ARMY EMERGENCY RELIEF

Nutrition Corner: Stress and eating

Aimee Duncan
Registered Dietitian- Nutrition Care
Division

Everyone has stressors in life, but how they are handled varies from person to person. Some people go for a run to clear their mind while others may find themselves snacking. Believe it or not, the body has its own response driving the idea behind stress eating. There is a biological reason that people reach for a candy bar or bag of chips when feeling overwhelmed.

The body is full of hormones that send messages throughout the various systems. One hormone, known as cortisol, is elevated in times of stress. While cortisol is responsible for a variety of functions, it can initially decrease the appetite. When humans are exposed to a stressful situation over the long term, cortisol actually increases the appetite. Those who have a stressful work or home life may find that hunger is constantly bugging them no matter how much they eat.

Many studies have shown that people tend to reach for foods high in fat or sugar during episodes of stress. Why is that? Well, sugary and fatty foods are usually more delicious and satisfying in the moment. They also help the brain release feel-good chemicals. Some studies suggest that

these foods block activity in parts of the brain that produce and process stress. There is a reason the category comfort food exists.

Stress can also cause poor sleep, which can then lead to increased hunger during the day. Hunger signals in the body change when a person is sleep-deprived. Therefore, a constantly stressed person who isn't sleeping well may continuously feel hungry all day. Some individuals also destress with alcohol. A combination of these factors can quickly lead to unwanted weight gain.

Exercise is usually the first thing to be set aside when life is busy and an individual is sleep deprived, but it is one of the best ways to de-stress the body. Working out increases feel-good chemicals in the brain and can improve mood and sleep. Not to mention, exercise helps prevent weight gain that may be a result of stress eating.

If you find yourself chronically stressed, talk with your doctor about ways to manage. Stress can lead to weight gain, which is related to many other health issues including heart disease and diabetes. Be mindful of food choices when stressed. Remember, the body may be producing hormones to convince you to eat a certain way, but you still have a conscious choice.

MEDDAC Minute

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

TALK WITH A REGISTERED NURSE

Think you should go the emergency room, but aren't sure? Wondering if you need an appointment? A registered nurse is standing by 24 hours a day, seven days a week to help. Call the Nurse Advice Line for your immediate health care needs. The nurse can even book you an appointment if necessary. Call 1-800-TRICARE (874-2273.)

THIRD PARTY INSURANCE

Do you have insurance other than TRICARE? Guaranteed no extra cost to the beneficiary, Bassett Army Community Hospital is required to obtain a copy of private health insurance coverage from all non-active duty beneficiaries. To provide us with this information, beneficiaries will be asked to complete a DD Form 2569 annually.

CLEAN OUT YOUR MEDICINE CABINET

It's time to check your medicine cabinets for expired prescription and over the counter medications. A MedSafe box, located inside the main entrance of Bassett ACH across from the information desk, is in place to securely receive your expired or no longer needed medications.

PRENATAL BREASTFEEDING CLASS

Are you pregnant and looking for information on breastfeeding? Join our lactation consultant and other moms-to-be the third Wednesday of each month from 1 to 2:30 p.m. or the fourth Tuesday of each month from 6:30 to 8 p.m. to answer questions such as the benefits of skin-to-skin, how to recognize when your baby is hungry and how to ensure you have a good milk supply. Classes are held at Bassett ACH in the 3rd floor conference room, and are open to all beneficiaries without a referral. Call 361-5958 for more information.

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
United Health Care: uhcmilitarywest.com
1-800-988-9378

Dr. Seuss Breakfast



U.S. Army Garrison Alaska, Fort Greely partnered with Imagination Library for a Dr. Seuss Pancake Breakfast March 9 at the base chapel. Children of all ages were able to make crafts and enjoyed a breakfast that included green eggs, ham and pancakes. Dr. Seuss even made an entrance to recite "Green Eggs and Ham" to the eager crowd. Founded by Dolly Parton in 1995, the Imagination Library has guaranteed children access to books and has inspired parents to read to their family as much as possible. (Photo by Angela J. Glass, USAG Alaska, Fort Greely Public Affairs)

COLORADO

Continued from page 1

"I love my gym time," said DiMattia. "It is my one-on-one time to work on myself to better my heart and lungs."

The competitive nature that was born in her youth playing sports has manifested itself in not only her competition pageantry, but also in her love of competitive body building, CrossFit and marathon running.

"I feel like in today's world, I am not your normal pageant girl. At all," DiMattia said. "But I feel like that is what gave me the advantage, because I was able to show them a well-rounded person, who has known physical exhaustion, who's served her country, who's not afraid to get dirty."

Serving also as her battalion's unit public affairs representative, responsible for telling her unit's story, she credits the military for greatly improving her communication skills.

Often having to brief higher ranking officers, she has become comfortable and confident with public speaking no matter who the audience is. She said she feels like this experience gave her an advantage in the pageant as well.

As the first active duty Soldier to win the title, she said she feels like she has set an excellent example for other young women.

"I am not doing this for popularity

advantage," she said. "I am doing this, so I could earn the respect for the Soldiers and their Families. At the end of the day, if one Soldier's Family is helped, then it is all worth it."

While it seems that there are not enough hours in the day for DiMattia to accomplish all her ambitions, she has the support of her Family, her boyfriend and an encouraging chain of command.

"It is amazing what we can allow our Soldiers to do if we just believe in them," said DiMattia. "My chain of command really believed in me, and that means a lot to me."

One of her biggest supporters is her battalion commander, Lt. Col. Larry G. Workman.

"She is tenacious, extremely bright, hard-working and compassionate," said Workman. "DiMattia, I expect her to win at everything that she does, whether it's softball, whether it's an Army Physical Fitness Test, whether it's Ms. Colorado. I expect her to win at everything."

Because the Army isn't the only thing that defines the character of a Soldier, Workman encourages Soldiers to pursue other interests outside of the military.

"I think she is the perfect Soldier to represent all Soldiers on how they strive to be both a good Soldier and a good contributor to society," he said. "It shows that you can do anything with hard work."



Cold-Weather Injury Season in-review

Capt. Aaron D. Sanborn
Chief, Army Public Health Nursing

In the past six months, there have been 19 cold-weather injuries reported for the Fort Wainwright community. Of these, seven were non-freezing injuries such as trench foot and 12 were freezing injuries, for example frostbite, which occurred with exposure to below freezing temperatures.

These injuries, reported in 15 active duty, three dependents and one Veterans Affairs patient, were caused by either direct skin contact with cold objects, such as a fence, rifle or car window, through holes-in or no gloves, walking outside barefoot or with inadequate footwear and exposed ears.

While winter seems to be coming to an end, it is important to remember the temperature does not have to be well below zero to get frostbite. For example, a temperature of 0 degrees and a wind speed of just 15 miles an hour, creates a wind chill of negative 19 degrees. Under these conditions, frostbite can occur in just 30 minutes.

As an arctic environment, Fort Wainwright presents a risk for cold-weather injuries. Without attention to detail and preparation for exposure to cold, individuals place themselves at risk for significant cold-weather injury or worse.

In addition to the weather, there are other factors, which can increase the risk of cold-weather injury. A history of cold-weather injury, certain medications, alcohol, tobacco, being

overactive or underactive, tight clothing, dehydration and inadequate nutrition can all raise the risk of needing medical care for a cold-weather injury.

According to the Army Public Health Center, cold-weather injuries are divided into three categories - hypothermia, freezing peripheral injuries and non-freezing injuries. Hypothermia is defined as a reduction of body temperature to less than or equal to 95 F. Freezing peripheral injuries include the various degrees of frostbite. Lastly, non-freezing peripheral injuries include trench foot, immersion foot and chilblains. Non-freezing peripheral injuries happen when blood vessels get smaller in cold weather and cause body tissue injury.

A helpful acronym for preventing cold-weather injuries is COLD. The following are guidelines for appropriate wear of clothing in cold weather:

C: keep it Clean
O: avoid Overheating
L: wear clothing loosely and in Layers
D: keep clothing Dry

Other ways to prevent cold-weather injuries include keeping skin clean, covered and dry, using sunscreen and lip balm, using gloves to handle all equipment and fuel products, drinking warm liquids, monitoring urine color and using warming tents.

For more information about cold-weather injury prevention, please contact Fort Wainwright Army Public Health Nursing at 907-361-3057.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

The Chaplain's Corner

Chaplain (Lt. Col.) Paul Fritts
U.S. Army Garrison Fort Greely

Many of us love movies but absolutely abhor award shows, especially the Academy Awards. Among the reasons the Oscars arouse such passionately conflicting opinions is disagreement over the winners of Best Picture, Best Director, Best Actress and Best Actor. Media outlets breathlessly fan the flames of scandal and outrage because that is part of the tradition, pageantry and profit of this annual tradition.

This year, like previous years, the show served up plenty of opportunities to vent about the injustice of it all. One critique, by David Edelstein writing for CBS News (David Edelstein's Oscar picks, cbsnews.com) offers this astute observation: "The Academy is having a crisis of confidence. We are in a culture in which everyone's angry about how he, she or they is being represented, not without cause. No matter which of the eight nominees for Best Picture wins, someone will be offended." Edelstein's comment suggests that

some Oscar offenses are justified. For example, remember the #OscarsSoWhite controversy from 2015 when no person of color was nominated for any of the major award categories? Racial disparity in Hollywood stretches at least as far back as 1940 when Hattie McDaniel accepted the statuette for her portrayal of Mammy in *Gone With the Wind* at a segregated Los Angeles nightclub, which hosted the ceremony. A few Oscar offenses are less justified. If some are still overwrought about *The English Patient* beating *Fargo* for Best Picture in 1997, perhaps the disputants should just hug it out over popcorn while watching both movies.

A word that I think accurately captures the current zeitgeist is "offensensitivity." Created by Bloom County cartoonist Berkeley Breathed, Wiktionary defines the term blending the words "offense" and "sensitivity" as "Inappropriately high sensitivity to perceived offense." The word is important because our moral priority is not to justify perceived offenses between people trolling one another on social media. Our moral priority is, according to the Bible, for people to avoid offending

God. Numerous scriptures describe the story of God's faithfulness in covenant with humanity and the reckless abandon with which humanity breaks faith with God. It is offensive or, more bluntly, sinful: "...for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments" (Exodus 20:5-6).

After Moses delivered God's Ten Commandments to the Israelites, their offensensitivity should have been high. The golden calf they worshipped instead is evidence that they were utterly insensitive to the idolatrous offense. During this season of Lent, perhaps we should fine-tune our offensensitivity. When we are outraged at everything else all the time, especially for the purpose of appearing morally virtuous, it distracts us from raging meaningfully against our own offenses.



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

DEPLOYMENT

Continued from page 1

One specification of that code is mobilization. So when a Reserve or National Guard unit prepares to deploy, the active component training support battalion, in this situation, the 2nd Battalion of the 196th, has an active role in training and validating them for deployment.

LAW AND ORDER

For the law and order detachment, deploying to serve as the military police force at U.S. military installations, the training is law enforcement focused.

"They are conducting some law enforcement training lanes about situations, everything from Soldiers losing their ID cards and vehicles being pulled over for speeding all the way up to things like theft and assault," Noll said.

Capt. Robert Humphrey, senior aviation advisor, 2nd Battalion 196th Infantry Brigade and officer in charge of the law and order detachment, has an aviation background, and therefore, had to overcome the challenge of incorporating subject matter experts into the training.

"Because of the structure of the Alaska National Guard, they are heavy in aviation and infantry, so our 16-person battalion is built around that structure," Humphrey said. "Not having a military police officer in our battalion to help us structure this training appropriately, we reached out to Fort Bliss, to the MP schoolhouse at Fort Leonardwood, as well as the 548th MP Detachment here on JBER (Joint Base Elmendorf-Richardson), 728th MP Battalion in Hawaii and with the 673rd Security Forces here on JBER to help us facilitate this training appropriately."

Individual experts flew in and integrated themselves into the training as observer controllers and advisors.

"When they came to us from Hawaii, from Fort Wainwright, from Fort Leonardwood, we fully integrated them with the team," Humphrey said. "It's really their expertise with the training plan that we've designed that allows this to function properly. These guys have the subject matter expertise, time and experience performing missions as an MP, it allows them to properly observe and control throughout the training."

The first eight days were classroom instruction on basic individual police tasks, radar refresher and similar, according to Humphrey. Afterward, more of an individual and collective training culminating with events demonstrating their ability to perform police operations when they get to Kuwait. The next week

focuses on the 297th conducting ride alongs and on the job training at JBER, thanks to invitations from the U.S. Air Force.

JBER is an Air Force controlled installation, so the security forces at JBER fall under the U.S. Air Force 673rd Air Forces Squadron, who are giving the 297th MPs the opportunity to do ride along on the job training with post police prior to deployment.

"A lot of the Soldiers are civilian police officers in their civilian capacity, but a lot of them also are very junior and haven't done basic police tasks such as apprehending a subject, pulling over a speeding motorist, things of that nature, so this gives us an opportunity to get everyone back in the mentality of being a law enforcement officer, and we put them through individual scenarios and collective training events to see how they operate as a unit, a refresher before they deploy from private all the way up to company commander," Humphrey said.

"This has gotten them into the mentality of we are deploying and operating as police officers. We are doing PMO (Provost marshal Office) lanes and simulations training, they are doing the miler training, putting them into scenarios, how to use or not use lethal force appropriately," Humphrey said.

PROTECTIVE SERVICES

The 297th MP Company is also mobilizing two protective services detachments. These are Soldiers who are going to provide security for senior level officials travelling around the CENTCOM region.

"That training consists of itineraries for general officers moving around," Noll said. "It is here on JBER, but simulating the way generals circulate the battlefield in CENTCOM. The protective services detachments have to develop a plan, recon the areas and protect those principles as they move around the area."

"We're putting their skills to the test, and we are validating them. The validation team is coming in from outside entities is," Capt. Christian Botero, 2nd Battalion, 196th Infantry Brigade and officer in charge of the PSD team.

Three active duty Army military police, specialized trainers from Guam, Fort Leonardwood and Fort Bliss, ensure that these Soldiers get specific technical training from seasoned military police professionals. And the mission is simultaneously supported by the 3301st Mobilization Support Battalion, an Army Reserve unit who mobilize in order to help other units mobilize.

"The way ahead for the 196th is that we here as a battalion stand ready to deploy and mobilize any unit that the Alaska National Guard has," Botero said. "We demonstrated our capacity to prep and mobilize

a unit for which we took outside entities and brought all the resources together and thus produce. We can bring all the resources together to best produce a product that will validate any units the Alaska National Guard has to offer."

"We received a tremendous amount of support from outside the 196th and Master Sgt. Lussi and I could not have done it alone," Botero said. "We have all the ADP and ADRLPs to do it but without the realistic input from our MPs we wouldn't have the training as realistic as it is."

Additional support from the 3301st Mobilization Battalion, an Army Reserve unit that mobilized themselves in order to facilitate all aspects of the mobilization of the 297th, were an integral part of the mission.

Lt. Col. Minarico Santiago, commander of the 3301st and the 3301st Mobilization Team, have mobilized multi-component efforts to ensure the assist all of the logistics of this mobilization.

"We activated the CMFGI, the Contingency Mobilization Force Generation Platform, and coordinating with the Air Force ... managing, transportation, lodging, communications, any items needed for the mission also for the 196th, that they have all their equipment needed for the training," Santiago said. "The greatest part is the partnership we have with the Air Force leadership, they have been providing all the necessary equipment and much more. Some of the trainings are to our advantage to learn how to mobilize others, and this team has done a great job in learning, and we are developing our Standard Operating Procedures, and it's a great experience for the 3301st Wolfpack."

All these entities join together as one consolidated team, all with one intent, to train and prepare the 297th MPs for their upcoming deployment.

"There are a lot of different agencies involved in this mobilization, especially here on JBER. You've got U.S. Air Force agencies, Army Reserve, active duty," Noll said. "So bringing that team of people together has really gone extremely well. We've got people here from Hawaii, Texas, Fairbanks, all over, pulling together to make this happen."

SADD
SOLDIERS AGAINST DRUNK DRIVING

353-4145

For a free ride home.
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Better Opportunities
for Single Soldiers.*

Going Green! USAG Alaska announces Antifreeze Recycling Program kickoff

Kathleen Gannon
Directorate of Public Works
Environmental Division

Alaska has many unique challenges when it comes to minimizing hazardous waste through recycling. U.S. Army Garrison Alaska is no stranger to these unique obstacles as few recycling plants exist in Alaska, let alone in the interior of Alaska. Conducting onsite recycling eliminates many obstacles.

The Directorate of Public Works Environmental Division has procured 16 antifreeze recyclers to be used at Fort Wainwright. The motor pools that procure and use thousands of gallons of antifreeze annually have been selected to take part in the antifreeze recycling effort.

The antifreeze recyclers were procured from KFM LLC. The KFM LLC Coolant Purification System is one of two systems identified by U.S. Army Research, Development and Engineering Command Tank-Automotive Research, Development, and Engineering Center to recycle the antifreeze and return it to the military specification.

As of Feb. 15, 2019, PWE, in conjunction with Brice/AECOM have successfully begun recycling used antifreeze and returned it to the military specification. All suitable used antifreeze generated on USAG Alaska is being recycled. Recycled antifreeze is provided to military or tenant organizations free of charge.

Onsite antifreeze recycling allows military or tenant organizations to recycle their used antifreeze within their work environment, eliminates handling and disposal costs and reduces the amount of new antifreeze that must be procured. According to the life cycle cost analysis conducted by the U.S. Army Public Health Center, recycling antifreeze onsite costs half as much as procuring new antifreeze.

Environmentally, antifreeze recycling will assist the USAG Alaska in reducing the amount of hazardous waste the installation must ship offsite. Not only does antifreeze recycling help save on the amount of antifreeze being shipped, but also reduces the possibility of spills along the George Parks Highway and while it is being barged to the contiguous U.S.

The antifreeze recycling program will assist the USAG Alaska in complying with the Environmental Protection Agency's Pollution Prevention Act. This is accomplished by promoting the use of non-toxic or less-toxic substances, implementing conservation techniques or reusing materials rather than putting them into the waste stream.

While the initial phase of the antifreeze recycler deployment is happening, recycling is taking place one day a week at building 5007 by the Brice/AECOM team. Training at the individual unit level will commence this spring/summer.

MEDDAC-AK along with the
Fort Wainwright Equal Opportunity Office presents the:

**2019
Women's History
Month Observance**

**March 21, 2019
1100 to 1400**

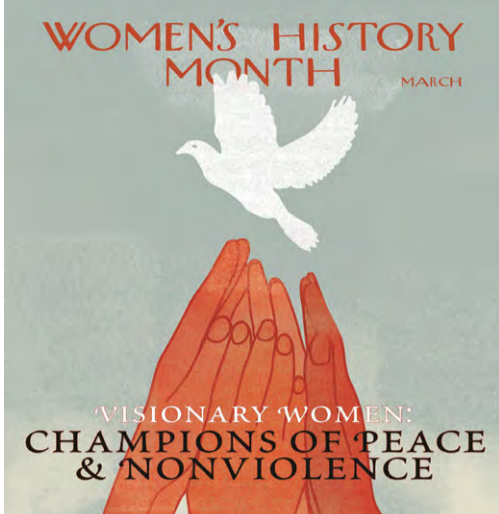
Bassett Army Community Hospital
1060 Gaffney Rd

Join us anytime during the event to view displays celebrating Women's History and interact with MEDDAC-AK Soldiers.

For more information, contact:
MSG Holman at 353-9264 or
SSG Durga at 361-5393.

**WOMEN'S HISTORY
MONTH** MARCH

VISIONARY WOMEN:
CHAMPIONS OF PEACE
& NONVIOLENCE



Fort Greely ASAP hosts simulation



The Fort Greely Army Substance Abuse Program hosted a vision impairment goggle simulation or "drunken goggles" for Soldiers and Army Civilians March 13 at the post gym to simulate the effects of excessive alcohol and extreme fatigue on a person while operating a bicycle in a safe environment. (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

History Snapshot: WAC Softball Team

U.S. Army Garrison Alaska Cultural Resources Program

Members of the Women's Army Corps formed their own softball team in time for the Midnight Game held on the longest day of the year in 1945. Affectionately dubbed the Lassies, they played teams from surrounding bases like Whitehorse, whose team was called simply the Whitehorse Wacs. Occasionally, the Lassies would have to travel great distances to compete. When no one else was available, the Lassies would play against men's softball teams. First baseman 1st Lt. Betty Etten – at six feet tall – must have been quite a powerhouse. She had a .500 batting average against the Whitehorse Wacs in one game.

Present in this photo from left to right are: top row – Pfc. Pat Smith, Pfc. Natalie Walsh, Lt. Betty Etten, Cpl. Helen Baumel, Cpl. Mary Ellen Wolfe, Pfc. Margaret Baker; middle row – Cpl. Betty Luxmore, Cpl. Hazel White, Cpl. Edythe Barton, Pfc. Virginia Reckhemmer; and bottom row – Pfc. Flavia Sconzert, Pfc. Mary Damersberger, Cpl. Helen Hall, Pfc. Dorothy Thuener, Pfc. Shelma DeLong.

(File photo)



U.S. military plans release of Tenant Bill of Rights

U.S. Army

All four military services of the U.S. Department of Defense are preparing a joint Tenant Bill of Rights in an effort to ensure service members and their families have safe, quality homes and communities, and clear rights while living in them. It is intended to increase the accountability of privatized housing companies by putting more oversight authority in the hands of local military leaders.

All three service secretaries have seen firsthand and reviewed problems in housing units, and the Tenant Bill of Rights is intended to help remedy them by both protecting and empowering service members and their families.

The Tenant Bill of Rights will be enforced through renegotiated leases with the privatized housing companies. The Bills of Rights will be implemented in the coming weeks.

(THE FOLLOWING IS A DRAFT)

MILITARY HOUSING PRIVATIZATION INITIATIVE BILL OF RIGHTS

All Residents of Privatized Military Housing are afforded protections under their tenant lease and Federal, State and Local Residential Landlord and Tenant Law. In addition, every military service member and their Family members residing in privatized housing have the following rights:

1. Safe and Healthy Homes and Communities.

Residents have the right to reside in homes and communities that are safe; meet health and environmental standards; have working fixtures, appliances and utilities; and have well-maintained common areas and amenity spaces.

2. Advocate for Housing.

Residents have the right to a housing advocate,

as designated by the installation chain of command, to provide advice and support to tenants and advocate for tenants' rights before the landlord.

3. Professional Property Management Services.

Residents have the right to property management services that meet or exceed industry standards and that are performed by professionally-trained, responsive and courteous customer service and maintenance staff.



(U.S. Army)

4. Responsive Communications.

Residents have the right to multiple, convenient methods to communicate directly with the landlord and maintenance staff, and to receive honest, straightforward and responsive communications at all times.

5. Prompt Repairs.

Residents have the right to prompt and professional repairs and shall be informed of the required timeframe for those repairs pursuant to the applicable housing privatization agreements when a maintenance request is submitted. If requested repairs are necessary to address an immediate life, health and safety issue, residents shall have the right to be promptly relocated into suitable lodging or other housing at no cost to the residents until

the repairs are completed. If life, health and safety repairs are not completed within 30 calendar days, a resident shall be offered a no-cost move into an alternative residence on the installation or within the surrounding local community.

6. Dispute Resolution, Mediation, and Arbitration.

Residents have the right to have landlord-tenant disputes concerning repairs, damage claims and rental payments resolved by a neutral decision maker. A decision in favor of the resident shall include a determination of any reduction in rent owed by the landlord to be paid or credited to the resident in accordance with the applicable state laws and regulations.

7. Withholding of Basic Allowance for Housing.

Rent payments made by a resident engaged in a dispute that is being heard by the neutral decision maker shall be segregated and not used by the property owner or property manager until the arbiter's decision regarding the matter in dispute is made, which may result in a refund to the resident or payment of rent.

8. Move-in and Move-out Procedures.

Residents have the right to be fully briefed by the landlord on all rights and responsibilities associated with tenancy prior to signing a lease, and a 30-day follow-up to review these responsibilities. Residents have the right, opportunity and sufficient time to prepare and be present for both move-in and move-out inspections, and to submit necessary paperwork.

9. Privacy.

Residents have the right to reasonable advance notice of any entrance into their rental units by a landlord, except in cases of an emergency.

10. Predictable Rent.

Residents have the right to clearly defined rental terms in the lease agreement. Other than the annual BAH adjustment, residents have the right to written notice prior to any rent adjustment.

11. Fees.

Residents have the right to not pay non-refundable fees and to not have rent payments arbitrarily held.

12. No Reprisal.

Residents have the right to engage government housing staff or the installation chain of command regarding housing issues without fear of reprisal.



Is Your Financial House in Order?

Is Your Financial House In Order?

This **FREE WORKSHOP** will cover key concepts such as:

- Budgeting and debt management
- Protection of assets
- Preparing for retirement
- Your TSP
- Creating a financial legacy
- And more

Friday, March 22, 2019
11:30am – 1pm

USO Fort Wainwright Center
Building 3727 Neely Road

Lunch is provided!

Event Registration:

<https://www.eventbrite.com/e/financial-readiness-workshop-tickets-58613146499>

POC: Janice Westlind, USO Pathfinder Site Manager, 907-385-9127
jwestlind@uso.org

Presented by:



Read Across America



U.S. Army Garrison Alaska, Fort Greely has partnered with the Delta Greely School District for an Adopt a School Campaign. Garrison commander Lt. Col. Michael Foote and other Fort Greely leaders spent their mornings March 1 reading Dr. Seuss books to students in celebration of Read Across America Day. (Photo by Angela Glass, USAG Alaska, Fort Greely Public Affairs)



SKILLS

Continued from page 1

Chambers and her family are moving back to the states this summer, but she'll be able to take her AFC designation with her to pursue career opportunities at their next location.

"I am hopeful that the skills and knowledge I have gained from the program will enable me to find suitable employment," Chambers said. "In the future, I hope to work as an accredited financial counselor and educator within the military community."

Alicia Hernandez, a Kaiserslautern military spouse, is also enrolled in the program and hopes to gain future employment as a financial counselor with Army Community Service after she receives her certification.

"The accredited financial counseling certificate earned from this course will help me break into the financial counseling field, which is what I am hoping to do. The volunteer hours that are required with the program will also give me the experience and background to be able to work with individuals in regards to their finances," Hernandez said.

"With each permanent change of

station move, military spouses often have to reinvent themselves in regards to their career," Hernandez said. The more skills military spouses can add to their résumés, the more it helps with their career searches, she explained.

The AFC designation is a gateway for military spouses to have a flexible and portable career while their Soldier or Airman serves on active duty, said Kristin James, Army Community Service Financial Readiness Program manager and accredited financial counselor.

Two members of the ACS Financial Readiness Team are fellowship alumni. James said "one of those spouses has worked in the industry for over eight years across three PCS moves because she obtained the AFC certification."

Obtaining the AFC certification takes time and effort to pass the national exam and to build the necessary counseling hours, but it's an investment in yourself and it can definitely pay off," James concluded.

Since it began, the FINRA Foundation Military Spouse Fellowship Program has provided more than 1,530 military spouses the opportunity to earn the AFC certification. Those interested in applying for the 2019 fellowship must submit applications no later than April 19 at <http://www.militaryspouseafcp.org/application>.



For more safety information, call the Installation Safety Office at 907-353-7057/7085/7083

Announcement for Army Housing Residents

As of March 1, 2019, the RCI Energy Conservation Program (RECP) will be suspended until further notice. Residents should not be billed, receive rebate payouts, be charged administrative fees or receive delinquent utility charges.

RCI partners will continue to monitor usage and will provide residents with mock billing statements, i.e., consumption reports, while the Army reviews the current data collection and billing methodology.

Residents with utility billing questions should contact their local housing office for more information.

