

ALASKA POST FREE

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March 29, 2019

‘Quiet pioneer’ looks back at female firsts

Devon L. Suits
Army News Service

Four years and not a day longer – that was Lt. Gen. Gwen Bingham’s plan when she first commissioned into the U.S. Army.

As the second youngest out of five siblings, Bingham graduated with a bachelor’s in business management from the University of Alabama in 1981. Her father, retired Army 1st Sgt. Edward McMillon, and

mother, Louise, had just started a photography business. Bingham wanted to help, she said.

In many ways, Bingham considered her ROTC scholarship and subsequent four-year Army commitment as stepping stones to a greater purpose. She had no qualms with fulfilling her service obligation and moving back to Alabama.

“Obviously, returning home never came into fruition,” Bingham said. “I fell in love with this vocation called the U.S. Army, and I’ve been all the

better for it.”

As she draws closer to her 38th year in the force, there have been many “firsts.”

She was the first female quartermaster general and the first woman to serve as garrison commander of Fort Lee, Virginia.

“Lt. Gen. Bingham always set a positive example,” said Maj. Angela Somnuk, Bingham’s former aide-de-camp. “She’s inspiring.”

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Lt. Gen. Gwen Bingham talks with Maj. Gen. Donna Martin, Maneuver Support Center of Excellence and Fort Leonard Wood commanding general, after promoting her to major general Aug. 28, 2018. (Photo by Michael Curtis)

Satellite launch enhances comms for Army missions

Sean Kimmons
Army News Service

A high-capacity military communications satellite was launched March 15 in an ongoing effort to provide ground troops with the ability to send larger transmissions quicker.

The satellite, which costs about \$424 million, is the 10th one to join the Wideband Global Satellite Communication constellation that connects to the Defense Information Systems Network.

It was launched from Cape Canaveral Air Force Station in Florida aboard a Delta IV rocket.

“Bandwidth capacity and demand continue to increase,” said Col.

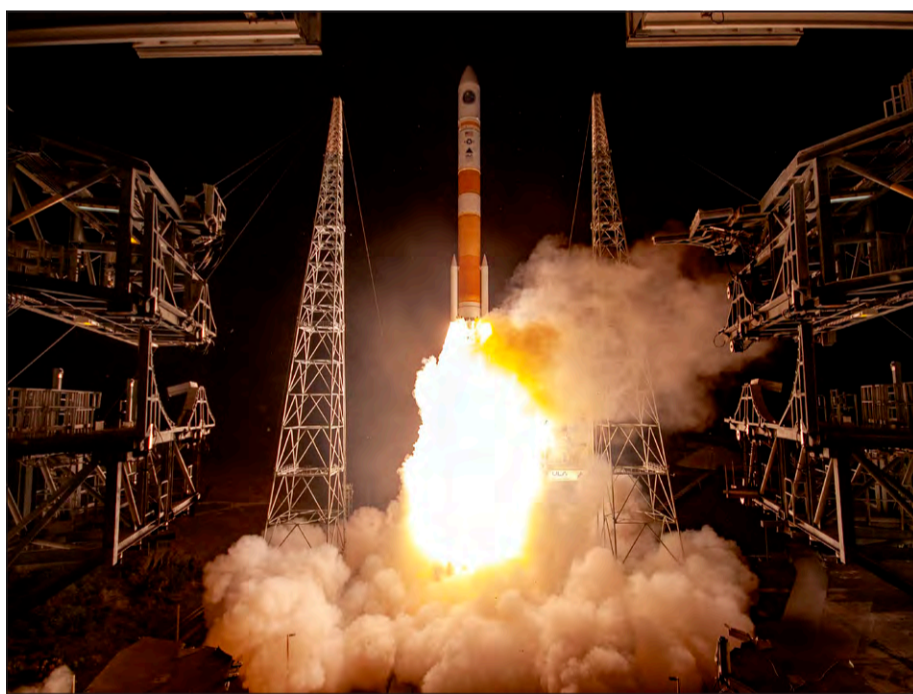
Enrique Costas, project manager for Defense Communications and Army Transmission Systems. “And as we know, WGS is the workhorse of the [Defense Department].”

The colonel’s office – which falls under Program Executive Office Enterprise Information Systems, or PEO EIS – manages strategic satellite and terrestrial communications programs worth over \$3 billion.

The WGS constellation can process more than 3.6 gigabits per second of data for strategic and tactical users – 10 times more than the previous system.

It operates at both X-band and Ka-band, which can enable networks for C4ISR: tactical command, control, communications, computers, intelligence, surveillance, and reconnaissance.

“It’s extremely reliable and it has a lot of



A Delta IV rocket carrying the Air Force’s Wideband Global Satcom-10 satellite lifts off from Space Launch Complex-37 at Cape Canaveral Air Force Station, Florida, March 15, 2019. The high-capacity military communications satellite is part of an ongoing effort to provide ground troops with the ability to send larger transmissions quicker. (Photo by United Launch Alliance)

bandwidth capacity,” Costas said.

For Soldiers on the battlefield, that could mean faster, better decision making.

A high-value target, for instance, is identified by an unmanned aerial vehicle, which transmits video and data to an operations center via reliable bandwidth from the satellites.

“I need to transmit that signal from the point of collection all the way back to the center, where the decision is going to be made to whether or not to pull the trigger or deploy a team,” Costas said.

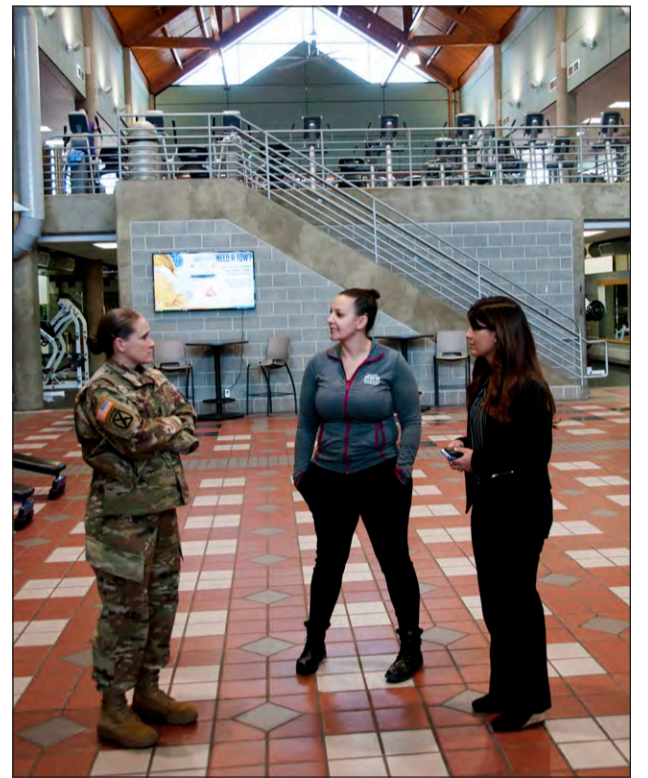
An uninterrupted, secured communications link is also needed during critical missions on the national scale.

See SATELLITE on page 2

IMCOM CSM visits Alaska



Installation Management Command’s Command Sgt. Maj. Melissa Judkins conducted a command visit to U.S. Army Garrison Alaska, Fort Wainwright and Fort Greely visiting with senior enlisted leaders and Soldiers March 26 and 27. During the visit, Judkins focused on Soldier and Family care and quality of life issues. (Photos by Chris Maestas and Daniel Nelson, USAG Alaska Public Affairs)



Trump awards Medal of Honor to Soldier who sacrificed it all

Joe Lacdan

Travis Atkins didn’t hesitate the June morning when he saw the insurgent reach for a suicide vest underneath his clothing. With his fellow Soldiers mere feet away, Atkins knew he had to act quickly before the enemy’s bomb detonated.

The staff sergeant wrapped his arms and body around the insurgent to shield three Soldiers from the brunt of explosion.

“In his final moments on earth, Travis did not

run,” President Trump told a White House audience during Atkins’ Medal of Honor ceremony today. “He shielded his men from certain death.”

Those three Soldiers Atkins saved – then-Pfc. Michael Kistel, Spc. Travis Robertshaw and Spc. Sand Aijo sat in the audience, wearing their military dress uniforms.

Atkins’ actions took place during the height of the Surge, in the midst of some of the most vicious fighting of the Iraq War.

See MOH on page 2



President Trump presents the Medal of Honor to Trevor Oliver, the son of the late Staff Sgt. Travis Atkins. Trump honored Atkins during a White House ceremony March 27, 2019. (Photo by Shejal Pulivarti)

WEEKEND WEATHER

Friday



Partly cloudy, with a high of 42 and a low of 20 degrees

Saturday



Partly cloudy, with a high of 44 and a low of 25 degrees.

Sunday



Partly cloudy, with a high of 49 and a low of 26 degree.

COMMUNITY ACTION COUNCIL

The Fort Wainwright Community Action Council is slated to take place next Wednesday, April 3, at the Last Frontier Community Activity Center, building 1044. This event begins at 10:45 a.m., and is open to the Fort Wainwright community. Come participate and find out what’s happening on your installation. Get information on future events, share your questions/concerns and get answers from the experts. See you there, or on livestream on the Fort Wainwright Facebook page at <https://www.facebook.com/FortWainwrightPAO/>.

Nutrition Corner: Nutrition 101

Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

Did you know that vitamin C helps protect the body against damage caused by free radicals? That's right! Vitamin C is one of the several antioxidants that, among other functions, protect the body from free radicals produced from UV rays and air pollution. It can also help with wound healing and absorb iron from plant based sources! In general, men need about 90 mg of vitamin C per day and women need about 75 mg. Be aware that cigarette smoke causes the body to require more vitamin C to repair the damage it causes. Smoking cessation is always advised but if you are a smoker, know that smokers generally require an additional 35 mg of vitamin C per day.

As always, try to get your nutrients in with real food. Good sources of vitamin C are citrus fruits, broccoli, strawberries, cantaloupe, potatoes and tomatoes. Be sure to steam or microwave your vegetables when cooking instead of boiling in water. Prolonged cooking times can lessen the amount of vitamin C in your foods. If you are not able to

get enough vitamin C in your diet, talk to your primary care provider or registered dietitian to see if supplementation is appropriate for you. Just like any supplement, you want to check with your health care provider first. In many cases, your needs can be met through real food and supplementing in excess would not provide any additional benefit. In fact, megadoses can cause diarrhea, nausea, headache and kidney stones. Also note that getting in your vitamin C through supplements does not seem to have the same cancer protective effects as eating plenty of fruits and vegetables. Unfortunately, contrary to popular believe, vitamin C supplements have not been shown to reduce the risk of catching a cold. So the next time you are piling up the fruits and vegetables (remember they should take up half of your plate!), be sure to include some that provide you with some free radical fighting vitamin C!

Featured Food:

Broccoli. Not only is it packed with vitamin C, this cruciferous creation also has vitamin A, calcium, iron and fiber.

Recipe Spotlight:

Parmesan Roasted Broccoli.

Ingredients:

4 pounds broccoli
3 garlic cloves, peeled and thinly sliced
Olive oil
1 teaspoon sea salt
¾ teaspoon ground black pepper
2 teaspoons of grated lemon zest
2 tablespoons of freshly squeezed lemon juice
3 tablespoons of toasted pine nuts
1/3 cup grated parmesan cheese
2 tablespoons of julienned fresh basil leaves

Direction:

1) Preheat oven to 425 degrees F
2) Cut the broccoli florets from the thick stalks
3) Place the broccoli on a sheet pan in a single layer.
4) Toss the garlic on the broccoli and drizzle with 4 tablespoons of olive oil
5) Sprinkle with salt and pepper
6) Roast for 20 to 25 minutes, until crisp and tender
7) Remove the broccoli from the oven and toss with 1 tablespoon olive oil, the lemon zest, lemon juice, pine nuts, parmesan and basil

MEDDAC Minute

Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

LIMITED SERVICES

In order to provide our beneficiaries with the highest quality of care, Medical Department Activity – Alaska will be adding one day a month to our training calendar to ensure staff are up to date on all training requirements. Limited services will be available from 7:30 to 10 a.m. on the second and fourth Thursdays of the month.

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 Army Community Hospital in the third floor conference room and are open to all beneficiaries without a referral. Call 361-5958 for more information.

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 ACH 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

The New Year is a great 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.

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

MOH

Continued from page 1

"He was stationed in a hotbed of terror," Trump said.

The morning of June 1, 2007, Atkins and his three-man squad patrolled through Abu Samak, Iraq, in the outskirts of Baghdad, when they received a report of two suspected enemy troops attempting to cross a nearby route.

Atkins left the Humvee and approached one of the men. As Atkins searched the man for weapons, the insurgent resisted, Trump said. During the struggle, the enemy reached for his vest. Atkins, quickly realizing the man wore a suicide bomb, covered and shoved the insurgent to the ground. The blast killed Atkins instantly, the president said.

"He rose to the highest calling," Trump said. "He laid down his life to save the lives of his fellow warriors."

The morning before his passing, Atkins called his son, Trevor Oliver, in the United States to wish him a happy 11th birthday. It would be the final time Atkins spoke to his son. Now 22, Trevor took the podium to accept the medal on his father's behalf.

"It's something that I can't really put into words," Oliver said as he

looked at an audience that included Atkins' parents, Jack and Elaine, his sister, Jennifer, and his extended family. Fifty members of his father's unit, the 10th Mountain Division, also were there.

"It's something that's surreal and I still haven't fully accepted it yet," Oliver said.

Atkins deployed to Iraq in August of 2006 with the 10th Mountain Division, his second deployment there. He previously deployed to Iraq with the 101st Airborne Division (Air Assault) during the beginning of Operation Iraqi Freedom in 2003.

After coming home from Iraq, he returned to civilian life for a while, but he soon re-enlisted in the Army again, returning to the infantry's ranks.

"That's where he wanted to be," Trump said. "He loved everything about being with the troops."

Atkins came from a military family. His father served as a paratrooper in Vietnam. His uncle and cousin also served in the armed forces.

Nearly 12 years after his passing, the president said Atkins will join a select few in the military's history.

"Your father's courage and sacrifice will live for all time," Trump told Oliver. "And every time we see our stars and stripes waving in the sky, we will thank [him]."

SATELLITE

Continued from page 1

Another example, he said, could be an order given by the U.S. president to a combatant commander to conduct a time sensitive mission.

"I want to make sure that that signal does not go down at any time during that conversation to make a critical decision," he said.

Based at Fort Belvoir, Virginia, his office helps provide ground infrastructure and control capabilities to assure communications through the WGS constellation and legacy Defense Satellite Communications System constellation.

Soldiers from the 53rd Signal Battalion manage five Wideband SATCOM Operations Centers providing global transmissions and payload control of the WGS and DSCS constellation.

The capabilities these satellites

give Soldiers, he added, fits well with where the Army is heading in its future fighting concept of multi-domain operations.

"SATCOM is one of the ingredients of transmitting communications reliably ... to fight and win our nation's wars," Costas said. "These constellations give us global access, global bandwidth transmission for all those mission sets or battlefield domains."

While multi-domain operations will heavily rely on partners, SATCOM is no different.

"This is a team effort across DOD, in partnership with the Air Force and industry partners," he said. "We cannot get to this day to day without the close collaboration between industry, the other service components, specifically the technical prowess from the Air Force to put this into orbit, so we can then go to work."

SADD

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BLM Alaska Fire Service smokejumper training jumps start next month

Beth Ipsen

Bureau of Land Management Alaska Fire Service Public Affairs

Bureau of Land Management Alaska Fire Service smokejumpers will take to the sky starting Thursday, April 4 in preparation for the upcoming fire season. Training jumps will occur in April and May, primarily between 9 a.m. to 6 p.m. The tempo will increase May 8 to 10 with the addition of parachuted cargo drops, known as paracargo, at the Chena River Lakes Flood Control Project.

The Smokejumpers will be

parachuting in four primary areas:

- Near Birch Hill on Fort Wainwright
- Chena River Lakes Flood Control Project
- 2.3 Mile Chena Hot Springs Road
- Nordale Road just north of Chena River Bridge

Smokejumpers will continue to use these jump spots for ongoing proficiency training through mid-September.

Pilots should check the Notices to Airmen for information about smokejumper aircraft, and avoid flying over these areas while jumps and paracargo drops are taking place.

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

Established by Congress in 1987, Women's History Month is observed annually by the military every March to recognize the historical achievements of women. This year's theme is Visionary Women: Champions of Peace and Nonviolence. So, what's the big deal? According to information provided by the Defense Equal Opportunity Management Institute, research on the effectiveness of including women in military peace-building and conflict resolution negotiations found that peace agreements between civil society groups are 64 percent more likely to succeed - and 35 percent more likely to last at least 15 years - than agreements that did not include the female perspective.

To anyone who had ever met my mother, the findings of this research would come as little or no surprise. When I was a kid, we had next door neighbors with a large family whose parents both worked. One day when the

parents weren't home, I saw the oldest brother shooting his BB gun out the back door at younger siblings taking cover in the backyard. Apparently they were having a disagreement. I told my mom and, during a lull in the battle, she crossed the line of fire to deliver a plate of homemade chocolate chip cookies to the combatants. Talk about a champion of peace and nonviolence! Fortunately, no one was injured. I don't know what happened between adults behind the scenes, I just know that open warfare never again erupted in the neighbor's backyard. Perhaps the world would be more peaceful if more moms bravely told the neighbors to knock it off over a plate of homemade chocolate chip cookies.

My mother's name was Anne Fritts. Knowing her name is not particularly important, but knowing the name St. Clement of Alexandria (who was male) is important to the history of women. Clement was a Christian theologian writing in Egypt around the year 180. For the time, he held some radically progressive ideas about women's equality. Judith and Queen Esther were two

Jewish women whose achievements he admired. You may have read the story in the Bible of how Queen Esther rescued her people from genocide. Judith, who saved her people from a siege by King Nebuchadnezzar's general Holofernes, made her way to the general's tent where she used his own sword to cut off his head!

In Paul's letter to the Galatians he writes: "There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus" (Gal. 3:28). Throughout the Gospels, Jesus demonstrates the radical inclusiveness of God's Kingdom by healing males and females, liberating women and men from evil, and treating women equally to men in social settings. But in this country, where women did not receive the legal right to vote until the 19th Amendment was ratified in 1920, and who currently still do not earn equal pay for equal work, equality between men and women is still a work in progress. We continue to progress in this worthwhile work by recognizing the achievements of women this month and every month.



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

PIONEER

Continued from page 1

Bingham is always reaching back to pull people up, Somnuk added, "showing them that anything is possible."

Through it all, Bingham remains a humble pioneer, quietly carving a path for others and making the Army a better and more diverse force.

"I fully understand that I stand on the shoulders of giants of those who have gone before me. There is absolutely no way that I could be where I am today without the love of God, husband, two great kids and a 'village,'" she said.

"I'm humbled and grateful for the opportunity to continually serve and be a part of something that's bigger than me as an individual," she added.

GROWING UP

Born in 1959 in Troy, Alabama, Bingham and her siblings grew up as military dependents.

"I grew to love this lifestyle, [and] being called affectionately a 'military brat,'" she said.

Her father was an Army medic and spent a major portion of his career stationed at Fort Hood and Fort Sam Houston, Texas, she said.

"My mother was a devout Christian, and my dad was the kind of guy 'that never met a stranger,' so to speak," she said. "So, I acquired my dad's personality because I enjoy meeting people of different cultures, races and backgrounds."

Through her faith, Bingham was emboldened by the golden rule - treat others the way you want to be treated. Her beliefs would serve as the foundation for her life and Army career, she said.

However, growing up as a black woman in the 1960s and 1970s brought to light the constant struggle for social justice and equality during the civil rights movement. Even as a military dependent, she was not immune from the plights of others.

"When we went from an all-black school to an integrated school ... the race riots were alive and well when we moved back from Texas into Alabama," Bingham said.

During her initial years of high school, there were still clear lines of division between black and white students, she said. This was most apparent in the school's yearbook, which went from featuring mostly white students to featuring separate black and white students for student positions.

"One year, I was the black homecoming queen during a time when we had two of everything," Bingham said, commenting on her high school yearbook. "So, it's interesting to recall ... how we evolved over time. Seeing what appeared to be very segregated, to having twos of everything, to becoming integrated."

Through it all, Bingham never gave up. And during her senior year in high school, she became the sole student government president, she said. She was the first black student to hold that title.

THE ARMY

After high school, Bingham committed to an Army ROTC scholarship to attend college.

"I decided that it only made sense to go Army

since that is what I knew as a kid growing up," she said. "ROTC taught me so many things about basic leadership, the general principles of being a leader and compromise. I found it to be challenging, fulfilling and thrilling all at the same time."

On Aug. 16, 1981, Bingham commissioned as a second lieutenant in the Quartermaster Corps. Her father was there to pin on her rank.

"It was a special day," she said. "I can remember so many of the teachings between him and my mom that set me on the right path ... as I went forward as a second lieutenant and through my company command years, and beyond."

Shortly after arriving to her first duty station at Fort Lewis, Washington, Bingham met her future husband, Dr. Patrick J. Bingham. The couple has been married for over 35 years and have two children, Tava and Phillip.

OVERCOMING ADVERSITY, HELPING OTHERS

While Bingham had experienced her share of highs and lows, there are two key moments in her life that constantly remind her to help others, she said. The first incident happened at the University of Alabama.

"My grades had begun to slip as I embraced the social side of campus life and I wanted to bolster my GPA, so I picked Sociology 101," she said. "How hard could it be?"

To pass the class, she would have to score well on two exams. The first exam was worth 40 percent of her grade, while the final was worth 60 percent, she said. She scored a "D" on her initial test.

Bewildered, a friend suggested that she ask the professor for help. She went to his office and requested support.

"He said, 'Well it's a known fact that people like - you - don't do well in education.'" she said. "I can remember that, almost as [if] it were yesterday."

Floored, Bingham thanked him for his time and walked out the office. Tears rolled down her cheeks as she walked to the dorms quickly, she said.

"I was trying to process what had happened. I had just felt the sting of ... a racist remark," she said. "I've taken this kind of treatment to heart in the organizations I lead because I never want anyone to feel like they're inferior, or to feel like they can't learn or can't achieve."

The second situation happened early in her career. "This was not an ugly conversation by any stretch of imagination," she said. "I had a superior officer say, 'Capt. Bingham, you probably have great officer evaluation reports, but I can just about assure you that you'll never ever be seriously considered for battalion command."

"You don't have enough division time," he added. Instead of getting discouraged, she would continue to give "110 percent" of her best efforts, and was determined to not let him define her success in the Army.

"I used both of those opportunities that have occurred in my own life to coach, teach, train and encourage others," Bingham said. "To those that have gone through something like that, I say: 'Don't let man steal your joy or steal your dreams.'"

"In my view, if you can conceive it and believe it, with hard work you can achieve it," she said.

At times, it takes some "tough love" to aspire and find success, Somnuk added

ESTATE NOTICE

Pfc. Prentice Lewis-Rankin passed away in Willow, Alaska, March 15, 2019. Anyone having claims against or who is indebted to the estate of Pfc. Prentice Lewis-Rankin, of Bravo Troop, 5th Squadron, 1st Cavalry Regiment, 1st Stryker Brigade Combat Team, 25th Infantry Division, may contact 1st Lt. John Humelsine, B Troop, 5/1 CAV, 1-25th SBCT, Fort Wainwright, Alaska 99703, by email at john.b.humelsine.mil@mail.mil.

"Lt. Gen. Bingham was hard on me for a reason," Somnuk said. "It was just mentorship that whole time, and I really appreciate that from her.

"Sometimes, you'll be in an environment where just showing up as a female, you will have to prove yourself," she added. "I think she was trying to mold me to have that tough skin and be able to work for and with any leader."

NEED FOR A DIVERSE FORCE

In the end, diversity is a game changer and the key to enabling readiness, the general emphasized.

The Army is similar to a masterfully woven quilt, the general explained. Each quilt is comprised of unique and individual squares. These squares represent the Soldiers, Civilians and their Families, and each square has a story to tell.

Once the quilt is assembled, the Army shows its strength as a unified force, she added.

"Diversity is extremely important to the Army, to help us be that ready force, that we pride ourselves in being," she said.

Inclusion is another key characteristic to a ready force, she added.

"As a leader in the Army, I go out of my way ... to make everyone feel like a valuable member of the team," she said, "So, when you can come to work and feel like you are appreciated and valued - you are included. I think it's so powerful and will make us the organization that we ultimately want to be."

THE WAY AHEAD

It has been a very fulfilling, 38 years, Bingham said. This summer, she plans to transition out of the Army and move to the next adventure - retirement.

"The Army has been one of the best things that's ever happened to me. I'll become a Soldier for Life ... and I look forward to writing a book," Bingham said.

"To quote the Chief of Staff of the Army [Gen. Mark A. Milley:] 'It's not the planes, the ships or the machines that make the military tick - it is the people,'" she added.



REMEMBER: All vehicles must stop for Reveille and Retreat!



Modernization, future budgets key to enabling multi-domain operations

Devon L. Suits
Army News Service

With the announcement of the Army's \$182.3 billion fiscal year 2020 budget request, readiness and modernization continue to be the Army's top priorities, as the force looks to the future of multi-domain operations.

Under Secretary of the Army Ryan D. McCarthy spoke briefly about the Army's FY20 budget plan during the Association of the U.S. Army's Global Force Symposium Tuesday.

During his opening address, McCarthy mentioned the fiscal year 2018 and 2019 budgets, highlighting the positive impact the approved spending plans had on the force.

Over the past two fiscal years, more than 25 brigade combat teams have reached the highest level of readiness. This was a stark contrast to when the Army had only two BCTs at optimal readiness levels, a year prior, he said.

Additionally, leadership locked in the force's modernization priorities and created Army Futures Command last year, McCarthy said.

"I think the other thing that has fundamentally changed is the Army's willingness to admit that we had a problem," said Gen. John M. Murray, AFC commanding general.

"We stood up and said, 'we have a problem, and we have to fix it,' and that resulted in the largest modernization effort the United States Army has seen since 1973."

Moreover, leaders made several changes to the Army's intellectual property management policy and reformed the Army's acquisition process.

"The results speak for themselves," he said. "Requirements definition was taking five to seven years. We are getting it down to 18 months or less."

Moving forward, the Army would like to continue to use the commercial sector's research and development, and science and technology

communities, to support the Army's modernization effort, Murray said.

"Our reliance on the traditional defense industry to do things at scale and produce the things that we need has not changed, and will not change,"

resources to make sure they are aligned against the Army's priorities."

"It's about our children. It's about our grandchildren and making sure that they're able to fight and defend in a very complex ... lethal battlefield,

the future implementation of the Intelligence, Information, Cyber, Electronic Warfare and Space battalion.

"The Multi-Domain Task Force is a maneuver formation. Initially we thought of a more ... strategic fires cell, and realized it must be able to maneuver to a position of relative advantage – to close with and destroy the enemy."

Moving forward, convergence will be critical to MDO, Brown said.

MDO is about "pulling capabilities together. A joint integration – including multinational capabilities – in all domains to help optimize the effects and overmatch."

The Army's near-peer competitors, however, have invested "asymmetrically in all domains" and can now cause problems, added Lt. Gen Eric J. Wesley, AFC deputy commanding general and head of the Army Futures Concept Center.

"So what [our near-peer competitors] have been able to do is achieve their operational and strategic objectives in 'fait accompli' victories that have diluted the deterrent effect that we've relied on for the last 50 or 60 years," Wesley said.

"If the United States and our partners and allies do not get into the competition space, we will find that our deterrent effect and our ability to achieve our strategic and operational objectives over time will continue to diminish," he said.

The implementation of MDO is more than adding a few domains and calling it an operating concept, Wesley explained. To succeed, the joint force and its allies must integrate and layer all domains to generate overmatch.

"With air-land battle, we had interior lines and ... you had to fight, outnumber and win, [then] defeat the second echelon. That's not the problem we have today. The problem is the multiple layers of standoff that we have to penetrate in order to disintegrate those systems and get to the position of advantage," he said.



Gen. John M. Murray, Army Futures Command commanding general, spoke about the Army's modernization priorities and multi-domain operation during the Association of the U.S. Army's Global Force Symposium in Huntsville, Alabama, March 26, 2019. (Photo by Devon L. Suits, Army News Service)

Murray said. We will continue to rely on [the defense industry's] work to produce what we need."

In sum, the changes made today will support the Army of the future, McCarthy said.

Overall, advancements in technology by the Army's cross-functional teams and the impact of future Army budgets will influence the Army's ability to create a force capable of multi-domain operations by 2028, followed by an MDO-ready force in 2035, Murray said.

"CFT efforts ... are fully funded, and will remain fully funded," Murray said. "We will continue to align our (science and technology and research, development, test and evaluation)

and bring their Soldiers home," he said.

CHANGING CHARACTER OF WAR

As near-peer adversaries continue to increase competition across all domains, the future battlefield is becoming more complex. In turn, the Army cannot afford to wait long periods to generate a concept and move it into doctrine, said Gen. Robert B. Brown, U.S. Army Pacific commanding general.

U.S. Army Pacific has played a significant role in supporting the Army's MDO effort through the Multi-Domain Task Force and

Supporting today's NCO Corps with yesterday's past

Danielle ODonnell
NCO Leadership Center of Excellence Public Affairs

THERE was a day, before the advent of the A-bomb and its more destructive offspring, before smart bombs and nerve gas, before computer technology and war games, when professional soldiers regarded reading history as a useful pastime. Many who have scaled the peaks of the military profession have testified to the utility of studying military history.

Most of these, however, seem to be commanding voices out of the past.

Jay Luvas, *Military History: Is It Still Practicable?*

The NCO Leadership Center of Excellence believes history is practicable and has created a website through the Office of the Historian to receive written or recorded contributions from all service members, past and present, to tell their NCO story.

"A profession which started more than 200 years ago, has progressed over time," Dr. Everett Dague, command historian, NCOL CoE said. "Today's NCO knows more, trains more, and has more responsibility than any NCO in history."

The purpose of the website, he said, is to collect information on the NCO profession over the years, then disseminate the information to the shared experience section of the website as a reliable resource after it has been analyzed and interpreted. Dague added that all contributions

are categorized based off the six NCO Common Core competencies: Readiness, Leadership, Training Management, Communications, Operations and Program Management. The website is an emerging product designed to provide leadership and mentorship, which can help develop, integrate and deliver training readiness throughout the NCO Corps.



Dr. Everett Dague the NCO Leadership Center of Excellence Command Historian, reviews historical documents to verify the information provided through a submission on the historical website, on March 18. (Photo by Danielle ODonnell, NCO Leadership Center of Excellence Public Affairs)

"The Office of the Historian supports the NCOL CoE's mission by collecting, analyzing, developing, interpreting and publishing NCO history," he said.

"The idea behind this website is that it works for the NCO and works for us as we analyze and synthesize the information," Dague said. "Through this process we can look at what the experiences have in common, what is unique to one and what is common to all. We are looking to draw out the commonality of the NCO experience and make it a part of the NCO definition."

Once the information is analyzed it is

disseminated into various sections on the shared experience page, it is broken down into four main categories: Courses, NCO Corps Military History, the NCO Profession, and Training. These categories are further broken down into subcategories, which help the service member find exactly what they are looking for.

"The idea is, if a Soldier is assigned to the Basic Leader Course or is going to teach at BLC, they would look in the main category of courses, then the subcategory of BLC. This is where they go and find out what common experience is out there from the NCO perspective," Dague said. "However, in order to have this base of information we need everyone from corporal through sergeant major to tell us their story."

Telling that story does not have to be only in written form said Sgt. Maj. Haywood Vines, senior NCO researcher.

"We will accept videos of NCOs telling their story," Vines said. "We will determine when the recorded video falls when it comes to NCO CC. If you want to write, write. If you want to record your story on how to perform a barracks inspection on your Soldiers, tell us. This will help an NCO who has never performed an inspection and it will give them a place to start. This website is a resource to help the NCOs of the future."

The NCO profession provides, he said, is more than a technical understanding due to the recent changes in the professional military education for the NCO Corps.

"We are looking for the everyday life of the NCO," Vines said. "An NCO can perform great in combat [that] has been proven. It is the everyday life of taking care of Soldiers the NCOs struggle with. This is what we are interested in. We want our NCOs to use their critical thinking skills because we know some Soldiers will put NCOs in a predicament. How NCOs overcome these challenges is what we want NCOs to share."

The website is created to help future NCOs learn valuable lessons obtained from experience. The history office is seeking pieces on all aspects of the NCO experience. If you have an experience you think will contribute to the identity, mission, understanding or professional development of your peers, or if you want to contribute to NCO history in general, be a part of history by telling your NCO story and providing leadership and mentorship for the NCOs of the past, present and future. For more information on making a submission go to <https://ncolcoe.armylive.dodlive.mil/submit-your-story/>.

Fort Wainwright Family & MWR

Weekly Events

March 29 - April 5

30 **White Mountains Snowmachine Trip**
 March 30
 8 a.m. to 5 p.m.

Take a snowmachine trek inside the boundaries of the White Mountains National Recreation Area, north of Fort Wainwright. This is a completely unique way to see Alaska!

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

4 **B.O.S.S. Installation Meeting**
 April 4
 1:30 to 2:30 p.m.

Want to learn more about the B.O.S.S. Program? Looking to get more involved on Fort Wainwright? This meeting is open to anyone, including civilians. You will have the chance to provide your input on upcoming B.O.S.S. events, voice concerns about life skills events, express quality of life issues on Fort Wainwright, and most importantly stay informed!

Warrior Zone, building 3205
 Call 353-1087

4 **Strike Out Sexual Assault Bowling Night**
 April 4
 5 to 10 p.m.

Sexual assault remains a large problem within our society. You can do your part by learning the signs of sexual assault, how you can prevent it from happening, and what to do in case you are sexually assaulted. Come on out to Nugget Lanes Bowling Center for a night of "Fun Frames" and "Beer Goggle" bowling with the Army Substance Abuse Program and Army Community Service.

Nugget Lanes Bowling Center, building 3702
 Call 353-2654, reservations recommended

5 **Adult Craft Night**
 April 5
 5:30 to 7 p.m.

Enjoy a night out with friends and learn how to create an original piece of artwork. There will be craft beer and wine available for purchase for those who are 21 and older. Artistic experience is not necessary. Space is limited.

Last Frontier Activity Center, building 1044
 Call 353-7755, reservations required

5 **Knocker Hockey**
 April 5
 5:30 to 7:45 p.m.

Head over to the Ice Rink every other Friday for 3x3 Knocker Hockey! Grab your friends and dress up in suits to play with friendly competition.

Physical Fitness Center, building 3709
 Call 353-7223

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2019

History Snapshot: Soviet Interpreters at Ladd Field

U.S. Army Garrison Alaska Cultural Resources Program

During Lend-Lease operations, there were many Soviet personnel at Ladd Field, including many male ferrying crews, engineers and mechanics and two female interpreters – Lt. Elena A. Makarova and Lt. Natasha Fenelonova. Both had attended the Military Faculty of the Institute of Foreign Languages in Moscow and graduated as lieutenants in the Soviet Army Administrative Service. Arriving at Ladd Field after a stint on the Lend-Lease South Route in Tehran, Iran, Makarova and Fenelonova were so fluent in the inner workings of American planes that Makarova said that, “from being technically ignorant about airplanes in the beginning, Natasha and I progressed to the point of being able, based on our experience translating and interpreting technical data for the engineers, to become technicians in our own right.”

As translators of important technical information, Makarova and Fenelonova were considered essential staff officers to the Soviet mission. Although Russian-speaking American interpreters were available to the Soviets, they continued to prefer their own interpreters throughout their time at Ladd Field.



Lt. Makarova discusses the A-20 Havoc with personnel. (Courtesy of the U.S. Army Air Force)

Installation Management Command provides Suicide Prevention Program Managers Course

Wendy Trotter, Derek Ferrell and Lt. Col. Amelia Duran-Stanto

Suicide Prevention is an integral component of the Army's Readiness and Resiliency strategy. The U.S. Army Installation Management Command Ready and Resilient/Army Substance Abuse Program division presented the second annual Suicide Prevention Program Managers Course from March 5 to 8 in San Antonio, Texas. This course prepared garrison SPPMs to support the Army's mission to combat, detect and prevent suicide.

The course provided dynamic and innovative training supported by academic disciplines to 22 IMCOM garrison SPPMs. The course was designed to equip SPPMs to effectively serve Soldiers, Army Civilians and Family members at garrisons. The course provided information on a variety of topics such

as Army suicide trends and Health of the Force data analysis, DCS G1 SHARP/Readiness and Resiliency vision for suicide prevention, Army Materiel Command wellness programs, and leveraging outside resources.

Participants also heard presentations from Army Public Health Center, Brooke Army Medical Center Behavioral Health, Stop Texas Suicides and IMCOM G9 Army Community Services. The course also included a presentation on ENGAGE Training for Trainers by the Fort Hood MRT contractors. HQDA DCS G1 SR2 has

identified ENGAGE as the primary tool moving forward to address the preventative training needs of the Army for substance abuse and suicide prevention. Participants also discussed SPPM responsibilities, the Suicide Prevention Way Forward Training and select garrisons shared their innovative best practices.

The course provided ample opportunity for

Alaska; Fort Irwin, California; JBSA-Fort Sam Houston, Texas; Fort Knox, Kentucky; Fort Leonard Wood, Missouri; McAlester Army Ammunition Plant, Oklahoma; Fort McCoy, Wisconsin; Fort Polk, Louisiana; Fort Stewart, Georgia; USAG Vicenza, Italy; Yuma Proving Ground, Arizona; Dugway Proving Ground, Utah; and Pine Bluff Arsenal, Arkansas.

Guest speakers included Roderick Johnson (AMC), Capt. Richard Schobitz and Maj. Raymond Beckman (BAMC Behavioral Health), Jill Wierzbica (MRT), John Wills (APHC), Dr. Kelly Forsys-Donahue (APHC), Lisa Sullivan (Stop Texas Suicides), Kimber Garcia (Vogel Resiliency Center), Casey Olson (HQDA DCS G1 S/R2), as well as several other guest speakers and SPPM training attendees.

The SPPM Course achieved the objective of providing information and strategies designed to significantly enhance and assist SPPMs in executing the suicide prevention function

at the garrison level as well as techniques for “training the trainer.” The course centered on making the program more prevention focused and on enhancing current suicide prevention initiatives. It also equipped attendees with ready-made tools and techniques to assist with achieving “quick wins” in the areas of suicide prevention, program focus and marketing, training, needs assessments, high-performing garrison Suicide Prevention Task Forces and Suicide Response Teams.



The staff and attendees of the Suicide Prevention Program Managers Course held in San Antonio, Texas. (Photo by U.S. Army)

rich dialogue from varying perspectives and set the stage for ongoing networking relationships. SPPM Course attendees ranged in tenure from six months to nine years. The more senior and seasoned course participants were also guest presenters, sharing their knowledge, skills and experiences.

Course attendees represented the following Army installations: U.S. Army Garrison Bavaria, Germany; Fort Belvoir, Virginia; USAG Benelux, Belgium; Fort Campbell, Kentucky; Fort Detrick, Maryland; Fort Gordon, Georgia; Fort Greely,

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‘Military Kids Can!’ art and essay contest runs April 1 to 30

Susan A. Merkner
U.S. Army Installation Management Command Public Affairs

Entries may be submitted April 1 through April 30 for the 2019 Young Lives, BIG Stories contest sponsored by U.S. Army Installation Management Command G9 Family and Morale, Welfare and Recreation.

The essay and artwork contest is open to active-duty Army, Army National Guard, Army Reserve, Army spouse or U.S. Army retiree children in preschool through grade 12.

The annual contest coincides with the April observance of Month of the Military Child. This year's contest theme is, “Military Kids Can!”

Children are encouraged to answer the question: What does it mean to you to be a military child?

Drawings may be submitted by children ages 3 through third grade. Written submissions may be entered by

children in grades four through 12.

Entries are judged for content, form, presentation of the main idea and creativity. Prizes are given for the winners of each of the age categories and one overall winner.

Month of the Military Child is observed to recognize and honor military children for their contributions and support to Soldiers and the Army mission. The observance reiterates the Army's commitment to Soldier and Family readiness and resilience, to excellence in Child and Youth Services, and to a supportive environment where children can thrive. MOMC was established in 1986.

Submissions, which must be accompanied by an entry form completed and signed by a parent, legal guardian or sponsor, will be accepted online and by mail from April 1 to 30.

Find guidelines and more information at <https://www.armymwr.com/programs-and-services/family-assist/month-military-child/young-lives-big-stories/ylbs-faq>.



(Artwork by Margaret Gacutan of U.S. Army Garrison Bavaria Grafenwoehr was among the winners in the 2018 Young Lives, BIG Stories contest)

FY20 budget will fund childcare, Family initiatives

Gary Sheftick
Army News Service

During today's testimony, Army senior leaders told lawmakers their fiscal year 2020 request will not cut any programs supporting military families.

"Due diligence was absolutely applied to ensure that there were no cuts that impacted Soldiers and their families," Army Chief of Staff Gen. Mark A. Milley testified Wednesday to the Senate Appropriations Committee's Defense subcommittee.

He was referring to the "night court" process in which senior leaders reviewed every one of the Army's programs to assess how they impacted readiness and lethality.

It was an unprecedented 50 hours of "painstaking deliberations," Secretary of the Army Mark T. Esper said.

"Tough choices" had to be made, Esper said, before submitting the \$182.3 billion budget request for FY20. About \$30 billion was redirected from legacy programs over the five-year defense plan to fund the Army's six modernization priorities.

"To deter the growing threat posed by great-power competitors ... we must leap ahead to the next generation of combat systems," Esper said. In order to fund development of those systems, cuts had to be made to the number of legacy platforms upgraded.

"There were cuts that impacted others, but not Soldiers and their families," Milley emphasized. "That's sort of the bargain we struck."

CHILDCARE INITIATIVES

"No cuts have been made to the childcare for our Soldiers," Esper said.

"It's access that we're wrestling with," he explained. "I'm looking at a number of policy changes."

First and foremost is to give Soldiers priority for childcare over Civilian employees and contractors. "In many cases, that's not what's been happening," Esper said, citing that about 30 percent of daycare centers are filled by "non-priority" personnel.

The Army is looking at expanding capacity at Child Development Centers at some installations, he said.

Esper said he'd also like to look at transitioning

to hourly daycare, so that military Families would not be required to pay for childcare by the month.

The Army recently saved funding by reforming the way parents sign up for childcare, Esper said.

"We had a redundant management system in place," he said. "Rather than going to the daycare center to sign up, you went to a separate building with separate people. We got rid of that. Now to sign up for daycare, you go just to the daycare

SPOUSE EMPLOYMENT

Esper said as he travels around the Army and visits installations, two issues that come up all the time are childcare and spouse employment. The two are related, he said.

Spouse employment is a "very personal" issue for him, Esper said, dating back to when

he served as an infantry officer after graduating from West Point in 1986.

"During my time on active duty, my wife could not get a job when we were at Fort Benning or in Italy, because of frankly discrimination against Army spouses at the time," he said.

"I think our spouses are highly qualified and underemployed," he said.

Army initiatives to hire spouses include an outreach to have states recognize the teaching credentials of other states.

Esper said he is personally engaging with states on this initiative and Tennessee recently signed onto the program. Spouses arriving at Fort Campbell can now immediately apply for teaching jobs in Tennessee, if they have teaching credentials from another state, he said. They do not need to wait for a second set of credentials from Tennessee to begin a teaching job.

Esper also suggested Congress expand the "direct hiring authority" that already exists for certain critical career fields, such as medical fields, and allow military spouses to be hired into federal jobs without competing. Such authority would require legislation, he said.

IMPACT ON READINESS

Programs that support spouses and families definitely impact readiness, Milley said.

"We want our Soldiers to focus on their job," he said.

"If they're worried about their medical care, good housing, mold in the house, good childcare for their children, education, a safe base and so on... then they're not focusing on their job.

"So it's absolutely a readiness issue - there's a direct correlation to the readiness of the force," he said.

In World War II, only about 10 percent of the Army was married with children, Milley said, while today about 60 percent of the force is married with an average of two children.



Nelia McKeown, a Sitka Child Development Center child and youth program assistant, holds a child during playtime at Joint Base Elmendorf-Richardson, Alaska, Dec. 14, 2018. Childcare will not be cut in the Army's FY20 budget request, senior leaders testified to the Senate Appropriations Committee, Defense subcommittee, March 27, 2019. In fact, they said a number of initiatives to boost childcare are planned. (Photo by Airman 1st Class Crystal A. Jenkins)

center."

FCC PROGRAM

Esper said he would like to expand Family childcare, or FCC, where Family members on base provide childcare at their homes.

He recently signed a directive that allows on-site supervision of children by Army spouses immediately following their FBI background check. Now spouses can begin offering childcare in less than three weeks from arriving at an installation, he told legislators.

"It's a great opportunity, but we need to incentivize that program to expand," he said.

A new Child and Youth Services Employment Tool places the names of spouses interested in conducting childcare into a database following completion of their background check.

"Rather than every time you go to a new assignment - a new installation - and go through the check again, we have your name in a database, we'll hold it for five years and you can seamlessly move from base to base to base and get hired immediately," he said.

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