

ALASKA POST FREE

an edition of the
DAILY NEWS - MINER

The Interior Military News Connection

Vol. 10, No. 21

Fort Wainwright, Alaska

May 31, 2019

Remembering those who sacrificed for America

Jim Garamone
Defense.gov

When Jane Horton hears someone say “Happy Memorial Day,” it makes every one of her nerves stand on end. “That’s not what the day is about,” the Defense Department’s senior advisor for Gold Star and surviving Family members matters.

Sure, Memorial Day marks the traditional beginning of the summer vacation season. The three-day weekend involves picnics and barbecues and family trips, but it is also about acknowledging the debt Americans owe those who died to protect the country.

“There is this one special day each year called Memorial Day, and that is the day to remember the fallen and those who have made the ultimate sacrifice,” Horton said.



Memorial Day marks the traditional beginning of the summer vacation season. The three-day weekend involves picnics and barbecues and family trips, but it is also about acknowledging the debt Americans owe those who died to protect the country. (Photo courtesy of Defense.gov)

See **MEMORIAL DAY** on page 3

Remembering Capt. Bassett and the Battle of Attu

Brandy Ostanik
Medical Department Activity – Alaska, Public Affairs

The hospital on Fort Wainwright has not always been Bassett Army Community Hospital. In fact, when the original hospital was opened in 1953 it wasn’t even an Army Hospital. It wasn’t until January 1961 that Ladd Air Force Base was transferred to the Department of the Army and the installation was named Fort Wainwright.

April 10, 1963, the hospital was rededicated as Bassett Army Hospital in honor of Capt. John Winfield Bassett.

Earlier this week, Medical Department Activity – Alaska remembered Capt. Bassett on the 76th anniversary of his death.



Capt. John Winfield Bassett died May 29, 1943 defending his aid station from a Japanese attack on the island of Attu in the Aleutian Chain. In 1963 the hospital on Fort Wainwright was rededicated as Bassett Army Hospital in honor of his heroism. Bassett was posthumously awarded the Purple Heart and the Silver Star for heroism in the face of the enemy for his part in defending his patients during an attack by Japanese soldiers on the island of Attu in the Aleutian Chain. (Courtesy photo)

Capt. Bassett was educated at the University of Southern California, where he received his Doctor of Medicine degree; he entered service in January 1941 as platoon leader, Clearing Company, 7th Medical Battalion, 7th Division at Fort Ord, California.

In June 1942, six months after Pearl Harbor, a Japanese offensive with 2,600 soldiers captured Attu, a small remote island on the western tip of the Aleutian Chain that was inhabited then by 42 Aleut natives, a school teacher and her husband.

May 11, 1943, a cloudy, wind-swept morning, Americans launched a campaign to recapture Attu. U.S. infantrymen dug in May 28, feeling confident the following day would see the end of the Japanese occupation.

The American assault was successful, and only 800 Japanese troops remained, trapped in a box canyon.

The U.S. forces were surprised, however, when, on the morning of May 29, the enemy troops launched a last-ditched effort and successfully overran the advance aid station commanded by Bassett. The Japanese soldiers stormed through the aid station, killing wounded Soldiers.

Bassett organized the medics and walking wounded into a makeshift army to ward off the attack. Despite his efforts, Bassett was shot and killed.

Bassett’s acts of heroism were immediately recognized by the U.S. Army and he was posthumously awarded the Purple Heart and the Silver Star for heroism in the face of the enemy.

A small tribute to Capt. Bassett remains in the lobby of BACH as a reminder of his service to our country and his acts of bravery.

Gen McConville confirmed as next chief of staff, ‘people’ to be his top priority



Army News Release

The No. 1 priority for the next Army chief of staff will be people, whom Gen. James C. McConville says are the Army’s greatest strength.

“Winning requires unit cohesion, a cohesion built on a foundation of trained, disciplined, and fit Soldiers who treat each other with dignity and respect,” McConville said, May 2, at his confirmation hearing.

On May 23, senators agreed and confirmed McConville to be the Army’s top officer, a position he said will allow him to ensure the service remains the most lethal and decisive land force in the world.

See **MCCONVILLE** on page 2

CID warns Army community about social media impersonation of Soldier accounts

U.S. Army Criminal Investigation Command

websites and Soldiers’ personal social media sites, then prey on vulnerable people’s trusting nature and willingness to help the Soldier.”

U.S. Army Criminal Investigation Command’s Computer Crime

Investigative Unit is once again warning Soldiers and the Army community to be on the lookout for “social media scams” where cybercriminals impersonate service members by using actual and fictitious information, not just for “trust-based relationship scams,” also known as romance scams, but for other impersonation crimes such as sales schemes and advance fee schemes.

“By monitoring your social media identity, you can protect your Army Family and your reputation,” said special agent Marc Martin, deputy director of operations for CCIU. “The criminals will use factual data from official



Frequently, CID receives notifications from individuals stating they were scammed online by someone claiming to be a Soldier, but in reality it was an online scammer who has used an unsuspected Soldier’s name and available social media photos to commit a crime.

No one is immune from becoming a victim. Scammers steal the identity of senior officers, enlisted personnel, contractors and Civilians. Scammers, using this information from legitimate profiles, will capitalize on the trustworthy reputation of individuals associated with the Army.

See **CID** on page 7

Soldiers – Want to be heard? Take our survey

June 1-30

<https://go.usa.gov/xmdZz>

The Army Public Health Center’s Behavioral and Social Health Outcomes Practice and your senior leadership are interested in your thoughts regarding life at Fort Wainwright, Alaska.

WEEKEND WEATHER

Friday



Light showers, with a high of 63 and a low of 50 degrees.

Saturday



Showers, with a high of 56 and a low of 46 degrees.

Sunday



Partly cloudy, with a high of 68 and a low of 47 degrees.

COMMUNITY ACTION COUNCIL

The Fort Wainwright Community Action Council is slated to take place next Wednesday, June 5, 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: Did you know

Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

Vegetables are a crucial component of a nutritious diet. These colorful plants add vitamins, mineral, antioxidants, fiber and vital macronutrients to our plates. Additionally, when we make more of our plate full of vegetables, we reduce our intake of less healthy foods, and lower the amount of total calories, cholesterol, saturated fat and sodium that we get from our meals. Thus, better health!

To top it all off vegetables can be a delicious and aesthetically pleasing part of any dish. Research shows that, while higher intakes of vegetables can independently reduce risk of chronic disease, over 85 percent of Americans do not meet basic daily recommendations for this food group. Now is the perfect time of year to make sure you're not on the losing side of this statistic; go try some local "Alaska Grown" vegetable options.

For more information about vegetables and nutrition, including appropriate portion sizes, and recommended servings per day based on age/activity level visit: <http://www.choosemyplate.gov/> and to find out more about local produce or even start your own vegetable garden that suits the interior Alaska climate check out this guide: <https://www.uaf.edu/files/ces/publications-db/catalog/anr/HGA-00030.pdf>

Featured Food:

Onion! This plant is grown in hundreds of varieties and many different climates around the world. It is versatile, and an asset in a wide range of cuisines. The edible part of a common onion, also called a bulb onion, is actually a collection of fleshy leaves that fold onto each other in an alternating pattern and create the mature onion. Onions can be harvested and stored over long periods, making them a convenient product in the kitchen. Onions vary in flavor, color and size. They can have sweetness to them, but typically onions are more pungent and used in savory dishes.

Recipe Spotlight:

Vegetable Kabob! The term 'kabob' in English typically refers to a variety of meats and/or vegetables cut into cubes, skewered and cooked on a grill. There are many different styles and cultural adaptations of this cooking method that originated in prehistoric times. The great thing about a 'kabob' is that, if you have a grill and a skewer, really anything goes.

Preparation:

Gather a variety of your favorite flavorful and colorful vegetables from your garden or the market.

Cut them into one inch by one inch cubes.

Put the cubes into a large metal bowl.

Drizzle a small amount of olive oil and sprinkle with light seasoning; toss until evenly coated.

Arrange the pieces onto the skewer one-by-one, balancing the different ingredients equally among the desired number of skewers.

Grill on medium heat until soft. Serve immediately.

MEDDAC Minute

Brandy Ostanik

Medical Department Activity – Alaska, Public Affairs

SPORTS AND SCHOOL PHYSICALS

Beat the summer and fall rush for sports and school physicals. Our first physicals clinic of the year for youth ages 3 to 18 will be held June 12 from 4 to 6 p.m. at Bassett Army Community Hospital. Appointments are required! Call 361-4000 to schedule your appointment today.

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.

ICE SYSTEM HELP

When filling out an Interactive Customer Evaluation Form, leaving contact information is optional. However, many times, when an issue is an easy fix, giving us a name and number would allow us to reach out and remedy the situation for you quickly.

MEDICAL HELP 24/7

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.

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



AFTER 5 BOUTIQUE

FORMAL WEAR TO SHARE.

The After 5 Boutique is a free formal gown lending closet located in the ASYMCA Office at 1047 Nysteen Road, Suite #4 on Ft. Wainwright.

As one of our fastest-growing services, the After 5 Boutique loans out dresses in various styles and sizes to fit all ages and body types from petite to plus. The After 5 Boutique also stocks a limited supply of accessories to complete your ensemble, ensuring that your date, event, or formal occasion is truly special.

Armed Services YMCA of Alaska

PO Box 35065 | Ft. Wainwright
Mon - Fri: 0800 - 1700
T 907.353.5962
E fairbanks@akasymca.org
W www.asymca.org/alaska



Terms: Dress loans are free and must be returned no later than two weeks after the event. Dresses must be professionally dry cleaned or we offer a one-time \$25.00 fee to cover cleaning.

MCCONVILLE

Continued from page 1

"I am grateful for the opportunity to serve as the next chief of staff of the Army," he said after the announcement. "I look forward to the honor of having another opportunity to lead the Soldiers, Civilians and Families serving our nation's Army."

A senior aviator who has qualified on several helicopters, McConville was the vice chief of staff under Gen. Mark A. Milley, who has been nominated for chairman of the Joint Chiefs of Staff.

Prior to his assignments to the Pentagon as the Army's G-1 (personnel) and chief of legislative liaison, McConville was the longest serving commander of the 101st Airborne Division (Air Assault).

"General McConville is an extremely accomplished Army officer, and I'm supremely confident in his abilities as the next Chief of Staff," said Secretary of the Army Mark T. Esper. "He has played an instrumental role in almost every major decision the Army has made since becoming the Vice Chief of Staff and is the perfect leader

to carry on our mission of preparing the Army for the future."

In his hearing before the Senate Armed Services Committee, the general said he is committed to eradicating sexual assault and harassment among the ranks, reducing suicides, and making sure Families have quality housing, healthcare and childcare.

"The Army expects a lot from their Soldiers and Families, and really to maximize the readiness of our Soldiers, they must know that the Army is caring for their Families," he said.

With 37 years of service, McConville also stressed the Army faces a critical point as it shifts from irregular warfare to great power competition.

"We will win by aggressively pursuing our priorities of readiness, modernization and reform," he told lawmakers.

Among the Army's six modernization priorities, McConville highlighted long-range precision fires as a key to gaining overmatch against near-peer competitors.

An extended-range cannon that can shoot rounds at least 70 kilometers is being developed, he said, as well as a precision strike missile and a strategic long-range

cannon and hypersonic missiles.

"Future chiefs will no longer have to say that they are outgunned or outranged as we go into the future," he said.

Modernization efforts, he added, will not only be about new equipment, but also implementing the multi-domain operations concept and a new talent-management system.

He said being part of a joint force, the Army can also effectively deter Russia and China, the two largest threats mentioned in the National Defense Strategy.

"The way we do that is working with our partners and allies," he said, "and also having forces present or an ability to react to any type of malicious behavior."

At the start of the hearing, McConville recognized his wife, Maria, a former Army officer herself, whom he said is responsible for all of his success.

"She is the foundation and strength of our Family," he said. "She often says to me, 'don't thank us for our sacrifice, thank us for our commitment.' And I want to thank all of the spouses for their commitment in serving."

The couple has three children – all now serving as officers in the Army.

YOUTH SPORTS & FITNESS PRESENTS

ADVENTURE CAMP

JUNE 17- 20 // JULY 15 - 18
IT'S TIME TO EXPLORE!

Get outside with rock climbing, biking, disc golf, archery tag, and rafting!
The camp meets 12-3 p.m., and is just \$55 per child, ages 7-18

WWW.WAINWRIGHTARMYMWR.COM

For more information, contact Youth Sports & Fitness at (907) 353-7482
To register, contact Parent Central Services at (907) 353-7713

www.wainwright.armymwr.com
@WainwrightMWR #WainwrightCYS #WainwrightYouthSports

ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF

Garrison Commander
Col. Sean Fisher

Public Affairs Officer
Grant Sattler

Command Information/New Media
Brady Gross

Community Relations/Media Relations
Eve Baker

Staff Writer/Editor
Daniel Nelson

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

The ALASKA POST – The Interior Military News Connection

The Chaplain's Corner

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

A 21 year old college student died last week while attempting to take a selfie on the edge of a steep cliff along the Oregon coast. Her death is only the most recent in what has already proven to be a deadly year for those seeking the perfect photograph for their social media posts. Reporting for USA Today, Dalvin Brown states: "Every month in 2019 so far, someone has been critically injured or died while attempting to take a selfie. ... Researchers at the All India Institute of Medical Sciences in New Delhi found 259 people died while attempting to take a selfie between October 2011 and November 2017. Deaths rose from two reported in 2011 to 98 in 2016. The number of selfie deaths last year dipped to 93, the study said." (www.usatoday.com/story/tech/2019/05/22/why-you-take-selfies-and-how-its-dangerous/3691366002)

According to the Encyclopedia Britannica, Narcissus, in Greek mythology, was exceptionally beautiful. His mother was told by a blind seer that Narcissus would have a long life provided he never recognized himself. However, as a consequence of angering the gods, Narcissus saw his beauty reflected in a pool of spring water and subsequently died for having fallen in love with his reflection. The myth is the source of the word "narcissism," defined by the Cambridge Dictionary as: "too much interest in and admiration for your own physical appearance and/or your own abilities." Does this mean anyone who takes a selfie is a narcissist? Absolutely not. However, when one makes a risky choice to circumvent safeguards meant to protect the public in order to snap an extreme selfie, narcissistic habits are clearly suspect. And as the myth of Narcissus and the selfie statistics teach, excessive love of self can be deadly.

Paul's words in 2 Corinthians

3:18 as translated by the Jerusalem Bible stand in contrast to the myth of Narcissus: "And we, with our unveiled faces reflecting like mirrors the brightness of the Lord, all grow brighter and brighter as we are turned into the image that we reflect; this is the work of the Lord who is spirit." Paul intentionally recalls the experience of Moses on Mount Sinai who saw God and then whose face reflected God's glory so brightly he had to wear a veil. In the same way that Moses' face shown after beholding God, our unveiled faces should reflect God's glory like a mirror reflects the sun. But this is only possible when we look at God, not ourselves.

Narcissus fell in love with his own reflection and died. Christians fall in love with God whose image we reflect and live. So, who are you reflecting? Are you a camera lens who takes selfies reflecting your own image? Or are you a mirror, growing more and more into the image of God whom you reflect?



Chaplain (Lt. Col.) Paul Fritts

The Fort Greely Chapel community is a traditional, protestant Army chapel service meeting on Sundays at 10 a.m. with a weekly Communion observance. Interested? Please call 907-873-4397 or "Like" our chapel Facebook page at www.facebook.com/FGAChapel.

For God and Country,
Chaplain Fritts

MEMORIAL DAY

Continued from page 1

Memorial Day is a time for Americans to reflect on the sacrifices of so many to secure the country and protect its citizens. Since the country was founded, well over 1 million Americans died in the nation's wars. Service members are still in harm's way in Afghanistan, Iraq and Syria.

Memorial Day grew out of the carnage of the Civil War, when more than 600,000 Union service members died giving the nation, as President Abraham Lincoln said, a "new birth of freedom." After such an overwhelming loss, Americans in the North and the South remembered those killed.

Arlington National Cemetery – created in 1864 to bury those killed in the Civil War's Overland campaign – was the site of family picnics on Memorial Day, as families from all over the

country visited to place flowers on the graves of their loved ones.

Those who have paid that price were like Jane's husband, Army Spc. Christopher Horton, an Army sniper killed in Afghanistan on Sept. 9, 2011. Chris would want people to enjoy their long weekend, she said. "But they should take some time to remember, and understand why they are free," she added. "That doesn't mean they have to be somber or they have to obsess over it. But they should keep the sacrifice in the back of their heads."

The best way to honor the fallen is to live the best life possible – especially for service members, she said. "That's what I try to do," she added. "I have fun, go fishing, live the American dream, and remember, and learn different stories of those who paid the ultimate sacrifice for me."

Horton is worried that Americans are almost divorced from the losses suffered by those in uniform. "People don't understand that this is

real," she said. "They don't understand that people really do go to defend us so the enemy doesn't come here, and sometimes they die."

Horton is working on care and support to Gold Star and surviving Families, "because we can always do better," she said. "I'm also working to give more senior leaders access to Gold Star and surviving Families," she added.

Horton said she wants senior leaders to understand how strong these Families are, and that "the force needs to see that strength of the Families left behind, and how we want to continue supporting the missions our loved ones gave their lives for."

Finally, Horton suggested that families know the names and know the stories of those who sacrificed for Americans they never met. "Learn a name this weekend," she said. "Teach your kids a story about that loss. Then go and have fun."

SADD
SOLDIERS AGAINST DRUNK DRIVING

353-4145

For a free ride home.

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

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

**Also Training and
Holiday Weekend Hours**

**NURSE
ADVICE LINE**

Call the Nurse Advice Line:

- **Toll-free phone number:**
1-800-TRICARE
(1-800-874-2273), option 1
- **Hours:** 24 hours a day,
7 days a week
- **Areas served:** Continental
United States, Alaska,
and Hawaii

MILITARY STAR shoppers have chance at \$25,000 in prizes in Unilever Giveaway

Katarayna Flatt
Army and Air Force Exchange Service Public Affairs

MILITARY STAR® and Unilever are making this summer even brighter for 50 military shoppers with \$25,000 in giveaways.

On July 15, all MILITARY STAR cardholders will automatically be entered into a drawing. Fifty winners selected at random will receive \$500 MILITARY STAR statement credits.

"It's always an honor to give back to service members and Families who give so much to this country," said Fort Wainwright Exchange general manager, Gloria Sylvia. "MILITARY STAR supports our troops not only with everyday savings and discounts but also with great giveaways like this. We hope Fort Wainwright will be represented among the winners."

Shoppers can apply for a MILITARY STAR card at the Fort Wainwright Exchange or online at MyECP.com any time prior to July 15 and, upon account approval, be entered into the giveaway.

Winners will be announced on or about Aug. 15. No purchase necessary to win. For complete rules, visit MyECP.com/CustomerAds/Page/Exchange.com.

The MILITARY STAR card is an exclusive line of credit for service members and their Families to use at exchanges and commissaries – no matter where they serve. MILITARY STAR is administered by the Army and Air Force Exchange Service. Other benefits of the card include:

- Two rewards points per dollar on purchases and a \$20 rewards card after 2,000 points earned.

- The lowest flat-rate annual percentage rate (12.49 percent) among store cards – rate is offered to all cardholders.
- No annual, late or over-limit fees.
- Ten percent discount on first day's purchases for new MILITARY STAR accounts.
- Reduced interest deployment plan with no payments required for eligible customers.

UNILEVER GIVEAWAY!
Win a \$500 credit on your MILITARY STAR account.

Apply for MILITARY STAR at MyECP.com.
All cardholders enjoy exclusive rewards and deals.

\$500 for 50 deserving families

No purchase necessary to enter the MILITARY STAR accountholder is not eligible to win. For complete rules, visit MyECP.com/CustomerAds/Page/Exchange.com. For giveaway details, call 907-873-4397. ©2019 Unilever. MIL19020

U.S. Army Garrison Alaska, Fort Greely honors fallen comrades



Angela J. Glass

U.S. Army Garrison Alaska, Fort Greely Public Affairs

U.S. Army Garrison Alaska, Fort Greely commander, Lt. Col. Michael J. Foote, was the guest speaker for the 2019 Memorial Day service hosted by the American Legion Post 22 and Veterans of Foreign Wars Post 10450 at the Rest Haven Cemetery on May 27.

Highlights of the event included the 49th Missile Defense Battalion Honor Guard, Delta Junction Cub Scouts Color Guard and musical guest Daniel Lint. More than 200 guests attended the service that honored fallen comrades.

Memorial Day, observed the last Monday in May, represents a day of national awareness and reverence, honoring the military men and women who gave their lives in defense of our nation and its values.

U.S. Army Garrison Alaska, Fort Greely commander, Lt. Col. Michael J. Foote, gives the keynote speech at the 2019 Memorial Day service at the Rest Haven Cemetery on May 27. Memorial Day, observed the last Monday in May, represents a day of national awareness and reverence, honoring the military men and women who gave their lives in defense of our nation and its values. (Photo by Angela J. Glass, USAG Alaska, Fort Greely Public Affairs)

Alaska Army National Guard engineers train with Romanian counterparts

Pfc. Grace Nechanicky

Alaska Army National Guard Soldiers 2nd Lt. Maria Hart and Sgt. Corine Barrera led two main projects during exercise Resolute Castle 2019 at Land Forces Combat Training Center Getica, May 1 to 21.

Resolute Castle is a multi-national, joint exercise with real-world outputs of completed construction projects that build and enhance training capabilities around Eastern Europe.

Hart and Barrera are both Soldiers in the 207th Engineer Utility Detachment. The 207th EUD is the second of many rotations of U.S. National Guard units set to come to Romania to support the exercise.

Barrera is a horizontal-construction engineer, and Hart is an engineer officer.

The two Soldiers started by jointly leading the 3500-meter Mobile Armored Target project, while Hart later took on another task at Cherry Hill.

The 350 MAT is a range for armored-combat vehicles and required a large amount of attention in the area meant to be an access road. The site was covered in mud, which they dug out using an excavator, operated mainly by Guardsman Spc. Colin White. The site was then covered by geomat soil-retention material and later a layer of rocks, which were dropped off by dump trucks from another site.

The dump trucks at this site were mainly operated by Staff Sgt. Jorge Palermo, Pvt. Julien Harris and Spc. Jeremy Weller. The bulldozers were operated by Spc. Michael Wilson and Spc. Riley Solie.

The main part the 207th EUD Soldiers are focusing on is the access road for the range, Barrera said.

The Cherry Hill site, overseen by Hart and her Romanian counterpart, 2nd Lt. Ovidiu Moisa, is a road across the training center that is intended to become another access point for the Romanian training base.

"If it wasn't for [our Soldiers], and their motivation to get their task completed it we wouldn't have gotten as much done," Hart said.

The Soldiers working on this site have been operating heavy equipment such as graders, rollers and dump trucks to fix the road for easier access.

The road is intended to lead to another entry-control point, Hart said. The plan is to have a multiple CHUs, or containerized-housing unit hard-stand sleeping structures, at the end of the road, but for now, there is a tent city set up for the Romanian soldiers.



Alaska Army National Guard Spc. Jeremy Weller, 207th Engineer Utility Detachment, operates a roller during exercise Resolute Castle 2019 in Cincu, Romania, May, 12. Resolute Castle is a multi-national, joint exercise with real-world outputs of completed construction projects that build and enhance training capabilities around Eastern Europe. (Photo by Pfc. Grace Nechanicky)

Fort Wainwright Army 10-Miler top competitors



Congratulations to Fort Wainwright's Army 10-Miler finalists from Thursday's qualifier. The top three men finalists are 2nd Lt. Matthew Beardon, with a run time of 57:56; 1st Lt. Dylan Chamberlain, with a 58:53 run time; and Pfc. Henry Domnarski, with a run time of 59:04. The top three female finalists are 2nd Lt. Morgan French, with a run time of 1:22:21; 2nd Lt. Erin Folaumoeloa at 1:33:45; and Staff Sgt. Qualentia Lewis finishing at 1:36:25. (Courtesy photos)

Fort Wainwright Family & MWR

Weekly Events

May 31 - June 7

1 Boater Safety Course
June 1
9 a.m. to 12 p.m.

Join Outdoor Recreation for the Boater Safety Course and earn your Boater Safety Card. Having a Boater Safety Card will allow you to rent a motorized watercraft from the Outdoor Recreation Center this Summer. An afternoon class is also available from 1 - 4 p.m.

Outdoor Recreation Center, building 4050
Call 361-4089, registration required

2 Gulkana Glacier Day Hike
June 2
7 a.m. to 6 p.m.

Venture to the Gulkana Glacier situated in the Delta Mountain Range for a six mile hike with Outdoor Recreation. Participants will hike to the foot of the glacier, and possibly strap on crampons and go for a walk.

Outdoor Recreation Center, building 4050
Call 361-4089, registration required

3 Summer Reading Program
June 3
9 a.m. to 6 p.m.

It's Showtime at your Library summer reading program starts on June 3. During the next two months, the library will host a range of free activities for children, teens, and adults to encourage and support a love of reading. Participants can earn prizes for reaching their reading goals.

Library, building 3700
Call 353-2642

5 Adult Craft Night
June 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.

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

7 Commanding General's Golf Scramble
June 7
1 to 5 p.m.

The Chena Bend Golf Course invites you to a series of four events held throughout the 2019 season! These events provide a safe and competitive recreation opportunity, and promote camaraderie. These events are for Soldiers authorized to participate and civilians who elect to take leave of absence. May 31 is the registration deadline.

Chena Bend Golf Course, building 2090
Call 353-6223, registration required

NUGGET LANES PRESENTS

Father's Day Bowling Day

DAD'S FIRST GAME FREE

SUNDAY, JUNE 16 NOON - 9 P.M.

REGULAR PRICE OF \$3.75/GAME AFTER FIRST GAME | SHOE RENTAL NOT INCLUDED

MWR

Nugget Lanes Bowling Center
3702 Santiago Avenue (907) 353-2654
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightBowl

Summer CONCERT

FEATURING

CHASE BRYANT

6.8.2019
USAG ALASKA

JARED MANONE
LAKIN
NICK REYNOLDS

Save time and money! Purchase your tickets online: www.signmeup.com/130629
Find out more at www.wainwright.armymwr.com

CYS YOUTH SPORTS & FITNESS PRESENTS

WHO WANTS TO BE A FRONTIERSMAN?

CAMP OPEN TO KIDS AGES 7 - 18

JULY 22-25TH

CAMP RUNS NOON - 3 P.M. EACH DAY

HIKING - BASIC CAMPING - FISHING - ARCHERY

REGISTRATION \$50/PERSON
REGISTER NOW THROUGH JULY 22

MORE INFO VISIT: WWW.WAINWRIGHT.ARMYMWR.COM

For more information, contact Youth Sports & Fitness at (907) 353-7482
To register, contact Parent Central Services at (907) 353-7713
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightCYS #WainwrightYouthSports

COMMANDING GENERAL'S GOLF SCRAMBLE

JUNE 7 & 28, AUG 16, SEPT 13

- CHENA BEND GOLF COURSE -
- MOOSE RUN GOLF COURSE (1BER) -

\$35 ENTRY FEE PER PERSON, PER EVENT.
PRICE INCLUDES: GREENS FEES, CART FEES AND PRIZES

4-PERSON TEAMS
REGISTER: (907) 353-6223

Chena Bend Golf Course & Clubhouse
2090 Montgomery Road (907) 353-6223
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightGolf #WainwrightChenaBend

MARK YOUR CALENDARS

EVERY THIRD SATURDAY OF EACH MONTH THROUGH SEPTEMBER

FORT WAINWRIGHT 2019 INSTALLATION YARD SALES!

YARD SALE

JUNE 15TH
JULY 20TH
AUG 17TH
SEP 21ST

History Snapshot: Chow Line at Ladd Field, May 9, 1945

U.S. Army Garrison Alaska Cultural Resources Program

During World War II Lend Lease operations at Ladd Field, Soviet personnel were provided with much the same facilities and services as their American counterparts. They received ample hangar space, utilizing the entire western half of Hangar 1 while the Cold Weather Test Detachment used the eastern side. They were given warehouse space in one of the many Butler buildings located adjacent to Hangar 1. There, the Soviets stored equipment such as Herman-Nelson heaters used to heat aircraft engines, battery carts and cletracs used for towing aircraft. In the control tower, one of the two controller positions was designated for the Soviets, though the actual operation was done by a Russian-speaking American on their behalf. And the Soviet aviators were always given takeoff priority.

The one place where Soviet personnel were not given equal treatment was in the officer's mess. As Cold Weather Test Detachment pilot Randy Acord recalled, "We took the first time that was more convenient to us and then the Russians would have to fit into that. Now that was the only place we ever had an override on the Russians!"

(File photo Cultural Resources Program)



Army turns to smart technology to defend against threats to installations

Joe Lacdan

Army Assistant Secretary Alex Beehler doesn't need proof of threats to military and government installations. He is reminded every day.

His office sits next to the point of impact where American Airlines Flight 77 crashed into the western side of the Pentagon nearly 18 years ago during the 9/11 attacks.

"It's a constant daily reminder that the Pentagon, (which) is the Department of Defense's foremost installation, clearly can be ... under a surprise attack," said Beehler, the assistant secretary of the Army for installations, energy, and environment.

As the variety and complexity of threats continue to increase, security at U.S. military installations has taken increased importance in the years since 9/11. Potential U.S. adversaries can threaten American bases in cyberspace and at their perimeters.

While defending against attacks to U.S. installations has always been a priority for the Defense Department, information technology and the possibility of lethal attacks before major conflicts has made military posts more vulnerable than ever before.

"The homeland is no longer a sanctuary," said Richard Kidd, deputy assistant secretary of the Army for strategic integration. "We've been treating our military installations as if they were sanctuary cities for a very long time, immune from the effects of the adversary. That is no longer the appropriate assumption."

The Army plans to use smart technology to help defend against the increasing complexity of these security threats. Beehler said the Army needs to build a "technology-enabled" force by 2028. Lt. Gen. Gwen Bingham, assistant chief of staff for installation management, said that has been in discussions for the past 18 months to bring 5G wireless connectivity to all of its installations.

Army installations serve an important function



Members of the 4th Infantry Division run from one building to another at Selby Combined Arms Collective Training Facility on Fort Benning, Georgia, during the 36th Best Ranger Competition in April. Army installations have become more vulnerable, said Lt. Gen. Gwen Bingham, assistant chief of staff for installation management. In order to better protect Army posts worldwide, senior Army leaders said that the service will consider using smart technology to bolster security and enable commanders to respond to threats swiftly. (Photo by Patrick Albright)

as the strategic support area, which is part of the service's multi-domain concept. The strategic support area features frequent communication between commanders and support agencies as well as housing crucial warfighting components such as cyber and command and control.

"Installations are really part of the battle front," Beehler said. "One of things that you need to be concerned about: what happens when the grid goes down and there's no power on military bases or in the surrounding communities which service the military bases?"

The Army is currently exploring 10 technologies to innovate installations, including automated assessments of systems with limited manpower and monitoring utilities for anomalies in energy consumption. The service is also looking to track fault detection, install smart thermostats and create autonomous vehicles. The Army will explore frictionless entry, allowing secure and efficient installation access.

The Army Corps of Engineers is looking at using its Virtual Testbed Installation, which involves artificial intelligence that will analyze data of a military installation's facilities.

"The battle space is changing," Beehler said. "Installations are part of the fight. They're critical to the Army's success. They are where the Army builds readiness, sustains the force, develops Army culture (and) supports our Soldiers and families ... They are under constant attack."

The possibility of threats to its installations further increases the importance of the Army's current modernization efforts. At-risk infrastructure can undermine a base's operational ability to act.

To help field new ideas for installation technological innovations, Bingham partnered with Army Training and Doctrine Command to gather feedback from Soldiers at Army training centers at Fort Lee, Virginia; Fort Sill, Oklahoma; Fort

Benning, Georgia; Fort Leonard Wood, Missouri; and Fort Gordon, Georgia. The average age of the Soldier surveyed was 23 years old.

"We know that we must move quickly to adapt and change to be proactive vs. reactive and to really get ahead of technology," Bingham said. "In other words, we want to be the driver of change vs. the passenger."

Among their findings: Soldiers wanted the capability to access installation services 24 hours a day using biometric-enabled kiosks or mobile apps. They also wanted applications both for base information alerts and for healthy food options. Soldiers said the Army should consider using "walk out" technology where shoppers can purchase items by having a remote system scan their credit and debit cards and automatically deduct from bank accounts.

The Army could explore building the capability to counter enemy attacks against utility and infrastructure control systems. Bingham said the service could develop the means to counter against kinetic surveillance and then attack the enemy using drones and using remotely-operated sensors.

Chris Thomas, director of information and technology, Office of the Assistant Chief of Staff for Installation Management, outlined objectives to help build Army bases into smart installations capable of defending against enemy attacks.

Thomas said that industry partners must determine how the service provides connectivity and bandwidth and speed to Soldiers; new technology must be implemented sooner. Thomas said that identifying and securing operational technology will provide the ability to withstand attacks. And finally, the new technology will help provide resilience.

"We must be able to recover when these attacks happen," Thomas said. "Keep in mind it's not if we're going to get attacked. It's when. It's going to happen."



MILITARY APPRECIATION DAY

Saturday, June 15th ☆ Pioneer Park

live music ☆ military equipment displays ☆ giveaways
hot dog lunch ☆ museums open ☆ vendors
Free train & carousel rides ☆ family fun ☆ & more!

This event provides an opportunity for the Fairbanks community to say thank you to members of the Armed Services for their commitment, dedication and sacrifice.



12:00PM - 6:00PM
FREE TO ATTEND
Bring your military ID.

HTTP://PARKS.FNSB.US ☆ (907) 459-1087



I.A.M. STRONG™

INTERVENE * ACT * MOTIVATE

FORT WAINWRIGHT FIRE & EMERGENCY SERVICES

ELECTRICAL SAFETY

Did you know electrical safety hazards rank among top 5 most common write-ups during inspections? Nationally, they account for 32% of all office fires.



Example of a surge-to-surge (daisy-chained) configuration

Electrical hazards are one of the **TOP 5 MOST COMMON WRITE-UPS**. During facility fire inspections we find on average 400 electrical hazards each year. This is an extremely high number and this safety handout was developed to inform supervisors, building managers and occupants on common hazards in an effort to reduce the fire risk associated with them. The most common causes of electrical fires are from improper use and overloading of extension cords, power strips, power taps, and surge protectors. Below are some common electrical hazards to look out for.

Contains the Fort Wainwright Fire Prevention Office for further guidance. 907-353-9131 or 9133, 9140, 9141

Fire Inspectors: Vinkens, Hooser, Chapman, Bryant and Hemmings

Assistant Chief of Fire Prevention: John E. Serrano

907-353-9164

john.e.serrano@usaf.af.mil

Fire Prevention Office

1049 Chena Road, Apt. 9

Fort Wainwright AFB, 99703

MOST COMMON ELECTRICAL HAZARDS FOUND DURING FIRE INSPECTIONS

- Extension cords being used as permanent wiring
- Heat producing appliances plugged into surge protectors (coffee pot/Keurig, microwave, space heater, hot plate)
- Surge protectors being daisy-chained/piggy-backed (surge protector plugged into another surge protector, see picture above)
- Multi-plug adapters without surge protection
- Electrical cords ran through walls, doorways, under carpet/rugs, or taped to the floor.
- Electrical wires nailed or stapled to the building surface (Christmas lights)
- Frayed or exposed wiring
- Space heaters (unattended, within 3 ft of combustible materials, or located under desks)
- Missing cover plates on receptacles, switches, and outlet boxes
- Electrical panels (3 ft clearance maintained around panel, properly labeled, and secured fire alarm breaker switch to prevent accidental use)

Electrical Safety

File Prevention Office
1049 Chena Road
Apt. 9, Fort Wainwright
AK 99703

ADD IT UP!
Electrical outlets and most surge protectors are rated at 15 amps (1875 watts) and can be easily overloaded.

Computer	= 2.0 amps (250 watts)
Monitor	= 1.5 amps (190 watts)
Speakers	= 0.12 amps (15 watts)
Desk lamp	= 0.32 amps (40 watts)
Scanner	= 1.2 amps (150 watts)
Printer	= 9.4 amps (1,175 watts)
TOTAL	= 14.54 amps (1,820 watts)



Keurig/Coffee Makers use ~12.5 amps
Must be plugged directly into wall outlet



Microwaves use ~8-13 amps
Must be plugged directly into wall outlet



Receptacle damage from a loose connection



A 725-watt refrigerator uses 6 amps.
Must be plugged directly into wall outlet



Power Strip vs. Surge Protector
Can you tell the difference between a power strip and a surge protector? The main difference between them is surge protectors are designed to protect devices from voltage spikes. Conversely, power strips do not provide any type of protection and are simply an extension of your electrical receptacle. To tell the difference, you have to look at the packaging or the device itself. A true surge protector will be labeled as such, contain an indicating light and are usually rated in joules, the amount of energy it can absorb before it fails.



Space heaters use 12.5 amps
Must be plugged directly into wall outlet, be UL listed and have tip-over protection

Electrical appliances that do not require continuous operation will be unplugged when not in use and this check should be accomplished when running your daily closing checklist. The facility manager should always make sure their facility is in a fire-safe condition at the end of each shift/day.

This document was established as a quick reference guide and is not all inclusive. Please contact the Fire Prevention Office for assistance or if you any questions.

CID

Continued from page 1

According to Martin, CCIU has seen a resurgence of scammers using fake Common Access Cards, a “smart” card that is the standard identification for active duty personnel, Selected Reserve, DOD Civilian employees, and eligible contractor personnel. Scammers use the cards to give their ruse a greater level of legitimacy.

“Using a fake CAC is not a new tactic,” said Martin. “At first glance it could look almost legitimate, but if you look closely you will notice errors such as incorrect pay grades and other inaccurate markings.”

Another recent scam that is gaining steam begins when a Soldier receives a letter in the mail demanding money or embarrassing information about him/her will be released to their spouse. The letter purports to be from someone who knows the Soldier and the sender claims to have information that if released to their spouse, will be very humiliating. The sender does not identify any specific misconduct or crime in the letter and demands large payments in Bitcoin or they will expose the alleged secret to the Soldier’s spouse, Family and friends.

Mitigating fraudulent social media accounts can simply start with searching for your name on various social media platforms. Since scammers may use your photo but change the name, you should also conduct an image search of your social media profile pictures.

If you find yourself or a family member being impersonated online, CID warns that you should take immediate steps to have the fraudulent sites removed. Victims should immediately contact the social media platform (company) and report the false profile.

Keep in mind that criminals create impersonation accounts to look just like the real account of a service member by using very similarly spelled names and replacing characters with dashes, spaces, and/or homoglyph characters. Be on the lookout for simple changes such as zeros (0) used instead of the letter “O” or a number one (1) instead of the letter “l.”

“Always remember that effectively searching yourself requires creativity because of the misspelled names and other identifying information slightly different to disguise the criminal activity or just because the scammer doesn’t have command of the English language,” CID officials said. “Criminals will hijack photographs found on the Soldiers official and personal social media page and create a similar or identical biography.”

Officials also warned that impersonations can be classified as Confidence Based/Romance Relationship, Sales Schemes or Advance Fee Schemes.

Confidence Based/Romance Relationship: Scammers defraud victims by pretending to be service members seeking romance or in need of emotional

support and companionship. In these scams, cybercriminals often derive information for their fictionalized military personas from official military websites and social networking websites where military families post information about their loved ones. Scammers gather enough detailed personal information, including pictures, to concoct believable stories tailored to appeal to a victim’s emotions and then lure unsuspecting victims (most often women) into sending money to help them with transportation costs, marriage processing expenses, medical fees, communication fees such as laptops and satellite telephones. They typically promise to repay the victim when they finally meet; however, once the victim stops sending money, the scammer is not heard from again.



Sales Schemes: Most frequently carried out on sites that facilitate sales of various products, scammers lure victims by offering goods well below market price. Most scams involve vehicle sales, house rentals or similar big-ticket items. The scammer advertises an item for sale, at a too-good-to-be-true price, and describes it in the broadest of terms. A person showing interest is soon contacted by the “seller” who claims to be a service member with a military unit that is being deployed abroad. The scammer uses the pending deployment to explain the need for a quick sale and, hence, the below market sales price. The scammer insists that money changes hands quickly using some untraceable and irrevocable means such as Western Union, MoneyGram or gift cards. The merchandise is never received and the scammer is not heard from again.

Advance Fee Schemes: These schemes defraud potential victims by promising big profits in exchange for help in moving large sums of money (or gold, oil, or some other commodity or contraband). Claiming to be high-ranking or well-placed government/military officials or the surviving spouse of former government leaders, the perpetrators offer to transfer significant amounts of money into the victim’s bank account in exchange for a small fee. Some use photographs and biographical information of high-profile American military officials obtained from the Internet. Scammers that receive payment are never heard from again.

The Computer Crime Investigative Unit has found that the longer an imposter account is active, the greater the likelihood of misleading others,” Martin said. “Protect yourself by conducting Internet searches on yourself and your Family. Expediency is paramount.”

For more information about computer security, other computer-related scams and to review previous cyber-crime alert notices and cyber-crime prevention flyers, visit the Army CID website at <https://www.cid.army.mil/cciu-advisories.html>.

For more information on CID, or to report a felony-level crime or provide information concerning a crime, contact your local CID Office or the Military Police or visit www.cid.army.mil.

Is Your Financial House in Order?

Is Your Financial House In Order?

This FREE WORKSHOP will cover key concepts such as:

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

Friday, June 7, 2019
11:30am – 1pm

USO Fort Wainwright Center
Building 3727 Neely Road

Lunch is provided!

Event Registration:

<https://www.eventbrite.com/e/finance-workshop-tickets-62555776010>

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

Presented by:

