

ALASKA POST FREE

an edition of the
FAIRBANKS
DAILY NEWS-MINER

The Interior Military News Connection

Vol. 10, No. 23

Fort Wainwright, Alaska

June 14, 2019

CSM Michael Grinston selected as 16th Sergeant Major of the Army



Command Sgt. Maj. Michael A. Grinston (Photo by U.S. Army)

Army Public Affairs

Secretary of the Army Dr. Mark T. Esper and Army Chief of Staff Gen. Mark A. Milley, announced today Command Sgt. Maj. Michael A. Grinston will assume responsibilities as the 16th sergeant major of the Army.

"I look forward to working with Command Sgt. Maj. Michael Grinston," Esper said. "The Army is in the midst of a renaissance, and he is a great choice to carry on our readiness, modernization and reform efforts."

Grinston currently serves as the senior enlisted leader for U.S. Army Forces Command – the U.S. Army's largest command and provider of expeditionary land forces. He is a combat veteran who has served in every leadership position from team leader to division command sergeant major.

His deployments include two tours each to Operations Iraqi Freedom and Enduring Freedom, as well as Desert Shield, Desert Storm and to Kosovo. Grinston also served as the senior enlisted leader for the Army's first deployment of a division headquarters, with 1st Infantry Division, in support of Operation Inherent Resolve from October 2014 to June 2015.

See SMA on page 3

Team Greely honors fallen Alaska National Guard Soldier

Chris Maestas

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

Team Greely joined together June 11 to remember Sgt. 1st Class Russell A. Hepler during a memorial service at the Fort Greely Chapel. Hepler was recently promoted to the rank of sergeant first class and served as a platoon sergeant for Alpha Company, 49th Missile Defense Battalion.

Hepler, 35, was dip-netting with his wife Shandra Hepler on June 8 in Copper River near O'Brien Creek, south of the town of Chitna. Hepler was observed as the incident occurred and attempts were made to save him, but he was carried downstream.

Team Greely extends their most sincere condolences to his wife, Shandra, their children, loved ones, friends and the Soldiers he served alongside.



Team Greely joined together June 11 to remember Sgt. 1st Class Russell A. Hepler during a memorial service at the Fort Greely Chapel. Hepler was recently promoted to the rank of sergeant first class and served as a platoon sergeant for Alpha Company, 49th Missile Defense Battalion. Team Greely extends their most sincere condolences to his wife Shandra, their children, loved ones, friends and the Soldiers he served alongside. (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

In the unlikely event of a water landing

Airman 1st Class Shannon Chace

168th Wing Public Affairs

If you've ever flown on a commercial plane, you've probably heard the phrase "in the unlikely event of a water landing."

What happens if that really occurs? How do you survive in the water?

Rated air crew members of the Air National Guard continually train for that very situation. Every three years, these Airmen put on their water wings and complete water survival refresher training.

Alaska's cold weather and long winters present challenges in scheduling and completing water survival training. On June 1, despite wind and rain, Airmen with the 168th Wing geared up and jumped off the dock at Chena Lakes Recreation Area outside Fairbanks, Alaska.

"Basically, the training is designed to teach us how to survive water," said Col. Roger Ludwig, 168th Medical Group chief of aerospace medicine. "That would be as if we crashed or landed in or on the water, near the water, under the water; however we wind up, how do we get out and how do we as a group, not just as an individual, survive it?"

Ludwig joined the wing in 2015 after spending 17 years with the 142nd Medical Group, Oregon Air National Guard. He noted that the training approach for a cargo plane places emphasis on the group dynamic instead of the individual, what he had trained on while a member of the 142nd with the unit's F-15 Eagle.

See WATER on page 2



Senior Master Sgt. Richard Smith and Capt. Derek Boschma, Airmen with the 168th Operations Group, Alaska Air National Guard, assist another Airman into the raft during water survival training June 1, 2019, at Chena Lake Recreation Area, North Pole, Alaska. This required training ensures Airmen are familiar with available emergency equipment and protocol if an emergency water landing should occur. (Photo by Airman 1st Class Shannon Chace, 168th Wing Public Affairs)

Soldier who battled in Fallujah to receive highest military honor



Staff Sgt. David Bellavia (left) in Iraq. (Photo courtesy of David Bellavia)

Joe Lacadan

Army News Service

Former Staff Sgt. David Bellavia will be awarded the Medal of Honor for his bravery during some of the deadliest fighting in Iraq, President Donald Trump announced June 10.

A squad leader during the second battle of Fallujah, Bellavia, now 43, exposed himself to enemy fire as he defended his Soldiers on Nov. 10, 2004.

Third Platoon, A Company, Task Force 2-2

was with U.S. Marines facing about 1,500 to 3,000 insurgents who had been using the mostly abandoned city as cover. A Company learned six to eight insurgents were hiding somewhere in a block of 12 buildings, and the company would have to search each one to try and find them. After unsuccessfully searching the first nine buildings, Platoon members entered the next structure and encountered heavy gunfire from within.

See MOH on page 6

Show us your Alaska

Staff Report

Want to have a photo featured in the Alaska Post or Fort Wainwright Facebook and Instagram pages?

Send us your favorite photo taken from throughout the great state of Alaska for a chance to have one featured. This is a great way to share the many things there are to do while in Alaska from hiking, camping, fishing, skiing, mushing, aurora chasing and much more.

Photos do not have to be military in nature and can be a scenic landscape, family outings, wildlife or adventuring throughout the state.

Photos should be high resolution jpg files between 600KB and 2MB. Please provide a brief description of the photo

to include the activity, location, anyone in the photo and the name of who took the photo for proper attribution.

Additionally, photos must be your original work of the person submitting and not contain offensive or objectionable in manner. Must have release authority if submitting a photo of a minor child or personnel in any area not open to the public. Submit photos to usarmy.wainwright.id-pacific.list.pao@mail.mil.

To see if your photo is featured online and for previously submitted photos, visit the Fort Wainwright Facebook page at <https://www.facebook.com/FortWainwrightPAO/> and Instagram page at <https://www.instagram.com/fortwainwrightalaska/>.



A cow moose and her yearling graze along the side of the George Parks Highway near Denali National Park. (Photo by Daniel Nelson)

WEEKEND WEATHER

Friday



Mostly sunny, with a high of 77 and a low of 53 degrees.

Saturday



Mostly cloudy, with a high of 71 and a low of 52 degrees.

Sunday



Partly cloudy, with a high of 74 and a low of 52 degrees.

MARK YOUR CALENDARS

EVERY THIRD SATURDAY OF EACH MONTH THROUGH SEPTEMBER

FORT WAINWRIGHT
2019 INSTALLATION
YARD SALES!



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

Nutrition Corner: Did you know

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

Fermented foods:

Did you know that snacking can be incorporated into your daily intake without having a negative impact on your health? In fact, it should be incorporated into your diet daily. Snacks play an important role in bridging the gap between meals, helping prevent you from overeating at meals, mindlessly snacking while you cook, and even helps prevent excessive grazing after meals. Don't confuse snacks with treats.

Foods such as cookies, candy, cake and

pie should only be consumed on occasion and not incorporated as part of your daily routine. The best practice is to keep those items out of the house and go out for them on occasion when the time comes. That way you don't have leftovers stashed in the cabinet tempting you to overeat on a regular basis. The snacks we encourage you to include daily include the same delicious and nutritious foods you should already be incorporating in your meals – fruits, vegetables, whole grains and low fat dairy.

One to two snacks per day helps you fit in all the servings you need from each of the food groups. It is also important for children because they cannot eat as large meals as adults and they need the consistent energy

intake. It also helps sneak in the fruits and vegetables that often get overlooked for little ones.

Use snack time as family time. Explore the different colors of fruits and vegetables with your children! Use the names of the food items to practice spelling and the alphabet. Some simple and healthy snack ideas for adults and kids are below.

Featured Food:

Kiwi. This funny looking fruit is small, but don't be fooled. It is sweet and satisfying! With less than 50 calories per fruit, it adds 2g of fiber and more vitamin C than you need for the entire day!

Simple Snack Recipes

- Apple slices or whole grain crackers with peanut butter
- Low fat yogurt with fruit
- Carrot sticks with hummus
- Avocados or guacamole spread on whole grain crackers
- Sliced kiwi and strawberries with cream cheese fruit spread
- String cheese and grapes
- Homemade smoothies with fruit and low fat yogurt

MEDDAC Minute

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

JOE WANTS TO KNOW

We want to hear from you. The Joint Outpatient Evaluation System is randomly mailed to beneficiaries requesting input on appointment satisfaction. Your responses will assist Medical Department Activity – Alaska leadership to improve services and your overall experience. Look for your envelope in the mail.

PRENATAL BREASTFEEDING CLASS

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

TOBACCO CESSATION

Are you ready to quit tobacco? In the process but having trouble? Let our tobacco cessation educators assist you in the process. Classes are offered weekly at Preventive Medicine for beneficiaries. Call 361-4148 for upcoming classes and to register.

TRAVELING?

Get ready for the summer travel season by visiting our preventive medicine clinic. If you plan to travel internationally, make an appointment to make sure you are taking all the necessary precautions to keep you and your Family safe. We recommend you visit the office six weeks before your travel date. Make an appointment by calling 361-5182.

SPECIALIST AVAILABLE

Did you know you can see a specialist right here at Bassett urinary incontinence, overactive bladder, pelvic organ prolapse and fecal incontinence without a referral from your primary care manager? Call 361-4000, option 4, option 1, option 1 to request an appointment with Dr. Christa Lewis.

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

QTC clinic eases transition

Lt. Col. Raymond
Regional Health Command-Pacific
Patient Administration Division

Three years of teamwork and collaboration paid off May 1 with the opening of a Quality, Timeliness, Customer Service clinic in Fairbanks, Alaska, in support of active duty and veterans in Interior Alaska.

The opening of QTC in Fairbanks is a historic mile marker for service members in Interior Alaska, and for their commands, saving units approximately \$250,000 per year against their travel budgets. Prior to QTC, service members in Fairbanks would fly to Anchorage, 600 miles away, in order to attend certain portions of their Integrated Evaluation System appointments. Now, service members can remain in Fairbanks with their Family while saving the unit money, continuing with their work mission, and more importantly, continuing to prepare for civilian life.

Jeremy Peal, chief of disability evaluations with Medical Department Activity – Alaska, and Rich White, Regional Health Command-Pacific, have been working diligently for the past three years to open the QTC clinic.

QTC, a nation-wide contractor, provides high quality Department of

Veterans Affairs medical examinations in a timely manner to our service members regardless of branch of service, as well as high-quality care to service men and women going through Integrated Disability Evaluation System, or as they prepare to depart the service in the process known as Benefits Delivery Before Discharge.

Prior to the opening of QTC, retiring service members, or those exiting the service from Fairbanks, had to pay out-of-pocket to fly to Anchorage to file their BDD claim, or not file a claim until they were discharged from the military. Now that QTC opened their new clinic in Fairbanks, service members can ease their mind and wallet by going to the local office to file their claims, get excellent service and health care.

Over 1,000 service members hit their expiration term of service or retire from Fairbanks each year, and now these individuals, who dedicated years of their life defending our great nation, can file claims for medical conditions they accrued while in service prior to exiting the military.

Peal and White's selfless service, dedication to bring the QTC clinic to Fairbanks have ensured it will be easier for service members exiting the military to receive the care they need and deserve.



Climb new heights with Outdoor Recreation on June 23!

Find out more at www.wainwright.armymwr.com

SADD

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for Single Soldiers.

WATER

Continued from page 1

"It's a little different take on how we do it with the group as a chain, a buddy system, and trying to make sure that everyone gets to the raft and how you survive together as a group," Ludwig said.

The chain is a technique where Airmen in the water wrap their legs around the waist of another and swim as a synchronized unit ensuring everyone stays together. The group stays linked together until they are able to climb aboard the auto-inflatable 20-person raft that is standard equipment on-board every KC-135R.

Reviewing the available resources and where they are located on the plane is an important part of the

required training.

Chief of training with the 168th Operations Support Squadron, Capt. Brian Binkley, said, "All the equipment that we have available to us on the airplane is the equipment that we go over and get retrained on."

Although it is important to ensure Airmen remain familiar with the location and use of emergency equipment, training like this provides something even more important.

"Being involved in this sort of training – like when we do the combat refresher survival training or any of the stuff that we do – is all about building the bond of trust between the flyer and the flight doc," Ludwig said. "You are totally ineffective as a flight surgeon if you don't have the trust of your aircrew."



Rebecca Dean, Fairbanks of Commerce Advisory Board chair, and Grant Kim, Quality, Timeliness, Customer Service chief operating officer, cut the ribbon at the opening of QTC in Fairbanks on May 1. The clinic will provide Department of Veterans Affairs medical examinations to service members locally, saving many a trip to Anchorage over 300 miles away. (Courtesy photo)



ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

The Chaplain's Corner

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

About a year before Sam graduated from high school, we had a conversation in the car about his plans for the future. At the time, Sam was heavily involved with a band he had formed along with several school friends who regularly raised the roof of our home from the basement. As I understood his plan, he would graduate from high school, begin a successful recording career with his band, sell albums, tour the world and become a wealthy rock star celebrity. Bearing in mind that chaplains are not always very "chaplain-y" when it comes to our own families, I inquired whether or not he had a backup plan. Sam justifiably fussed at me for not being as supportive of his dream as I should have been, although I definitely did not see it that way at the time.

Shortly thereafter, I provided the opening prayer for the University of Virginia's ROTC graduation ceremony. I remember watching those attractive, fit, accomplished college graduates walk across the stage in their snappy military dress uniforms and thinking, with

considerable guilt and shame, "Why can't my kids be more like them?" Theologian and author Thomas Merton once wrote, "The beginning of love is the will to let those we love be perfectly themselves, the resolution not to twist them to fit our own image. If in loving them we do not love what they are, but only their potential likeness to ourselves, then we do not love them: we only love the reflection of ourselves we find in them." In all the ways I consciously and unconsciously criticized my children for failing to meet my expectations, I mostly loved what I liked best about myself in them.

Kathryn and Sam have many qualities I greatly admire. For example, they are much more inclusive of people who are a different race, gender orientation or social class. As a fifty-something white, affluent, educated male, I admit (again with considerable guilt and shame) to having a preference for living, working and socializing with people who are more like me. I'm so proud of my kids for being light-years ahead of me in actually living what I've so often preached but failed to practice with consistency.

In countless conversations with fathers just like me who struggle with

parenting children just like mine, we've commiserated over the challenge of finding a balance between enabling their worst impulses and supporting their best. In my family, successfully doing this includes recognizing my own interpretive lens of what are Sam and Kathryn's "worst" and "best" impulses, which is usually different in their view. It all reminds me of trying to balance an upright broom handle on the palm of my hand. The broom wobbles and threatens to topple while I run around in circles trying to keep it steady.

This Father's Day I'm reflecting on my own journey as a father to love my children as God made them, not as I want them to be. I've learned there's a balance between loving my kids unconditionally while applying some necessary conditions, for example, to my financial support. Being a dad is hard and messy. It sometimes means having loud, tense or awkward conversations. And sometimes it means not speaking at all. But in spite of all the ways I've gotten fatherhood right, wrong or out of balance, I continue my journey toward loving the image of God in Kathryn and Sam. May you find God's image in your kids too.



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

SMA

Continued from page 1

"Congratulations to Command Sgt. Maj. Grinston and his family," Milley said. "He is a world class leader who stands out among our exceptional Noncommissioned Officer Corps. He is the right Noncommissioned Officer to lead our Army into the future."

As the FORSCOM command sergeant major, Grinston played a key role in the development of training and preparation of combat units as a globally responsive force as the Army simultaneously builds and sustains readiness to meet the needs of national defense. He will succeed Sgt. Maj. of the Army Daniel A. Dailey, who has served in that position since January 2015.

"Command Sgt. Maj. Grinston is the right leader," Dailey said. "He possesses all of the character and leadership qualities necessary to lead our NCO Corps into the future, and he will continue to serve the best interests of our Soldiers, their Families and the Army."

The 16th SMA will serve as the Army chief of staff's personal adviser on matters affecting the enlisted force. Much of the sergeant major of the Army's time is spent traveling throughout the Army to observe training, and talk to Soldiers and their Families.

The SMA recommends quality-of-life improvements to Army

leadership and sits on numerous councils that make decisions affecting Army Families. The sergeant major of the Army also routinely testifies before Congress on these issues. Additionally, Grinston will serve as the public face of the Army's NCO Corps to the American people, in the media and through business and community engagements.

"I am honored to have the opportunity to continue to serve the great Soldiers and Families of the United States Army," Grinston said.

Grinston will be sworn in as the 16th SMA during a ceremony at the Pentagon on Aug. 16, 2019.

His awards and decorations include the Defense Superior Service Medal, Legion of Merit (2), and 5 Bronze Stars (2 with 'V' devices). He has earned the Ranger tab, Master Parachutist badge, Air Assault badge, Drill Sergeant Identification badge and the Combat Action Badge. He has attended every level of the Noncommissioned Officer Education System, and is a graduate of Ranger, Airborne and Air Assault Schools. He's also a graduate of the U.S. Army Drill Sergeant School and the Equal Opportunity Course.

Grinston possesses a Bachelor of Arts degree in Business Administration from the University of Maryland University College. He is married and has two daughters.

Fort Wainwright Fire Dept.

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SATURDAY, JUNE 29

1100 - 1600

CHILDREN'S ACTIVITIES DEPARTMENT DISPLAYS

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Locations:
Arctic Light Elementary School Tanana Middle School July 8-11: Deep Sea Mystery (10-2PM)
4167 Neely Rd 600 W Trainor Gate Rd July 15-18: DIY Orbot (10-2PM)
Fort Wainwright, AK 99703 Fairbanks, AK 99701 July 22-25: Farm Tech (10-2PM)
Robot design specific to July 15-18.

Director: Candi Dierenfield
cdierenfield@alaska.edu
(907) 474-1909

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Fort Wainwright Family & MWR

Weekly Events

June 14 - 21

15

Boater Safety Course

June 15
9 a.m. to 12 p.m.

Join Outdoor Recreation for the Boater Safety Course, and learn the ins and outs of navigating water safely. Everyone renting a motorized watercraft from the Outdoor Recreation Center is required to have a Boater Safety Card issued from the Fort Wainwright Outdoor Recreation Center. There is another safety course being offered in the afternoon of June 15 from 1 to 4 p.m.

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

15

Cinema Saturday

June 15
10 a.m. to 2 p.m.

Bring your friends and family to the Library every Saturday for family-friendly films on request. If you have a special movie in mind, please request it ahead of time with the Library staff.

Library, building 3700
Call 353-2642

16

Father's Day Bowling

June 16
12 to 6 p.m.

Bring the whole family to Nugget Lanes Bowling Center to celebrate Father's Day! The first game for Dad is on the house!

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

19

Babysitter's Training Course

June 19 - 21
9 a.m. to 4 p.m.

This course is designed for teens 13 years old and up. Teens will gain practical skills and confidence through video presentations, hands-on activities, and classroom discussion. Teens will be Certified through the Pediatric First Aid/CPR classes.



JUNE 14-17 // AUGUST 16-19 //
SEPTEMBER 13-15

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AUGUST



SEPTEMBER



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History Snapshot: Then-Lieutenant Milton Ashkins, 1941



U.S. Army Garrison Alaska Cultural Resources Program

On June 16, 1941, Lieutenant Milton Ashkins and his crew chief Sgt. R.A. Roberts departed Ladd Field in a Douglas O-38 with the intention of checking on an old prospector friend. Ashkins directed the plane southwest of Fairbanks, and once he reached the prospector's camp, he performed a low, slow fly-over. Seeing his friend was well, Ashkins advanced the throttle. The engine, however, responded with a cough and then stalled. Unable to restart the engine, Ashkins crash landed the plane into the soft tops of some nearby spruce trees and both men survived unscathed.

Once on the ground again, Ashkins radioed his location to Fairbanks and, within a few hours, a Douglas B-18 Bolo bomber flew over and dropped emergency supplies including a rifle, a rubber raft, ammunition and rations. The two men made their way overland, accompanied by their prospector friend, to a rendezvous point 20 miles outside of Fairbanks. Ashkins recalled the trip back to Ladd as taking "10 wonderful days" that were filled with fishing and hunting, "and just plain loafing with our prospector friend."

The crashed O-38 was deemed a total loss and no efforts were made to retrieve the wreckage. Years later, in 1968, the airframe was disassembled in the field and taken to The National Museum of the U.S. Air Force in Dayton, Ohio, to be restored. It was put on display in 1974.

(U.S. Army Garrison Alaska Cultural Resources file photo)



2019 Summer Concert

Fort Wainwright welcomed country artist, Chase Bryant (below), with openers Jared Mahone (top left) and Lakin (bottom right) for the 2019 Summer Concert on June 8, and comedian, Nick Reynoldson (bottom left), was the master of ceremonies for the event. During his performance, Bryant stopped to call a young girl (top right) on stage where he gave her an autographed guitar. (Photos by Daniel Nelson, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



EVERY 1ST AND 3RD THURSDAY, 1:30 - 2:30 P.M.

B.O.S.S. INSTALLATION MEETINGS

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www.wainwright.armymwr.com
 @WainwrightMWR #WainwrightBowling

MOH

Continued from page 1

Bellavia used his M249 squad automatic weapon to suppress and counter the insurgent attack, allowing Third Platoon members to escape the house.

The platoon then began taking fire from insurgents on the house's rooftop. Bellavia, realizing the only way to keep his platoon from taking casualties was to eliminate the enemy, re-entered the house.

The intensity of the situation and the close combat that followed shocked Bellavia, who had limited experience with enemy contact at the time.

"Never in my life had I seen anything like that," he said of the fighting.

Bellavia called for an M2 Bradley Fighting Vehicle to provide suppressing fire with its 25 mm cannon as he headed inside. He then fought his way up three floors, using his rifle and grenades to kill four enemy insurgents and mortally wound another. The first insurgent Bellavia killed had been loading an rocket propelled grenade launcher to fire upon Third Platoon. Bellavia's actions ultimately saved three squads of Third Platoon.

For his actions during the firefight, Bellavia received the Silver Star. His other commendations include the Bronze Star and the New York State Conspicuous Service Cross.

The native of Waterport, New York, grew up listening to stories from his grandfather, a World War II veteran who still resides in the area. He became enamored with the military life at a young age and at 23, he left college and enlisted in the Army in July 1999.

Bellavia left active duty in 2005 and currently hosts his own radio show in the Buffalo, New York, area. He is also the co-founder of Vets for Freedom, a conservative political advocacy organization.

The Office of Soldiers' Counsel in the Integrated Disability Evaluation System is Here to Help Alaskan Soldiers

What is it?

The Office of Soldiers' Counsel is the Army's team of qualified and trained attorneys and paralegals who assist Soldiers in the Integrated Disability Evaluation System. They are the advocates who provide in-depth information, expert legal advice and effective representation throughout IDES for Soldiers and their Family members. The Army currently has a little over 11,000 wounded, ill or injured Soldiers enrolled in the IDES. The average processing time is 239 days (referral to finalization of Department of Veteran Affairs benefits after separation). The time, uncertainty and complexity often cause Soldiers and their Families to become frustrated, anxious and overwhelmed. The OSC team provides the legal support and services to help Soldiers and their Family members navigate the IDES and fully understand their legal rights and options.

The OSC includes two types of legal counsel: Soldiers' Medical Evaluation Board Counsel and Soldiers' Physical Evaluation Board Counsel. The SMEBC offices are located at Army installations across the country. The SMEBC for Alaska is Ms. Allyson Lambert; she represents all of the Soldiers in Alaska going through the IDES

process. There are two staffed offices in Alaska, one at Fort Wainwright and one at Joint Base Elmendorf-Richardson. The Fort Wainwright SMEBC office is located in the Fort Wainwright Law Center (Building 1562). The JBER office is located in the Soldiers' Family and Assistance Center, in Building 4982 on Zuckert Ave. Currently, the Fort Wainwright office provides local, in-person assistance to Soldiers and assistance telephonically to Soldiers at JBER. We are in the process of hiring a paralegal at JBER and will be able to offer in-person assistance soon. The office hours are Monday to Friday 9 a.m. to 5 p.m., at both locations. To schedule an appointment, please call (907) 353-6551 for Fort Wainwright and Fort Greely and (907) 580-0677 for JBER (for JBER, currently call the Fort Wainwright office at 907-353-6551).

The SPEBC offices are co-located with the Army Physical Evaluation Board, currently located at Joint Base Lewis-McCord, Washington.

How can we help?

The SMEBC staff establishes confidential, attorney-client relationships with Soldiers going through the MEB process. They are the

Soldiers' advocates through the MEB process; they do not represent the MEB providers, the MTF, or the Soldier's command. The goals of the SMEBC staff are to ensure Soldiers receive fair assessments of their medical conditions and that Soldiers' medical conditions are accurately documented during the MEB process. During the course of representation, SMEBC attorneys may prepare independent medical review requests, rebuttals to the MEB findings and requests for reconsideration of VA ratings. Upon receiving the results from the PEB, Soldiers can consult with a SMEBC to review their informal PEB findings. The SMEBC can prepare an appeal to the informal PEB findings or, if the Soldier elects a formal PEB hearing, the SMEBC will assist in a smooth and effective transfer of the case to a Soldiers' PEB Counsel.

Ensuring that Soldiers and their Families receive expert advice and representation during the IDES is part of the Army's commitment to taking care of Soldiers. Whether that involves transition to veteran status or return to duty, these advocates protect the Soldiers' rights and ensure the disability process remains seamless, transparent and fair. The Fort Wainwright and JBER offices are committed to taking care of our Soldiers and their Families.

Army Birthday Run



The Soldiers assigned to Fort Wainwright conduct Reveille on June 12 before taking off for the 2019 Army Birthday Run throughout the installation. The Army's birthday is June 14, 1775, making the service 244 years old. (Photo by Daniel Nelson, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

The Fort Wainwright Exchange
1st Annual Car Show
 Saturday July 27, 2019 1200-1600




Classes: Antiques-Street Rods-Muscle Cars-Customs-Rad Rods Cars, Trucks, and Cycles



EXCHANGE
 REGISTRATION:
 Pre-registration ends Friday June 28th
 Register with kukulakm@aafes.com
 Must include your contact info, make and model of vehicle and a photo
 Show parking starts at 1000AM

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.



U.S. Army Garrison Alaska Restoration Advisory Board Public Notice

The United States Army Garrison Alaska is seeking participation from interested parties regarding environmental evaluation and investigation activities being conducted as part of the Installation Restoration Program (IRP) at Fort Wainwright.

The Army began its investigation of contaminated areas at Fort Wainwright under the IRP in 1989. The U.S. Environmental Protection Agency added Fort Wainwright as a site on the Comprehensive Environmental Response, Compensation and Liability Act (CERCLA), commonly known as Superfund, National Priorities List (NPL) in 1990. In 1992, Fort Wainwright entered into a Federal Facilities Agreement (FFA) with the Alaska Department of Environmental Conservation (ADEC) and the EPA to address the nature and extent of contamination. Fort Wainwright also entered into a two-party agreement with ADEC to address Petroleum, Oil and Lubricant (POL) contamination in 1992.

The Operable Units (OU) and sites that require long-term treatment or monitoring at Fort Wainwright include the following:

- At OU1, a drum burial site, pesticides and volatile organic compounds (VOCs) are managed with a previous drum removal action, groundwater sampling (GS) and institutional controls (ICs).
- OU2 is associated with a storage area and former maintenance facility; VOCs and petroleum hydrocarbons (PAH) were initially extracted using Air Spurge/Soil Vapor Extraction (AS/SVE), and are currently managed via GS and ICs.
- OU3 includes the location of the former Birch Hill Above Ground Storage Tank Farm and the associated fuel line and distribution system; VOCs and PAH were initially extracted using AS/SVE, and are currently managed with GS and ICs.
- OU4 is associated with the inactive Fort Wainwright landfill; VOCs are managed with GS and ICs.
- OU5 includes an on-post former fuel storage and distribution system; VOCs and PAHs were initially extracted using AS/SVE, and are currently managed through GS and ICs.
- At OU6, formerly known as Taku Garden's residential area, VOCs and semi volatile organic compounds are managed through monitored natural attenuation and ICs.
- In addition, there are currently 36 sites under the two-party agreement where fuel related VOCs and petroleum hydrocarbons are managed through GS and ICs.

A Restoration Advisory Board (RAB) is

a forum comprised of community volunteer members and representatives from the Department of Defense, EPA and ADEC. RAB members provide their common-sense input to the Army concerning environmental investigation and cleanup at military installations with the assistance of Army technical staff. The RAB provides stakeholders the opportunity to participate in the restoration process, monitor restoration progress and make community views known to the decision makers. The purpose of the RAB is to promote community involvement by giving the public the opportunity to regularly review progress and participate in dialogue with the decision-makers on Fort Wainwright's environmental restoration process.

If the RAB is established, the Army will not provide financial support to the public members for their services nor will members be compensated for work hours lost or time invested.

Local community members interested in joining a RAB should be willing to establish and jointly

chair RAB and attend all RAB meetings (bi-annually, about two hours each) and be willing to devote ample time to learn about and review Fort Wainwright environmental restoration documents within prescribed time frames. Engagement with civic organizations and the community is encouraged.

To express your interest in participating in a RAB, please contact the Directorate of Public Works Environmental Division at, 907-361-6489/6623/3001 between June 16 and July 16, 2019, to obtain a membership survey form. Fort Wainwright is concurrently in the process of preparing a Community Involvement Plan and will be reaching out to the surrounding communities to solicit participation with community interviews.