

# ALASKA POST FREE

an edition of the  
**DAILY NEWS - MINER**

## The Interior Military News Connection

Vol. 10, No. 13

Fort Wainwright, Alaska

April 5, 2019

### Fort Wainwright chaplain goes above and beyond

**1st Lt. Christopher Barber**

One October evening, a Soldier walked into Chaplain (Capt.) Ryan Samples' office, struggling with a decision that, in his mind, could very well be the last choice he ever makes. Samples looked up as he walked in, offered him a seat and a handshake, and closed the door. "How are you?"

"I just really need some help right now," the Soldier responded.

The chaplain took this in for a moment. Then, with the professionalism and genuine care that has underscored his tenure at Fort Wainwright, he engaged the Soldier in a long conversation. At the end he stated plainly, "Let's go to behavioral health."

See **CHAPLAIN** on page 2 (Courtesy photo)



### Army G-4 offers tips to prepare for the peak moving season

**U.S. Army G-4**

Up to 60,000 household goods shipments for Soldiers, Civilians and Family members are expected to be moved this summer, and U.S. Army Logistics, HQDA G-4, is providing some tips to help make your move less stressful.

**MOVE PLANNING AND EXECUTION**

Peak season for permanent change of station begins May 15 and runs through Aug 31, with the busiest weeks being May 15

through July 4.

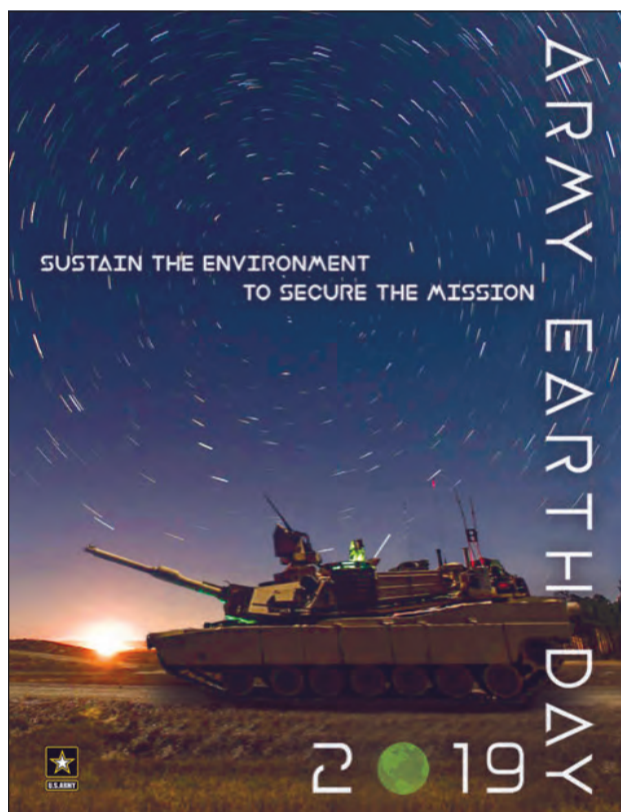
Soldiers, Civilians and Families should avoid moving around the holidays and during the last week of May and June, if possible. Avoiding this timeframe will help prevent late pick-ups and changes to deliveries.

Advanced planning and preparation is key to a successful move. Upon receipt of orders, Soldiers should immediately create an account or login into Defense Personal Property System, via [www.move.mil](http://www.move.mil); upload orders and complete all shipment applications for the move.

See **MOVE** on page 3



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(Courtesy image)

### Recycle electronic waste

**Linda Winkels**  
U.S. Army Garrison Alaska Strategic Planning Specialist

Earth Day celebrates the natural beauty of our planet and reminds us of what we can do to keep it healthy. Do you know the importance of recycling old electronic equipment such as cell phones, iPads and other popular electronic devices, to help preserve the environment? This is commonly known as electronic waste.

Within computers and other electronics, lots of metals, semimetals and chemical compounds

are brought together in order for the item to function. Some of the common metals found in these electronics include nickel, mercury, copper and small amounts of arsenic.

While these metals are not harmful while enclosed within your electronics, they can become harmful if they are broken open and not disposed of properly. This could happen when the e-waste is burned, which releases pollutants into the air, or when the e-waste is permitted to sit in landfills where they can slowly seep into the surrounding soil.

See **WASTE** on page 2

### Fort Stewart and Hunter Army Air Field win top installation honors for 2019

**Assistant Chief of Staff for Installation Management**

Chief of Staff of the Army Gen. Mark A. Milley has selected U.S. Army Garrison Fort Stewart and Hunter Army Airfield, Georgia, as the gold winner in the 2019 Army Communities of Excellence competition for regular Army installations.

Taking top honors as the Army National Guard gold winner is the Wisconsin National Guard. The Army Reserve gold winner is the 88th Readiness Division, Fort McCoy, Wisconsin.

Army announced ACOE winners March 26.

This is the seventh time that Fort Stewart and Hunter Army Airfield has won the Army Communities of Excellence top prize. Fort

Stewart and Hunter Army Airfield won gold in 2004, 2005, 2006, 2009, 2012 and 2015. The installation received a bronze award in 2018.

Also winning in the Army Communities of Excellence competition in the regular Army installation category are USAG Alaska, Fort Wainwright, silver; USAG Fort McCoy and USAG Fort Riley, Kansas, bronze; USAG Fort A.P. Hill, Virginia, and USAG Fort Drum, New York, honorable mention.

Winning silver for the Army National Guard is the Louisiana National Guard. The Illinois National Guard won bronze. Receiving honorable mention is the North Carolina National Guard.

See **ACOE** on page 6



### Pinwheels for prevention



Command Sgt. Maj. Juan Cornett (right), U.S. Army Garrison Alaska, Fort Wainwright command sergeant major, gives a pinwheel to a child during Fort Wainwright's Child Abuse Prevention Month observance April 4 at the Last Frontier Community Activity Center. (Photo by Daniel Nelson, USAG Alaska Public Affairs)

#### WEEKEND WEATHER

**Friday**



Sunny, with a high of 42 and a low of 21 degrees

**Saturday**



Cloudy, with a high of 43 and a low of 23 degrees.

**Sunday**



Mostly cloudy, with a high of 48 and a low of 23 degree.

#### WHY AREN'T THE ROADS ON POST GREEN YET?

As temperatures rise across the interior, snow is melting off of the roads leaving behind a lot of gravel. To get the conditions to GREEN, an assessment is made by the Director of Emergency Services and the Safety Office who will make a recommendation to the garrison commander to go GREEN once roads and parking lots are approximately 90 percent clear of gravel.

Temperatures at night must remain above freezing before they can operate the equipment. The contractor uses water during the cleanup and freezing temperatures could create a sheet of ice. Some sweeping has occurred already. For more information, contact the Installation Safety Office at 353-7085/7087

# Nutrition Corner: Nutrition 101

## Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

Coconut oil has been making a comeback in supermarkets all over the country. Despite coconut oil containing more saturated fat than butter and lard, advocates and companies claim coconut oil can help fight infection, build muscle, aid with weight loss, decrease abdominal fat and increase metabolism. With that and its cooking properties and flavor, it is no surprise the product has gained popularity, but what do the experts think?

The American Heart Association recommends choosing non-tropical vegetable oils for cooking because of the high saturated fat content in the tropical oils. In fact, they recommend that people who need to reduce their cholesterol consume less than five to six percent of their total daily calories from all sources of saturated fat, including coconut oil. Coconut oil does contain more medium-chain fatty acids that can raise HDL- cholesterol levels (the good cholesterol) but it can also raise LDL- cholesterol levels (the bad cholesterol).

According to Harvard University, coconut oil has a similar effect on blood lipids as butter. Coconut oil has a sweet, nutty flavor and can be used as a substitute

for butter in a vegan diet. If you use coconut oil, do so in small amounts. There is not enough research to support the fact that coconut oil is a more heart healthy option than butter and lard or that there are any benefits consistent with the health claims above.

Many of the health claims surrounding coconut oil are based on opinion and are not based on scientific evidence. It is always best to choose the oils found to be heart healthy and when consumed are much more likely improve blood lipid levels and support a healthy lifestyle – olive oil, sesame oil, flaxseed oil, peanut oil and grape seed oil. Do not forget the wonderful oils you get by consuming salmon, mackerel, avocados and nuts/seeds. You do not have to take coconut oil out of your shelf right away. It is ok to consume coconut oil, but like butter and high fat meats, do so in moderation.

### Recipe Spotlight:

Tofu Stir Fry  
Serves 4

### INGREDIENTS:

½ cup vegetable broth  
2.5 tablespoons soy sauce  
½ cup dry sherry or rice wine  
3 tablespoons corn starch

1.5 tablespoons sugar  
½ teaspoon crushed red pepper  
(1) 14 ounce package of extra-firm water-packed tofu  
¼ teaspoon salt  
2 tablespoons canola oil  
1 tablespoon minced garlic  
1 tablespoon minced fresh ginger  
6 cups broccoli florets  
3 tablespoons water

1) Combine broth, soy sauce, 1 tablespoon corn starch, sugar and red pepper in a small bowl and set aside

2) Cut tofu into cubes and pat dry, sprinkle with salt. Place the remaining cornstarch in a large bowl. Add the tofu, toss gently to coat. Heat 1 tablespoon oil in a large nonstick skillet or wok over medium-high heat. Add the tofu, cook until browned, about 3 minutes. Gently turn and cook, stirring occasionally, until browned all over two to three minutes. Transfer to plate.

3) Reduce heat to medium. Add remaining oil, garlic and ginger. Cook about 30 seconds. Add broccoli and water; cover and cook, stirring once or twice, until tender-crisp, about two to four minutes. Stir the reserved broth mixture and add to the pan. Cook until the sauce has thickened, one to two minutes. Return the tofu to the pan and toss to combine with the broccoli and sauce.

## MEDDAC Minute

### Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

#### PATIENT FAMILY PARTNERSHIP COUNCIL

Are you interested in having input into the operations at Medical Department Activity - Alaska? We are looking for Soldiers, Family members and retirees who are interested in having a voice by sitting on the Patient Family Partnership Council. Applicants must be willing to show concern for more than one issue or agenda and to be supportive of the mission of the hospital. Applications can be picked up at the front info desk at Bassett Army Community Hospital or Kamish Soldier Medical Clinic and must be returned by April 28. Please contact the patient advocate at 361-5291 for more information.

#### BREAST PUMPS

Do you, or will you soon, have a breastfeeding child at home? TRICARE Covers breast pumps and breast pump supplies at no cost to you. To receive your benefit, you must have a prescription from your provider and state which type of breast pump you need. For more information on coverage, go to [www.tricare.mil/breastpumps](http://www.tricare.mil/breastpumps).

#### LAB RESULTS

There is no need to call or come into Bassett ACH to get your lab results. By going to [www.tricare.mil](http://www.tricare.mil), you can get lab results, request medication refills, schedule appointments and more.

#### HELP US HELP YOU

Your feedback helps us to improve service. The Joint Outpatient Evaluation System is randomly

mailed to beneficiaries, and emailed to active duty, after appointments. Your response assists MEDDAC-AK leadership to improve your overall experience. Look for your envelope in the mail!

#### WALK IN CLINIC

Beneficiaries 18 and older can utilize the Walk-in Clinic Nurse option when needing to be seen for strep throat screening, urinary tract infection screening, pregnancy testing, blood pressure monitoring, suture removal, wart removal and sexually transmitted disease checks. The clinic is open 7:30 to 11:30 a.m. and 1 to 3:30 p.m., Monday through Friday. For more information, call 361-5833.

#### PATIENT TRAVEL

The expected turn-around time for vouchers to be approved for patients traveling for medical care outside of Fairbanks is two weeks. For patients who have vouchers outside of this two week window, please contact the patient administration department at 361-5001.

#### IMPORTANT PHONE NUMBERS

Emergency: 911  
24 Hour Nurse Advice Line: 1-800-874-2273 Opt. 1  
Appointment Line: 361-4000  
Behavioral Health: 361-6059  
Benefits Advisor: 361-5656  
Immunizations: 361-5456  
Information Desk: 361-5172  
Patient Advocate: 361-5291  
Pharmacy Refills: 361-5803  
Referral Center: 361-1810  
Tricare On-Line: [www.tricareonline.com](http://www.tricareonline.com)  
United Health Care: [uhcmilitarywest.com](http://uhcmilitarywest.com)  
1-800-988-9378

## CHAPLAIN

Continued from page 1

Samples escorted him to the behavioral health wing of Kamish Clinic, where the Soldier met with a provider and entered into an intervention program in Anchorage. Ultimately, Samples proved to be instrumental to saving the life of this Soldier, along with the lives of many others over his three years as a chaplain at Fort Wainwright.

Samples serves as the battalion chaplain for the 1st Battalion, 5th Infantry Regiment, a position he has held since he arrived to Alaska in 2016. He has had a long career in the United States Army, initially commissioned as an infantry officer in 2004, graduating from Ohio State University's ROTC program where he was named a Distinguished Military Graduate. He completed his initial assignment at Fort Drum, New York, transferred to the Texas Army National Guard in 2009, and began his seminary education in 2011.

Finally returning to active duty in 2016, he was assigned to the 1st Stryker Brigade Combat Team at Fort Wainwright. In this role, he has made a dramatic difference in the lives of the Soldiers of the Bobcat Battalion. Often regarded as among the best chaplains on Fort Wainwright, Samples' impact has never been limited to his battalion and his compassion has reached many outside of it.

On Dec. 12, 2018, a Soldier was walking down the road, making his way to the Bassett Army Community Hospital Emergency Room. Combating

a severe case of depression, the Soldier was struggling with a desire to end his life. Desperate for assistance of some kind with this internal struggle, he began to pray as he walked, begging for God to help him. A passing car slowed and stopped alongside him, offering a ride. To the Soldier, God answered his prayers with the very thing he needed in that moment: Chaplain Ryan Samples.

Samples stayed with the Soldier in the emergency room through his stay. In total, he was present for over five hours, extending well into the next morning. Without complaint, Samples was in his office for work that morning, despite spending his night caring for the hurting Soldier.

"The care that the Chaplain gave to him brought many of us to tears because he went above and beyond in caring for someone that he didn't even know," said Capt. Rachel Smith, who was on duty in the emergency department that night.

Andrea Urbach, a registered nurse at Bassett, offered her thoughts in a letter she wrote to Samples' supervisor. "He is always kind, always has a smile and is always a gentleman." She has seen Samples at work numerous times, calming a belligerent Soldier before the situation could escalate, driving a spouse home to Eielson Air Force Base in the early hours of the morning when no ride was available, and staying by the side of suicidal Soldiers, helping them through their difficult time. "He goes above and beyond to help not only his Soldiers, but any in need."

Smith agrees. "We need more people like him in the world."

## WASTE

Continued from page 1

Statistics, from the Environmental Protection Agency, show that only 20 percent of electronics are recycled and 80 percent end up in the landfills.

Let's all help the environment. With permanent change of station and Spring cleaning season upon us; bring your unwanted electronic waste to Earth Day, Thursday, April 18, from 8 a.m. to 3 p.m. at the Fort Wainwright Physical Fitness Center parking lot, building 3709, Meridian Road.

A truck and trailer, sponsored by Mainscape and Green Star of Interior

Alaska, will be accepting devices.

Items that are accepted: computers/laptops/servers, tablets and smartphones, ink toner/cartridges, printers/copiers, cords/cables, small household appliances, household batteries, TVs and monitors.

Items that are not accepted: CD/DVD/floppy discs, exit signs, light bulbs, smoke alarms, thermostats, vehicle batteries, vacuum cleaners, VHS/cassette tapes.

For more information, please call (907) 353-7627 or visit the recycling facility website at <http://www.co.fairbanks.ak.us/pw/Pages/CentralRecyclingFacility.aspx>.

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APRIL MONTH OF THE 2019 MILITARY CHILD

UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND  
[www.ArmyMWR.com/MOMC](http://www.ArmyMWR.com/MOMC)

U.S. ARMY

## ALASKA POST

The Interior Military News Connection

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# The Chaplain's Corner

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

“What is truth?” has been a hot topic of discussion on all media platforms recently. Humankind has wrestled with this question since... well, probably since there have been humans. It's a useful question insofar as a person is interested in using it to sharpen her or his ability to think critically. I'm less convinced of the question's utility when the purpose of an argument is merely to win the argument, rather than to elevate the conversation among all those on the journey toward “truth.”

In the *Phaedo*, one of Plato's most widely studied dialogues, he writes: “The partisan, when he is engaged in a dispute, cares nothing about the rights [truth] of the question, but is anxious only to convince his hearers of his own assertions.” I think Plato has the right of it.

I consulted a couple of dictionaries on their definition of truth. Webster's Ninth New Collegiate Dictionary lists

a number of definitions, no doubt owing to the complexity of the subject. Toward the bottom of the list is this definition: “truth is fidelity to an original or to a standard.” I like that definition. My old college Dictionary of Philosophy (Angeles, 1981) provides, unsurprisingly, several pages of different definitions and theories of truth.

Here's one definition: “The view that a statement (proposition, idea, thought, belief, opinion) is true if what it refers to (corresponds to) exists. That to which it truly corresponds is called a fact.” In other words, what is factual must also be true. By the way, one definition of fact according to Webster's is, “a piece of information presented as having objective reality.”

For those who consider themselves “Christian,” what does it mean to embrace “truth” as a people of faith? Faith has more to do with a trusting belief in what is not factual than with a demonstrable, objective reality. Which brings me back to that first definition of truth: “fidelity to a standard.” The hard

part for humanity, of course, is agreeing upon the standard. Generally speaking, however, Christians accept the Bible as the source of our standard for truth (not necessarily for what is factual).

In Paul's letter to the Ephesians, he describes believers who are mature in the faith as evidence of unity in the church. Consequently, mature Christians “will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.”

Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ” (Ephesians 4:14-15). Mature Christians continue their growth – and help others grow in faith as well – by speaking truth in love, not by verbally clubbing opponents into submission for the sake of proving a point. Speaking truth in love is the biblical standard to which Christians are faithful.



**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

## MOVE

Continued from page 1

The next step is to contact or visit the transportation office to ensure all preparatory steps were successful. By getting to the transportation office quickly, customers will have a better chance of scheduling the move convenient for them. Scheduling movers is done on a first come, first serve basis and during the peak season, there may be limited availability of packing and shipping dates.

After logging in or creating an account, service members can view customer satisfaction scores for moving companies.

On the day of the move, Soldiers, Civilians and Families should do the following:

- Refrain from scheduling other activities during moving days, as the packing and moving process can take the entire day. Make it your priority.
- Monitor how packers and movers are performing. If you have a question, call the transportation office. The Army is working to improve the HHG movement process by increasing the number of quality assurance inspections.
- Save the contact information for the moving company and quality assurance inspectors.
- Obtain a copy of the inventory and make sure to identify and annotate high-value items.
- A 24/7 U.S. Transportation Command toll free hotline will be operational and published in May for Soldier and Family HHG problem resolution.

Additional information and detailed tips can be found in “It's Your Move” located at [www.move.mil](http://www.move.mil).

### STORAGE OF HHG

After a Soldier's shipment arrives at destination they are authorized short term storage for 90 days. Short term storage provides enough time to secure a new home. If necessary, a Soldier can request an additional 90 days through the transportation office.

Long-term storage is authorized for overseas tours, retirement or separations, and training courses that are longer than 20 weeks. In some cases single Soldiers and dual military couples can use long-term storage during a deployment.

### MOVE ENTITLEMENTS

If conducting a first PCS move, moving to or from a foreign country, or making a final retirement or separation move, Soldiers must schedule a counseling appointment with the transportation office to review entitlements.

The moving process begins with orders, which identifies a Soldier's entitlements based on their rank, dependent status, basic information on their tour, and restrictions on what can be brought to the next duty station.

Rank, dependent status and sometimes location determine a Soldier's weight allowance. Soldiers are

responsible for staying within that weight allowance. If the shipment weight is close to their weight allowance, the Soldier can request a reweigh at destination with the transportation office.

Professional books, papers and equipment, also known as pro-gear, is defined by the Joint Travel Regulations as items needed for the performance of official duties.

The maximum weight authorization for pro-gear, regardless of rank, is 2,000 pounds. Spouses may request an additional weight allowance up to 500 pounds if the pro-gear is required for employment or community service. Pro-gear does not include homeschooling supplies.

A spouse's pro-gear request must be submitted to the transportation office for approval before the scheduled pick up. Before a Soldier's pack and pick-up date, they should separate all their pro-gear from HHG, as it must be weighed separately and annotated on the inventory sheets.

If a Soldier's HHG is not picked up or delivered on the agreed upon dates, he/she can file an inconvenience claim with the moving company for out of pocket expense supported by paid receipts. Soldiers can contact their transportation office for additional information.

### PERSONALLY PROCURED MOVE – ALSO KNOWN AS DO-IT-YOURSELF MOVE – NOT APPLICABLE FOR CIVILIANS

Soldiers must obtain PCS orders before they are authorized to conduct a PPM or DITY move.

Before conducting a PPM or DITY move, Soldiers must receive counseling and approval from their transportation office. Soldiers will have the option of moving HHG with a personally owned vehicle, rental truck or hiring a commercial moving company, but all methods require full and empty weight tickets.

Upon move completion, a Soldier must submit receipts, weight tickets and contracts. All paperwork must be dated after the published date of their orders, or they will not be reimbursed. Additionally, taxes and insurance are non-reimbursable for equipment rental contracts and receipts.

As an incentive, the Soldier receives 95 percent of the maximum amount that the government would pay to have the HHG moved. If it costs less for Soldiers to move personal property themselves, they will keep the difference. This incentive is based on the weight that a Soldier transports, not to exceed their authorized weight allowance.

The PPM or DITY estimator tool, found on [www.move.mil](http://www.move.mil), under the helpful links section, calculates an estimate of the maximum amount that the government would pay to have a member's HHG moved.

### FINAL STEP

Once any move is complete, Soldiers should complete the online customer satisfaction survey to rate the moving company. The survey rating results keep the moving companies accountable; it helps everyone

## 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](mailto:john.b.humelsine.mil@mail.mil).

in the moving process - the Army, personal property offices, moving companies and U.S. Transportation Command – improve the process for the Soldier and Civilian.

A list of customer satisfaction survey scores for all moving companies are on the Defense Personal Property System customer landing page, accessed via [www.move.mil](http://www.move.mil).

If a Soldier cannot complete the survey, the U.S. Transportation Command Help Desk should be contacted at 1-800-462-2176. After dialing the toll-free number, Soldiers should select option 5 and option 1.

“The Army is fully committed to improving customer satisfaction by sharing proactive tips which empowers Soldiers and their Families with information needed to influence a successful PCS moving experience.”

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# Policy change allows Soldiers to seek voluntary alcohol-related behavioral healthcare

Tanya Schusler  
Army Medicine

With the signing of a directive by Army Secretary Mark T. Esper on March 25, U.S. Army Soldiers can voluntarily seek alcohol-related behavioral healthcare without being mandatorily enrolled in a substance abuse treatment program. This policy encourages Soldiers to take personal responsibility and seek help earlier, therefore, improving readiness by decreasing unnecessary enrollment and deployment limitations.

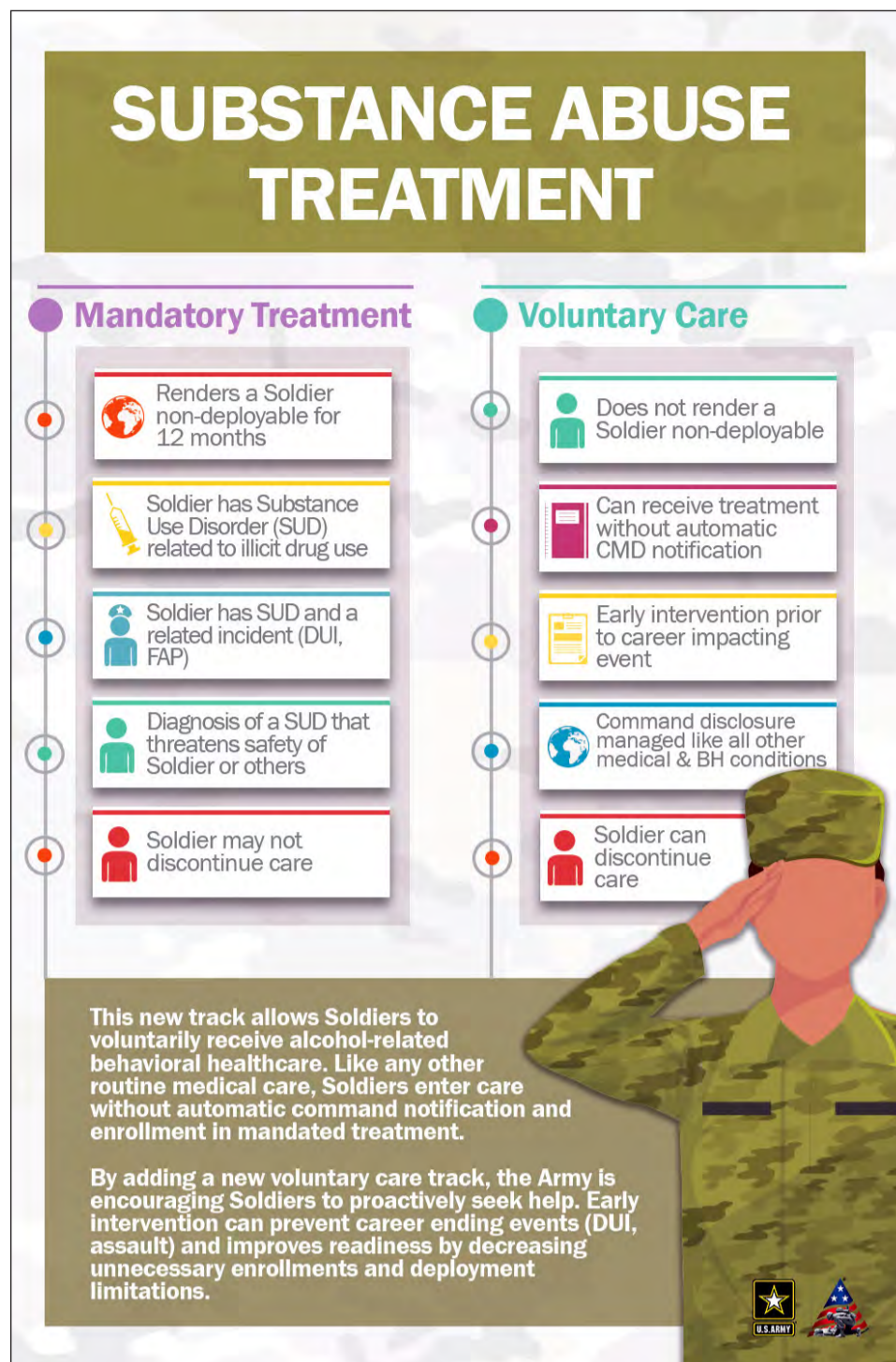
The directive's goal is for Soldiers to receive help for self-identified alcohol-related behavioral health problems before these problems result in mandatory treatment enrollment, deployment restrictions, command notification and negative career impact.

"This is a huge historical policy change that will address a long standing barrier to Soldiers engaging in alcohol-related treatment," said Jill M. Londagin, the Army Substance Use Disorder Clinical Care Program director. "Alcohol is by far the most abused substance in the Army. Approximately 22 percent of Soldiers report problematic alcohol use on Post Deployment Health Reassessments.

However, less than two percent receive substance abuse treatment. This is due, in part, because historic Department of Defense and Army substance abuse treatment policies and practices discouraged Soldiers from self-referring for alcohol abuse care."

Substance Use Disorder Clinical Care providers are now co-located with Embedded Behavioral Health teams across the Army. "SUDCC providers being integrated into our EBH teams allows for more seamless, holistic, far-forward care than we have ever been able to provide in the past," said Dr. Jamie Moore, Embedded Behavioral Health clinical director.

The directive creates two tracks for substance abuse care: voluntary and mandatory. Soldiers can self-refer for voluntary alcohol-related behavioral healthcare, which does not render them non-deployable and doesn't require command notification like the mandatory treatment track does.



U.S. Army Soldiers can voluntarily seek alcohol-related behavioral healthcare without being mandatorily enrolled in a substance abuse treatment program. This policy encourages Soldiers to take personal responsibility and seek help earlier, therefore, improving readiness by decreasing unnecessary enrollment and deployment limitations. (Photo by Rebecca Westfall, Army Medicine)

Soldiers enter mandatory substance use disorder treatment if a substance use-related incident occurs, such as a driving under the influence violation. Under the voluntary care track, treatment is not tied to a punitive

process, and is a choice a Soldier can make before a career impacting event occurs. Soldiers in the voluntary care track may discontinue care at any time and can also choose to reenter care at any time.

The treatment process begins when a Soldier notices signs of alcohol misuse, which may include frequently drinking in excess, engaging in risky behavior, such as drunk driving, lying about the extent of one's alcohol use, memory impairment or poor decision-making. Next, the Soldier self-refers to Behavioral Health for an evaluation. The provider and the Soldier will then develop a treatment plan directed at the Soldier's goals.

The length of treatment will be based on the Soldier and his or her symptoms. HIPPA privacy laws require that Soldiers' BH treatment remains private unless they meet the command notification requirements in DoDI 6490.08, such as harm to self, harm to others, acute medical conditions interfering with duty or inpatient care.

"Only those enrolled in mandatory substance abuse treatment are considered to be in a formal treatment program," Londagin said. "Self-referrals that are seen under voluntary care are treated in the same manner as all other behavioral health care."

The previous version of the substance abuse treatment policy, Army Regulation 600-85 (reference 1f), required all Soldiers to be formally enrolled in a substance abuse treatment program just to seek assistance, which discouraged Soldiers from seeking help early.

"The policy also limited the number of enrollments permitted during a Soldier's career, preventing the Soldier from seeking more support at a later date without risk of administrative separation," Londagin said.

"During a pilot phase, 5,892 Soldiers voluntarily received alcohol-related behavioral health care without enrollment in mandatory substance abuse treatment," said Londagin. "This supports our efforts to provide early treatment to Soldiers prior to an alcohol-related incident and has led to a 34 percent reduction in the deployment ineligibility of Soldiers receiving care."

"Early intervention for alcohol-related behavioral health care increases the health and readiness of our force and provides a pathway for Soldiers to seek care without career implications," said Londagin.



Float down the Chena River with Outdoor Recreation!

Find out more at [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)

# Fort Wainwright Family & MWR

## Weekly Events

### April 5 - 12

**5** Youth Sports Registration  
April 5  
8 a.m. to 5 p.m.

It is not too late to sign your kid up for Youth Sports! Registration for the summer sports season has been extended to April 15th. Many team and individual sports are available for children between the ages of three and eighteen. Summer sports include T-Ball, Baseball, Softball, Track & Field, Swimming, and Archery.

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

**7** Family Fun Day  
April 7  
12:00 to 6:30 p.m.

Head on over to Nugget Lanes Bowling Center every Sunday for Family Fun Day with family and friends! For forty dollars, you get ninety minutes of bowling, six shoe rentals, a one-topping pizza, and a pitcher of soda.

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

**11** Lego Club  
April 11  
4:30 to 6 p.m.

There is nothing worse than stepping on Legos in the middle of the night. Avoid the pain and join the Lego Club! It meets every Thursday at the Last Frontier Community Activity Center. All ages are welcome. There are Duplo Legos available for the younger kids.

Last Frontier Activity Center, building 1044  
Call 353-7755

**11** Intro to Belay Class  
April 11  
5:30 to 7:30 p.m.

Get ready for summer climbing and learn the basics of belaying. This class is a requirement prior to using the top ropes on the Indoor Climbing Wall at Outdoor Recreation. This class is held every Thursday at Outdoor Recreation.

Outdoor Recreation, building 4050

*Easter* 

# EGG-STRAVAGANZA

*April 20<sup>th</sup>, 2-5 p.m.*  
LAST FRONTIER COMMUNITY ACTIVITY CENTER

-  *Easter egg hunt*
-  *Bounce houses*
-  *Free pictures with the Easter Bunny*

**REGISTRATION ENCOURAGED!**  
Last Frontier Community Activity Center  
1044 Apple Street (907) 353-775  
[www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)  
#WainwrightMWR #WainwrightLFCAC #WainwrightLFCAC

# History Snapshot: Brig. Gen. Dale Gaffney

U.S. Army Garrison Alaska Cultural Resources Program

Brig. Gen. Dale V. Gaffney's career was closely tied to the development of Ladd Field. He arrived with the first survey crews and witnessed the airfield's growth, from a small test station in 1939 into a large Cold War air defense base 10 years later. Ladd Fields' growth paralleled Gaffney's own rise in the ranks from major up to brigadier general. Known to some as the "Screaming Eagle of the Yukon," Gaffney served as the commander of the Cold Weather Test Detachment and Ladd Field for most of the period between 1940 and 1943. He then became the commander of the Air Transport Command's Alaskan Wing from 1943 until the end of the war. Gaffney returned to Ladd Air Force Base in 1948 as base commander and died in 1950. According to Capt. Clyde Sherman, Gaffney was a "fine fellow to work with; he could talk to you, and he didn't think he knew it all about this country."



(File photo)

## ACOE

Continued from page 1

The 1st Mission Support Command, Fort Buchanan, Puerto Rico, is the silver winner in the Army Reserve category. The 416th Theater Engineer Command, Darien, Illinois, received honorable mention.

Fort Stewart and Hunter Army Airfield will represent the Army in competition with other military services for the Department of Defense Commander in Chief's Annual Award for Installation Excellence, which recognizes outstanding efforts in the operations and maintenance of U.S. military installations.

Effective with the 2019 ACOE Award winners, leaders will conduct local ceremonies instead of conducting a ceremony in the Pentagon. Local award ceremonies include broader participation and recognition of those who contributed to the excellence of the installation.

The Army Communities of Excellence program recognizes performance excellence in installation management. The program highlights continuous business process

improvement, individual innovation, groundbreaking initiatives and dedication to efficiency, effectiveness and customer care. These efforts directly affect the quality of support to Soldiers, Families, Civilian employees and retirees on Army installations.

The ACOE program uses the Malcolm Baldrige National Quality Program Criteria for Performance Excellence – an internationally recognized integrated management system – to evaluate the competing installations. The criteria are the basis for performance excellence recognition programs worldwide and in federal agencies including the U.S. Army, the Department of Veterans Affairs and the U.S. Coast Guard. Participants are judged against this common standard and not against each other.

The ACOE program supports reform by using a holistic approach emphasizing the alignment of business operations using an Integrated Management System. The system is tailored for today's Army installations to enhance efficiencies, innovation, sustainability and continuous process improvement in providing community members excellent services and facilities in a quality environment.

## Nation recognizes Vietnam Veterans in annual observance

David Vergun

National Vietnam War Veterans Day observances took place across the nation, including at the Vietnam Veterans Memorial in Washington, March 29, 2019.

At "The Wall," as it's commonly called, a number of veterans were awarded Vietnam Veteran lapel pins by Kim Joiner, the acting principal deputy assistant to the secretary of defense for public affairs, on behalf of the Defense Department. Joiner also participated in a wreath-laying event at the memorial.

One of the veterans being honored was Duery Felton Jr., who served in the Army in Vietnam from 1966 to 1967.

were in college with him, and he said he noticed a high level of maturity these veterans displayed compared to the other students. Vietnam had that positive effect as well, he noted.

### COMMITTED TO HEALING

Gary Tallman, executive director of VA's Office of Public and Intergovernmental Affairs, also attended the event. He said VA is committed to helping veterans to heal and "is proud to partner with DOD for this noble mission to support communities – large and small alike – throughout the nation to thank and honor thousands of Vietnam veterans and their Families."

During this, the second anniversary of National Vietnam



The Vietnam War Memorial in the nation's capital was the site for a wreath-laying event to observe the second anniversary of Vietnam Veterans Day, March 29, 2019. (Photo by Sgt. Amber I. Smith)

He was just 19 when he got to Vietnam after being drafted. "Vietnam stole my youth," he said, adding that he has mixed feelings about his experiences there.

He was a radio telephone operator in the 1st Infantry Division with the rank of specialist 4.

The moment that stands out most in his mind, he said, is when his platoon was ambushed. During the ensuing firefight, he said he lost many comrades, all of whose names are inscribed on The Wall that he now stood beside.

During monsoon season in another firefight, he remembered rivulets of rainwater turned red from the blood.

Before returning home, Felton said, his leaders warned him not to wear his uniform in public because of the war protesters and the harm that might come to him. "Coming home was a culture shock," he added.

After returning home, Felton used his G.I. Bill to go to college. A number of other Vietnam veterans

War Veterans Day, VA and DOD are supporting more than 1,600 similar events in many states across the nation, he noted.

Joiner said it was a great privilege to attend the event to honor those who served during Vietnam and those who serve today. "It's important we recognize their sacrifices, and it's important we keep our commitments to those who answered the call to arms," she said.

On March 28, 2017, President Donald J. Trump signed into law The Vietnam War Veterans Recognition Act of 2017, establishing The National Vietnam War Veterans Day, now celebrated each year on March 29.

The recognition is extended to men and women who served on active duty in the U.S. armed forces from Nov. 1, 1955 to May 15, 1975, whether in peacetime or war. Nine million Americans – about 6.4 million of them living today – served during that period.



**USAG Alaska Storm Water Steering Committee**  
Invites you to:  
**SWSC Meeting #3**  
**Wednesday, April 10, 2019**  
**10:00 am to 11:00 am**  
**Building 3023 DPW Environmental Division Conference Room**  
**Conference call-in: (907) 384-5748**

**The SWSC is a requirement of Fort Wainwright's Municipal Separate Storm Sewer System (MS4) permit.**

**Public Involvement and Outreach is a key component of keeping water at Fort Wainwright clean and healthy!**

**COMMITTEE GOALS:**

- Minimize pollution
- Provide input for storm water program
- Cooperate in storm water management

For more information, visit: <https://www.wainwright.army.mil/index.php/about/environmental/compliance/storm-water> Or contact the DPW Environmental Water Program at 907-361-6220.

**We want to hear from YOU!**

## Scientist joins Soldiers to study cold weather gear in the Arctic

**Mallory Roussel**

U.S. Army Research Institute of Environmental Medicine

There are very cold environments and then there is Arctic cold.

In the Arctic, a single mistake or mishap may be only minutes from disaster. A lost glove system, an ignored cold foot, heavy sweating from overexertion without clothing management or a skidoo accident can result in rapidly progressing injury without hope for a quick evacuation to warmer surroundings or even cover from wind in a tree line.

“A military mission in the Arctic involves more than just survival,” said Dr. Karl Friedl, senior research scientist for physiology, from the U.S. Army Research Institute of Environmental Medicine, or USARIEM. “Agile performance requires a high level of preparation and training, as well as every advantage that the Army research community can provide.”

Friedl added that the best way to find out what Soldiers need to fight and win in the unforgiving cold is to experience the cold first-hand and learn from cold-dwelling experts.

Last month, Friedl had that opportunity when he joined a small team of cold-experienced Soldiers from the Vermont Army National Guard on a Guerrier Nordic field training exercise, which was under the leadership of the 35th Canadian Brigade Group. Researchers from the Combat Capabilities Development Command Soldier Center, or CCDC SC, and Defense Research and Development Canada-Toronto, or DRDC-Toronto, also accompanied the field exercise in order to test new protective clothing concepts and equipment.

“I was privileged to accompany the U.S. and Canadian Soldiers to the Arctic as a ‘fusilier,’ or rifleman, in the second platoon, in order to gain first-hand understanding of the performance challenges that might be addressed by Army researchers,” Friedl said. “It was also an opportunity for me to learn from the native cold dwellers, the Canadian Inuit rangers, who accompanied and guided the exercise.”

Friedl noted that the Inuit use modern technologies where they provide an advantage. Skidoos and GPS

systems have replaced traditional sled dogs and navigating by the terrain and stars. Yet, the protective clothing they have worn for centuries, particularly the mittens, animal fur and tight-fitting hoods of their anoraks, remains unchanged.

Clothing is not only the component Inuit rangers use to stay warm. They have also retained their traditional dietary preferences, especially seal, caribou and Arctic char. According to Friedl, the rangers assert that nutrition is just as essential as clothing when it comes to performing in extreme cold conditions. Friedl noted that more research is needed to address U.S. Soldiers’ nutrition and hydration needs in the cold.

third generation Extended Climate Warfighter Clothing System, or the Gen III ECWCS, which consisted of seven layers of protective clothing. Their Inuit partners wore fewer layers. Friedl noted that the Inuit are an extreme example of people who have learned how to be “comfortably cold.”

“The Inuit possibly have an upregulated metabolic response from living in the cold,” Friedl said. “This provides them advantages such as improved manual dexterity, due to having increased blood flow in the hands. Since they are not restricted by multiple layers and complex clothing systems, they have a reduced energy cost. Some of these advantages may also be due

to genetic adaptations, such as having higher layers of brown fat, which helps keep the body warm, and is stimulated by cold. But this postulated difference has not been studied.”

Military operations require teams that have mastered survival and can perform with agility in unpredictable weather and mission conditions. Arctic operations, in particular, require an experienced team with skill, confidence and motivation. Friedl said the Vermont Army National Guard is such a group due to their extensive experience in Arctic operations.

Behind every Arctic Soldier, there is a team of Canadian and U.S. Army researchers who are collaborating to enhance Soldier lethality in the Arctic while ensuring Soldiers will safely come home.

“There are several lessons the U.S. Army can learn from the Canadian Inuit rangers in order to be a lethal Arctic force,” Friedl said. “Some aspects of the Inuit advantage, particularly clothing systems, thermogenic rations and metabolic responses, may be modifiable for the U.S.

Army. Most importantly, the role of great leadership and preparation in such an unpredictable environment, as well as learning how to be comfortably cold, is vital to success.

“USARIEM’s cold research team has been extensively collaborating with the CCDC SC and DRDC-Toronto in order to evaluate and develop predictive models for cold weather clothing systems.

USARIEM is also leading a research effort in developing a forearm heating device that could be used in future clothing systems. With these research labs working together, the U.S. Army Arctic task force is heading in the right direction.”



During an Arctic field training exercise led by the 35th Canadian Brigade Group, the team, including two squads of U.S. Soldiers from the Vermont Army National Guard, halt as they await orders to establish camp near Resolute, Nunavut, Canada. Daily temperatures, before correcting for wind chill, typically hover at minus 40 degrees Fahrenheit. (Photo by Dr. Karl Friedl, U.S. Army Research Institute of Environmental Medicine)

“On rest stops during the Arctic exercise, plain hot water from a thermos never tasted so good,” Friedl said. “Maintaining hydration is one of the many challenges Soldiers face during Arctic operations, both because canteens sometimes freeze and because the cold actually suppresses thirst. Thermogenic dietary components – food that helps your body produce heat – will also be further investigated as a potential performance enhancer.”

The U.S. and Canadian squads established camp near Resolute, Nunavut, Canada, where daily temperatures (minus the wind chill) typically hovered at minus 40 degrees Fahrenheit. U.S. Soldiers bundled up in the