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Fort Wainwright, Alaska

June 21, 2019

Army announces Expert Soldier Badge

U.S. Army Training and Doctrine Command Public Affairs

In conjunction with the U.S. Army's 244th Birthday, the Army announced a new proficiency badge June 14, called the Expert Soldier Badge.

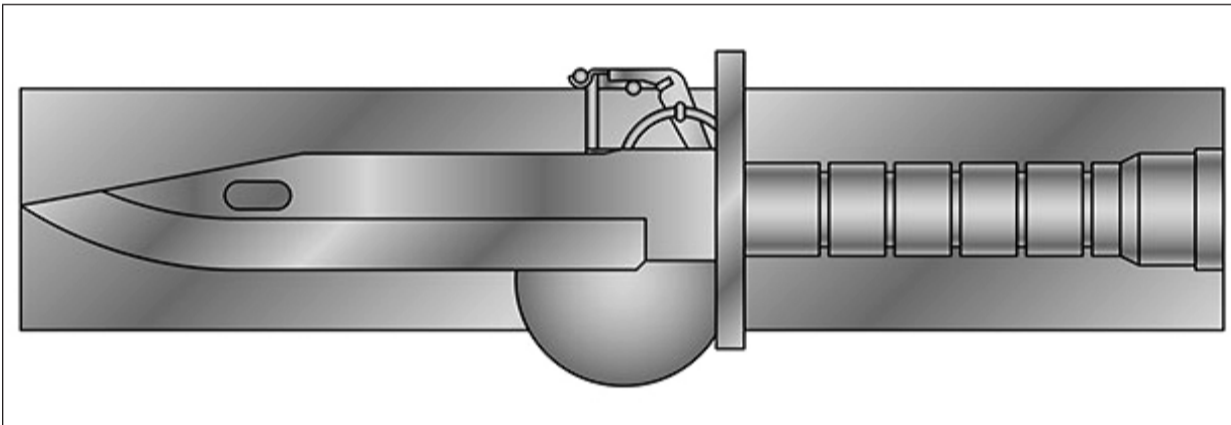
The ESB is designed to improve lethality, recognize excellence in Soldier combat skills and increase individual, unit and overall Army readiness. The ESB is the equivalent of the Expert Infantry Badge and Expert Field Medical Badge but for all other military occupational specialties in the Army. Commanders will soon be able to use the badge to recognize Soldiers who attain excellence in physical fitness and marksmanship and a high standard of expertise in land navigation and performing

warfighting tasks.

"The ESB will be an important component of increasing Soldier lethality and overall readiness to help achieve the vision for the Army of 2028," said Sgt. Maj. of the Army Daniel A. Dailey. "The EIB and EFMB have supported the infantry and medical fields with distinction, ensuring their Soldiers maintain critical skills, while recognizing the very best among them. The ESB will achieve the same for the rest of the Army."

The Army will implement the ESB in early fiscal year 2020, with the standards and regulation to be finalized by September 2019. Earning the badge will test a Soldier's proficiency in physical fitness, marksmanship, land navigation and other critical skills, and demonstrates a mastery of the art of soldiering.

See ESB on page 3



Army senior leaders announced the implementation of the Expert Soldier Badge, June 14. Similar to the Expert Infantryman Badge and the Expert Field Medical Badge, the ESB will allow commanders the opportunity to recognize Soldiers outside the infantry, Special Forces and medical communities who have met a high standard of performance in physical fitness and warfighting tasks. (U.S. Army graphic)

AFRC Resorts investing in the future



Armed Forces Recreation Center Resorts' Hale Koa Hotel on Waikiki Beach, Hawaii, currently has more than 70 separate reinvestment projects in the works. (Photo by AFRC Resorts)

Installation Management Command

Every year, more than 1.7 million service members, retirees and their families visit an Armed Forces Recreation Center Resort to make vacation memories.

With a portfolio of over 2,000 rooms in Germany, Florida, Korea and Hawaii and an average occupancy over 80 percent, that level of use puts a strain on facilities over time. To ensure future generations of service members are able to experience the locations worldwide, AFRC Resorts are undergoing a strategic initiative to reinvest nonappropriated funds totaling over \$145 million in facility improvements.

See RESORTS on page 2

The case for cross training

Capt. Joshua Sorge
Tripler Army Medical Center Physical Therapy Clinic

With the advent of the internet and social media, there seems to be a new way to get in shape every day. Circuit training, yoga, resistance training workouts seem to come and go, each touting the tons of people that lost weight, gained muscle mass, or met their fitness goals. We have all tried them, or have friends that have had limited success with specific training routines. But if they work, why don't we all have the one, perfect routine for our fitness goals? For the majority of us, we need variety to see success in our fitness goals, and cross training keeps our body having to adapt to ongoing challenges.

Cross training is working out in alternate ways to support the movements, speed, strength, power and endurance for a specific skill.

See CROSS TRAINING on page 6



Sgt. 1st Class Jarrod Vining (right), noncommissioned officer in charge, Department of Physical Medicine and Rehabilitation, Tripler Army Medical Center, coaches Sgt. Dominic Falzarano (left), cash control NCOIC, TAMC Nutrition Care Department, during a Spartan Army Combat Physical Training course at the TAMC Track, April 17. (Photo by Leanne Thomas)

USARAK Denali Summit Teams

Courtesy Story
U.S. Army Alaska Public Affairs

Congratulations to both U.S. Army Alaska's Denali Summit Teams on their successful ascent of North America's tallest mountain (20,310 feet above sea level)

Two instructors from the Northern Warfare Training Center (Staff Sgts. Jonathan Swope and Richard Downey); three paratroopers from 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division (1st Lt. Matthew Hatter, Sgt. Cody Russo and Spc. James

Lentz); and medic Staff Sgt. Michael Radovanic from 1st Stryker Brigade Combat Team, 25th Infantry Division, made the summit – the first successful ascent by U.S. Army Alaska since 2013.

Thank you for the great support from the Denali National Park Service, who were terrific partners.

A great personal and team accomplishment, and a clear demonstration of the mountaineering expertise and training provided by USARAK Northern Warfare Training Center, the Army's designated proponent for extreme cold weather operations.



The team conducted a reenlistment ceremony at High Camp, 17,200 ft. (Photo by Spc. James Lentz, a paratroopers assigned to the 4th Infantry Brigade Combat Team (Airborne), 25th Infantry Division)

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 kayak sits along the shore at the Tanana Lakes Recreation Area in Fairbanks, Alaska. (Photo by Daniel Nelson)

WEEKEND WEATHER

Friday



Mostly sunny, with a high of 83 and a low of 59 degrees.

Saturday



Evening storms, with a high of 80 and a low of 59 degrees.

Sunday



Partly cloudy, with a high of 80 and a low of 57 degrees.

SUMMER SOLSTICE

Staying in town for summer solstice? Lots of community events to choose from here in Fairbanks. America's favorite past time will be up to bat as the local Alaska Goldpanners celebrate and play the 114th Midnight Sun game, Friday night, June 21 at 10 p.m. The only baseball game that runs without any artificial light, even when the game goes past midnight! If you like to dress up and run toward celebrating the solstice, there is the Midnight Sun Run that starts at 10 p.m. on Saturday, June 22! Rounding out the weekend, the Midnight Sun Festival will be taking over downtown on Sunday June 23 from noon to midnight.

Nutrition Corner: Nutrition 101

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

Most Americans only consume one-half to two-thirds of the recommended amount of fiber which can leave a lot to be desired for those who are decreasing their calories for weight loss. The recommended amount of fiber for men and women ages 19 to 50 is 25 grams and 38 grams, respectively. Unfortunately, fiber is often overlooked as an essential nutrient.

Fiber is typically known for the gastrointestinal benefits, but is also part of a heart healthy diet and can help you while you are trying to lose weight. As part of a healthy diet that is low in saturated fat and sodium, it can also help reduce cholesterol levels.

If you are trying to reduce your weight, think about increasing your fiber. Fiber helps

you feel more satisfied after eating a meal and helps you stay satisfied for a longer period of time. Those who eat adequate amounts of fiber tend to refrain from overeating on a regular basis.

To increase your fiber, include plenty of plant based products in your diet. Start by making half of your plate vegetables, no matter what the entree. Even if you are having spaghetti for dinner, make a quarter of your plate pasta, a quarter lean protein and half vegetables. Not only does the fiber in the vegetables help fill you up, it will leave less room for the higher calorie starches and meats. Incorporate fruits, nuts/nut butters and whole grains with your snacks. Include beans in your recipes and salads; you can sneak them in almost anywhere and they even add some protein and iron. Attempt to make half of your grain whole grains, they contain more fiber and typically more naturally occurring micronutrients. Don't limit your grains to

the usual brown rice and whole grain pasta. Explore a little bit for more variety so you don't get bored. Other whole grains you can try that are easy to make are barley, corn (yes, even popcorn!), millet, oats, quinoa, wild rice and farro.

Featured Food:

Flaxseed. Flaxseed contains about 2 to 3g of fiber per tablespoon. You can add it to hot and cold cereal, yogurt, smoothies and baked goods. The options are endless. Not only is flaxseed a good source of fiber, it contains heart healthy omega-3 fatty acids. You get all that nutrition packed into only about 55 additional calories.

Recipe Spotlight:

Banana Oat Breakfast Cookies
YIELD: Serves 14 (serving size: 1 cookie). Each serving contains approximately 125 calories, 2g fiber, 6g of fat and 85mg

sodium.

INGREDIENTS:

3 bananas
1 tablespoon maple syrup
1 teaspoon vanilla extract
1 1/2 cup rolled oats
1 tablespoon of ground flaxseed
1/4 teaspoon of salt
1/4 cup chopped walnuts

PREPARATION

Preheat oven to 350oF. Place bananas in a bowl and mash well. Add remaining ingredients to bananas. Stir well. Line a baking sheet with parchment paper. Press 2 tablespoons of the mixture onto the parchment paper. Bake at 350oF for 22 to 25 minutes or until cookies are golden brown. Allow to cool before serving.

MEDDAC Minute

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

HANDLING FOOD?

Did you know food employees or any military, civilian or dependent who will be preparing, handling, cooking or serving food on the installation, including at garage and bake sales, is required to have a food handler's card? Contact Public Health at 907-750-9293 to register for our next class being held July 8 from 1 to 3 pm.

UPDATE YOUR INFO

All contact information for beneficiaries is pulled from the Defense Enrollment Eligibility Reporting System. If you change phone numbers, move or change family status, beneficiaries must change their information in DEERS for Medical Department Activity – Alaska to have the most up-to-date information. Correct information is vital to determining eligibility and contacting beneficiaries.

LAB RESULTS

There is no need to call or come into Bassett Army Community Hospital to get your lab results. By going to www.tricare.mil, you can get lab results, request medication refills, schedule appointments and more.

EYE HEALTH

Bassett ACH Optometry Clinic provides services to retirees and dependents. Anyone over the age

of three is encouraged to schedule a comprehensive eye exam once a year for optimal eye health. To book an appointment, or for questions, call 361-5212.

SLOW DOWN

We have had several close calls this past week with pedestrians almost being hit by drivers going too fast through the parking lot. We ask that staff and patients both adhere to the 5 mph speed limit to ensure the safety of everyone.

PATIENT ADVOCATE

The MEDDAC-AK Patient Advocate acts on behalf of all patients and the commander to resolve problems and implement necessary corrections. Beneficiaries needing assistance, or who have questions about the care received at MEDDAC-AK, can contact our Patient Advocate at 361-5291.

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

RESORTS

Continued from page 1

“The enhancements made at AFRC Resorts helps us to stay relevant for our customers and maintain our position as the preeminent symbol of commitment to our service members and their well-being,” said Marc J. Janssen, chief, hospitality programs (AFRCs and Army Lodging), Installation Management Command.

The iconic Hale Koa Hotel on Waikiki Beach, with its rich history, stunning location and unique culture, currently has more than 70 separate reinvestment projects. Redesigned to evoke the spirit of the Hawaiian Islands, the new outdoor aquatics complex compliments views of Waikiki Beach and the Pacific Ocean. The redesigned pool is scheduled to open later this summer. It includes water slides, a wading pool, splash pads, baby slide, fountains, hot tub and water features for all ages. The new infinity pool overlooks colorful sunsets on the Pacific Ocean.

Many Hale Koa guests will be staying in one of 396 newly revitalized rooms in the Maile tower. The rejuvenation of the rooms with new furnishings, headboards, beds, carpeting and light fixtures will transform the guest vacation experience and reflect the islands' culture and vibe. Renovated guest bathrooms feature walk-in, all-glass showers, over-sized mirrors and porcelain tile flooring.

Additionally, projects that the guests won't see but which are vital to the operability and sustainment of the facility include roof replacements, new air-handling units, building systems such as electrical, plumbing and air conditioning, parking garage structure repairs and exterior lighting upgrades.

Director of engineering, Derek Bacigal, tasked to manage the 75 renovation projects, recently was selected by the Hawaii Lodging and Tourism Association as their Manager of the Year.

“All of the projects we are working hard to complete are focused on ensuring our guest experience is commensurate with their service to their nation,” Bacigal said.

Walt Disney World Resort in Orlando, Florida, often called the “most magical place on Earth,” is home to the Shades of Green Resort. The AFRC resort is also investing substantially in sustainment projects. Workers recently finished renovating 284 guest rooms in the Magnolia Wing, including refurbished guest rooms, corridors and common areas. All the furniture in the main lobby has been redesigned. The attraction ticket sales area has been renovated, and the entire exterior of the sprawling resort is now being painted. Additional projects are being reviewed and planned.

The Edelweiss Lodge and Resort in Garmisch-Partenkirchen, Germany, is working through a preventive maintenance and sustainment program to keep the building looking new. A new authorization this month allows active-duty military service members, retirees and civilian/military ID cardholders stationed or living outside Europe to visit the Bavarian resort on a limited, space-available basis.

The Dragon Hill Lodge in Seoul, South Korea, went through extensive remodeling four years ago.

Aligned with two of the major IMCOM priorities of investing in infrastructure and family resiliency programs, AFRC Resorts are committed to helping to create unforgettable vacation experiences for future generations of service members, retirees and their families.

CID LOOKOUT
CRIME TIPS
Anonymously report crime, suspicious activity or threats to the U.S. Army Criminal Investigation Command with the CID Crime Tips app
WWW.CID.ARMY.MIL

MEDDAC-AK labs awarded accreditation

Brandy Ostanik
Medical Department Activity –
Alaska, Public Affairs

Two of Medical Department Activity – Alaska's laboratories; Richardson Army Medical home and Fort Greely Army Medical Home, have been awarded accreditation by the College of American Pathologists Accreditation Committee, based on the results of a recent onsite inspection.

MEDDAC-AK leadership was advised of this national recognition June 12 and congratulated for the excellence of the services being provided at the lab.

“I am truly proud of the lab staff members and their recent accreditation,” said Col. Tanya Walberg deputy commander for nursing at MEDDAC-AK. “They are true professionals that take pride in the lab and their performance.”

The CAP Laboratory Improvement Program, begun in the early 1960s, and with approximately 1,000 requirements assessed, it is recognized by the federal government as being equal to or stricter than the government's own inspection program. It provides a comprehensive view of the laboratory quality process with insight, knowledge and peer-based educational coaching in an effort to improve patient safety.

According to the College of American Pathologists, “The CAP Laboratory Accreditation program is based on rigorous accreditation standards that

are translated into detailed and focused checklist requirements. The checklists, which provide a quality practice blueprint for laboratories to follow, are used by the inspection teams as a guide to assess the overall management and operation of the laboratory.”

Backed by the scientific expertise and commitment of the world's largest board-certified pathologist organization, the CAP partnership fosters collaboration and builds confidence that laboratories deliver the most reliable test results to assure accurate patient diagnoses.

“Receiving this laboratory accreditation validates that we are providing high quality laboratory test results to our medical providers, ensuring they have all of the information they need to care for our beneficiaries,” said Maj. Matthew Cooley, lab manager for MEDDAC-AK.

During the CAP accreditation process, inspectors examine the laboratory's records and quality of control of procedures for the past two years. CAP inspectors also examine laboratory staff qualifications, as well as the laboratory's equipment, facilities, safety program and record, in addition to the overall management of the laboratory. This strict inspection program is designed to specifically ensure the highest standard of care for all laboratory patients.

MEDDAC-AK labs go through accreditation every two years. Bassett Army Community Hospital last received CAP accreditation in 2018.

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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

A little more than 10 years ago, I had the opportunity to attend an Army Chaplain training event in Gettysburg, Pennsylvania. During my free time one afternoon, I took the self-guided tour of the Gettysburg cemetery and Civil War battleground. It was a humbling and emotional experience to walk the lines where so many men had died. Consequently, I resolved to share it with my Family. Shortly thereafter, I loaded up Karen and the kids for a trip to Gettysburg on the assumption that they would embrace the experience as much as I did. In hindsight, it was utterly predictable that compelling my wife and children to look at a field of old war memorials, which had ignited my passion would hardly spark theirs. Although I learned a lesson about being a husband and a father that day, the bigger lesson to be learned is a warning to all generations about the value of remembering to remember.

Thursday, 6 June 2019, is the 75th anniversary of the D-Day landings on the beaches of Normandy. Writing for The Atlantic, Rachel Donadio quotes Robert

Dalessandro, the deputy secretary of the American Battle Monuments Commission: "I always liken D-Day at 75 to 1938 in Gettysburg." Much like President Roosevelt in 1938 made remarks to a vanishing number of Civil War veterans about great causes and sacrifices, President Trump will speak to the last surviving members of the Greatest Generation about the deadly obstacles they overcame on the beach in 1944. But I think it likely, whether in 1938 during the summer of Hitler's appeasement or in 2019 during the summer of Russian election interference, that most Americans will yawn at the news, focus on their immediate needs and forget to remember those who died preserving the privilege to forget.

It has been said that the church is always one generation away from extinction. The implication being, if successive generations fail to remember our communal history, what we presently have will soon be gone. This is why media outlets report on projects to record the voices of WW2 veterans, preserving their stories. We must not forget. This is why the Fort Greely Chapel community gathers around the Lord's Table each week in obedience to Jesus' directive, "Do this in

remembrance of me." We must not forget. Not forgetting, though, is more than a brief observance on a particular day or anniversary, although that is important too. It is a lifestyle postured toward remembering to remember, the beginning of which is humility.

Joshua 4 describes how God provided a way for the Israelites to cross the Jordan River. Then Joshua instructed the men to build a memorial with stones taken from the river bed. Afterward "[He] said to the Israelites, 'In the future when your descendants ask their parents, "What do these stones mean?" tell them, "Israel crossed the Jordan on dry ground."'" The genius of making a memorial from a pile of stones is that any pile of stones will do, which was an important consideration at the time for the nomadic tribes of Israel. Hundreds of years later, hundreds of miles away, a child could ask Grandpa about another pile of rocks: "What do these stones mean?" And Grandpa might say, "Sit down. Let me tell you a story of how God helped Israel cross a river." That is living a life of humble gratitude where remembering to remember is a priority. Remember the living monuments this week and tell their story.



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

ESB

Continued from page 1

The ESB training and testing will be extremely challenging, mission-focused, and conducted under realistic conditions. Those in the infantry, Special Forces and medical career management fields are not eligible for the ESB.

"Like the EIB and EFMB, the ESB test will be a superb venue for individual training in units and the badge will recognize a Soldier's mastery," said Gen. Stephen J. Townsend, commanding general, U.S. Army Training and Doctrine Command. "And it will be just as tough to earn as the EIB and EFMB because the Soldier will have to demonstrate fitness, weapons proficiency, navigation and warrior task skill at the expert level."

Standards for the ESB are still being refined but they will not be adjusted for age, gender or any other criteria. The test will share about 80 percent of the same warrior tasks as the EIB and EFMB, and is designed so it can be administered alongside and together with them. Brigade commanders will decide if and when to schedule the test so it best fits their training schedules.

Under the ESB test process, Soldiers will demonstrate mastery of individual skills through different evaluations over a five-day period. The standards for the ESB place candidates under varying degrees of stress that test their physical and mental abilities as they execute critical tasks to an established set of standards.

To qualify to take the ESB test, Soldiers must pass the Army Combat Fitness Test, qualify as "Expert" on the M4/M16 rifle and be recommended by their chain of command.

The test itself consists of another ACFT, day and night land navigation, individual testing stations and culminates with a 12-mile foot march. ESB test stations include warrior tasks

laid out in the ESB regulation and may also include five additional tasks selected by the brigade commander from the unit's mission essential task list. Example tasks include:

- React to an Improvised Explosive Device Attack
- Construct Individual Fighting Positions
- Search an Individual in a Tactical Environment
- Employ Progressive Levels of Individual Force
- Mark CBRN-Contaminated Areas

"We worked tirelessly on the ESB to ensure we got it right," said Command Sgt. Maj. Edward W. Mitchell, Center for Initial Military Training Command. "We wanted to provide commanders the opportunity to recognize their top Soldiers who have met the highest standard of performance in physical fitness, warfighting tasks and readiness."

Each ESB task will be evaluated on a "go" or "no-go" basis. Pass rates during the ESB pilot testing were similar to that of the EIB and EFMB.

"The ESB is all about increasing the readiness of our Army. It will provide commanders outside the infantry, Special Forces and medical communities the opportunity to recognize Soldiers who best demonstrate excellence in their fields," said Command Sgt. Maj. Timothy A. Guden, TRADOC Command Sergeant Major.

"This is not a badge to award so that the entire Army now has an 'expert' badge to wear. As it is now, not every infantryman or Special Forces Soldier earns the EIB and not every medic earns the EFMB. Keeping with the same mindset, this is a badge to award to those who truly deserve recognition as an expert in their career field; for those who have achieved a high level of competence and excellence in their profession."

ESTATE NOTICE

Anyone having claims against or who is indebted to the estate of Sgt. 1st Class Russell Hepler, of Alpha Company, 49th Military Police Battalion, may contact Capt. Wayne Elrod, Headquarters and Headquarters Battalion, 49th Missile Defense Battalion, Fort Greely, Alaska 99731, phone (239) 258-6964.

**Veterans
Crisis Line**
1-800-273-8255 PRESS 1

Fort Wainwright Fire Dept.

OPEN HOUSE

SATURDAY, JUNE 29
1100 - 1600

CHILDREN'S ACTIVITIES DEPARTMENT DISPLAYS

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Tires Service - Brakes - Batteries
Alignments - Shocks - Struts

Fort Greely garrison changes leadership

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

U.S. Army Garrison Alaska, Fort Greely conduct a change of command ceremony at the Aurora Community Activities Center on June 13 where Lt. Col. Michael Foote relinquished command to Lt. Col. Joel Johnson.

USAG Alaska, Fort Wainwright commander, Col. Sean Fisher, presided over the ceremony. Foote served as the garrison commander since April 5, 2017 and will depart to Fort Knox, Kentucky, to serve as the Special Forces branch manager. Foote is married to the former Danielle Valcourt, and they have two children.

"Two short years ago, I stood up here and talked about Fort Greely being America's shield. A shield that protects constantly, unfailingly. A shield that not only protects Americans, but millions of other global citizens across dozens of allied countries - every minute of every day. Today, I stand here an even bigger believer in this mission, this incredible post and the shield. '300 protecting 300,000,000' - what a motto; defending the American way of life, man what a mission," said Foote in his farewell speech to the Garrison.

Johnson, USAG Alaska, Fort Greely

incoming commander, most recently served with the 32d Army Air and Missile Defense Command at Fort Bliss, Texas. Johnson is married to the former Stacy Atherton, and they have four children.

Fort Greely serves as the Nation's home for the Ground-Based Midcourse Defense Program and the Cold Regions Test Center. Fort Greely tenant units include: Operations Group GBMD, 49th Missile Defense Battalion, 59th Signal Battalion (NEC), Cold Regions Test Center, Logistics Readiness Center, Army and Air Force Exchange Service, Defense Commissary Agency, and the U.S. Postal Service.

The garrison commander at Fort Greely is dual-hatted and reports to both Installation Management Command through U.S. Army Garrison Alaska and the senior mission commander through the Space and Missile Defense Command in Huntsville, Alabama.

The Change of Command Ceremony is a military tradition that is rich with symbolism and heritage. Key to the ceremony is the passing of the unit colors. The colors are the commander's symbol of authority representing his responsibilities to the organization. The passing of the colors represents the transfer of authority from the outgoing commander to the incoming commander.



Incoming U.S. Army Garrison Alaska, Fort Greely commander, Lt. Col. Joel Johnson (center), receives the garrison colors from USAG Alaska, Fort Wainwright commander, Col. Sean Fisher (left), during a ceremony June 13. The colors are the commander's symbol of authority representing his responsibilities to the organization. The passing of the colors represents the transfer of authority from the outgoing commander to the incoming commander. (Photo by Sebastian Saarloos, Cold Regions Test Center)

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 Motorcycles




REGISTRATION:
Registration is open until Saturday July 27th
Register with kukulakm@aafes.com
Must include your contact info, make and model of vehicle and a photo
Show parking starts at 1000AM
Arrangements for base access can be made

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.



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*Single Service Members, Singles with Dependents, and Geo-Bachelors eligible for this trip. For more information, contact B.O.S.S. at (907) 253-7645
www.wainwright.armymwr.com



JULY 27 // 6 - 8 P.M.




REMEMBER: All vehicles must stop for Reveille and Retreat!



Fort Greely missile defenders change command

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

With the passing of the 49th Missile Defense Battalion colors, Lt. Col. Orlando Ortega relinquished command to Lt. Col. Paul Tappen during a ceremony at Fort Greely on June 13.

The passing of the colors represents the transfer of authority from the outgoing commander to the incoming commander.

Col. Chris Williams, commander, 100th Missile Defense Brigade, and Col. Joel Gilbert, commander, 38th Troop Command, presided over the ceremony, which was steeped in military history and tradition to install the newest commander of the organization responsible for operating and securing Fort Greely's Ground-Based Midcourse Defense system.

During the ceremony, the 49th MDB was awarded the Army Superior Unit award. The award recognizes outstanding meritorious performance by a unit during peacetime in which they display meritorious performance of a difficult and challenging mission carried out under extraordinary circumstances.

The 49th MDB is an Alaska Army National Guard unit that is permanently on active duty at Fort Greely, as part of the 100th Missile Defense Brigade (GMD).



Outgoing 49th Missile Defense Commander, Lt. Col. Orlando Ortega (left), passes the unit colors to Col. Joel Gilbert (right), commander, 38th Troop Command, during a ceremony at Fort Greely on June 13. Ortega relinquished command to Lt. Col. Paul Tappen; the passing of the colors represents the transfer of authority from the outgoing commander to the incoming commander. (Photo by Sebastian Saarloos, Cold Regions Test Center)

Fort Wainwright Family & MWR

Weekly Events

June 21 - 28

22

Midnight Sun 4-Person Scramble

June 22
4 p.m.

Bring your best to the Chena Bend Golf Course for a Midnight Sun Golf Scramble! This event will be a 4 person scramble format event with a shotgun start of 4 p.m. Everyone will tee off at the same time on different holes so everyone can finish around the same time.

Chena Bend Golf Course, building 2090
Call 353-6223

22

Goldpanners Military Appreciation Night

June 22
7 p.m.

In honor of Family and MWR Military Appreciation Night, the Alaska Goldpanners invites DoD ID cardholders to a baseball game at Growden Park (next to the Carlson Center). Show your DoD ID card at the Growden Park gate and receive free entry for you and 4 of your guests!

Growden Memorial Park, 201 Wilbur St.
Call 451-0095

23

Rock Climbing at Grapfruit Rocks

June 23
9 a.m. to 5 p.m.

Join friends on a rock climbing adventure at Grapefruit Rocks! Outdoor Recreation will set up top rope anchors and show you the basics to get you climbing new heights.

Outdoor Recreation Center, building 4050
Call 361-6349, reservations required

25

PFC Closure

June 25 - 27

The Physical Fitness Center will have altered hours/closures in support of the Deployment Fair, June 25 - 27. The PFC will close at 8 a.m. on June 25, and will reopen at 5 p.m. on June 27. The Melaven Gym will be open for all gym patrons to utilize during this time.



JULY 9 // 6 - 8 P.M.

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REGISTRATION ENDS JULY 2



*Single Service Members, Singles with Dependents, and Geo-Bachelors eligible for this trip. For more information, contact B.O.S.S. at (907) 353-7648

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History Snapshot: Ladd Field, Summer Solstice 1949



U.S. Army Garrison Alaska Cultural Resources Program

On June 21, 1949, the 5001st Air Base Group assembled for a portrait at Ladd

Air Force Base. They were commanded by Col. Neil D. Van Sickle. The 5001st was a composite wing made up of fighter-interceptor and reconnaissance squadrons that executed Ladd Field's early Cold War era missions until it was inactivated in 1961.

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

CROSS TRAINING

Continued from page 1

In early training for sport or competition, novice participants typically learn through specific training. A runner will train traditionally only running, and more likely running at or near the intended distance or time they plan to perform. Youth sports tend to focus very specifically on learning the mechanics of the intended sport. This specificity of training is important for building muscle memory and reflexes of proper mechanics that set the foundation of an athlete's ability. Training directly for a specific event or goal is an essential part of the training, but quickly reaches its limits of ongoing performance improvement without regular changes in practice. Until the recent advent of year-round youth sports, this was achieved through offseason, and multi-sport play.

Adaption is the body's ability to change and adapt when challenged or stressed. When dieting or working out, we utilize the body's adaptation process to cause change. The challenge is that we quickly adapt to repeated stress. The human body can reset what is normal, and will no longer change once this has occurred. This is seen with starting a new workout routine. Initially, the body complains with muscle soreness and aches the first few days after a challenging workout. After a few weeks of regular training, we begin to adapt with less soreness, changes in strength and endurance and finally changes in muscle and connective tissues size and strength. Typically after eight to 12 weeks, we notice a change in response to a change in routine, but without additional change, our bodies stop needing to adapt, and the results plateau or stop. Worse yet, many simple, specific, repetitive programs often lead to overuse injuries over time.

Overuse injuries are well named, as they develop from doing the same thing over and over until something breaks down. This typically happens due to the one-dimensional nature of specific training. For Example, a common overuse injury for pushups is shoulder pain. If the only way a person trains for pushups is to perform pushups, a muscle imbalance develops within the shoulder. The chest and front shoulder muscles that were initially trained to build the specific movement, begin to overpower and stretch to upper back and shoulder muscles, changing the

mechanics of the shoulder. These changes regularly lead to issues with impingement, pain and injury, overall decreasing performance. Cross training that may include stretching, pulling exercises, planks and resistance training helps to develop the movement and supporting structures. This helps to both prevent against overuse injury but also to improve performance.

Cross training utilizes the principles of fitness to help better train and develop the body. The principles of fitness include muscular strength, muscular endurance, cardiovascular endurance, body composition, power and flexibility. A distance runner often has good body composition and cardiovascular endurance but needs to regularly work on flexibility to avoid injury. A competitive runner will additionally work on resistance training and power to improve speed, strength and muscular endurance. Professional racecar drivers work out to withstand the physical and mental stresses of racing for hours on end, and professional football players spend hours in the gym, on the track and even occasionally in a dance class to train the many facets required to stay on top in the complex competition of team sports. While specificity is a major component of cross training, the experienced athlete recognizes the need to address the areas a specific skill doesn't cover.

Cross training also provides for protection against burn out and boredom. Variety keeps workouts for the body, but also the mind. Changes in training also allow for active rest by alternating training on heavily worked muscles. For example biking between heavy lifting days helps to increase blood flow to tight and sore muscles, bringing in nutrients and flushing out metabolites that can prolong soreness and aid in recovery.

When planning and training for any physical activity, be sure to utilize varying training techniques to meet those goals. Simple ways to start into cross training is taking a group fitness class or making use of the services of a fitness coach or personal trainer. While repetitive practice of a certain movement is important, regularly training alternate muscle groups, differing intensity levels and varying the focus of training has been shown to improve performance, decrease burnout and limit injury.



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Friday, June 21, 2019 / 11:30 am to 1:00 pm

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Register online:

<https://www.eventbrite.com/o/uso-pathfinder-fort-wainwright-17795446208>


Lunch will be provided for registered participants!

See our Events on our Facebook page:
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Army making improvements to Family Readiness Groups

Joe Lacdan
Army News Service

The Army recently made some of the most significant changes to Family Readiness Groups since their creation following the first Gulf War.

The groups have been re-named "Soldier and Family Readiness Groups" or SFRGs.

This designation links Soldier readiness to the Family, and clarifies the role of the SFRG to be more inclusive to Soldiers who are single, are single parents or have non-traditional Families, said Steve Yearwood, program analyst for the Office of the Assistant Chief of Staff for Installation Management.

The groups help ease the burden of home life, allowing Soldiers to focus on mission objectives, Yearwood said. He added the recent publication of Army Directive 2019-17 shifted the focus of SFRGs away from social activities and fundraising to a core and essential task of creating a network of communication and support for all Soldiers and Family members in order to enable readiness.

The goals and objectives for commanders in executing the SFRG include: serve as an extension of the unit command in providing official and accurate command information to Soldiers and their Families; connect Soldiers and families to the chain of command; connect SFRG members to available on-and off-post community resources, and offer a network of mutual support."

Soldier and Family Readiness Groups are important for morale, Yearwood said. "It goes back to the Soldier knowing that his family is taken care of, and the spouse is not feeling alone because there is a support network that the spouse

can go to."

Families today are interconnected 24 hours a day and the SFRG needs to be able to leverage social media in order to sustain the command connection and network with Soldiers and

have a need to fundraise to support events and activities that enhance readiness, the directive provides greater flexibility for fundraising by reducing restrictions on informal funds.

Army Secretary Mark T. Esper has pushed for changes to improve Soldiers' quality of life, including upgrades to childcare, spouse employment and credentialing, and Soldier and Family Readiness Groups.

Army senior leaders attended a working group at the Pentagon in May focused on SFRGs and the new Army directive. Spouses of senior leaders met with other Army spouses and representatives from different major commands to review the changes of the Army directive and discuss improvements.

Senior leaders also hosted town hall meetings in recent months to gather feedback from Soldiers and Families.

Since the Army formed the first FRGs in the 1980s, the program has had significant impacts on Soldiers' lives. During the Gulf War, U.S. forces deployed 540,000 troops for extended periods, affecting thousands of Families and single Soldiers.

Today, the groups continue to help Soldiers and families cope with extended periods of separation during deployments. As the Army becomes more mobile in preparation for future conflicts, SFRGs provide needed referrals to support groups and organizations.

The groups also act as a direct conduit between commanders and Soldiers going on deployment or on missions.

Deployments are "tough for the Soldier," said Yearwood, who served 22 years in the Army. "If the Soldier has a mission to accomplish, regardless of what that mission is, if that Family's not taken care of, then that Soldier can't focus on the mission, so it impacts readiness."



Spc. Zachary Cross, 1st Battalion, 67th Armor Regiment, reunites with his Family June 7, 2019, on Fort Bliss, Texas, following a nine-month tour in the Republic of Korea. (Photo by Master Sgt. Alejandro Licea, 1st Armored Division)

Families, he said.

"I think that now as we look at our current environment, we have a different population," he said. "You've got younger spouses – over 50 percent of the military are married. You have a younger generation that's receiving information differently."

No longer are newsletters and mailed correspondence the preferred methods of SFRG communication, he pointed out. "You've got a lot more people on social media and communicating differently," he said.

In recognition that commanders may still

Electronics eligible for back-to-school layaway at the Fort Wainwright Exchange for limited time

Katarayna Flatt
Army and Air Force Exchange Service Public Affairs

Back-to-school shopping does not have to break the bank.

To help military families stay on budget while preparing for the school year, the Army and Air Force Exchange Service is expanding its layaway program to include computers, tablets and more from July 1 to Aug. 31.

Laptops, desktops, iPads, notebook computers, tablets and other electronics that support educational excellence are not usually eligible for the Exchange layaway program, but Soldiers and their Families can enjoy the expanded program before the school year.

"There can be a lot of costs that hit all at once when preparing for the start of school," said general manager, Gloria Sylvia. "The extended layaway gives Fort Wainwright Families more flexibility to plan their back-to-school budget."

A \$3 service fee and a 15 percent deposit are required to place these and other items on layaway, and the items must be picked up by Aug. 31. Shoppers can visit the Fort Wainwright Exchange for more information.



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WHERE: Ft. Wainwright Gaffney Express

DATE: Monday, June 24, 2019.

TIME: 9:00 - 12:30



EXCHANGE

B.O.S.S. takes to the sky

Sgt. Logan Haga
Better Opportunities for Single Soldiers President

While most service members were enjoying this past weekend's holiday weekend, Better Opportunities for Single Soldiers service members were in Palmer, Alaska, spending their time 10,000 feet up.

Four service members from Eielson Air Force Base and four from Fort Wainwright attended the first B.O.S.S. skydiving event of the year at the Alaska Skydive Center. For all participants, this was their first time skydiving.

Even though Mother Nature was not on their side, all participants had the opportunity to jump. With only three participants able to jump on the scheduled date this past Saturday due to winds, participants had the opportunity to conduct some Air Force vs Army competitions with go-cart racing, bumper cars, laser tag and miniature bowling at the Extreme Fun Center in Wasilla.

On Sunday, the weather was the same result as the day prior with low clouds. Only one person was able to jump due to the clouds being lower than the required 7,500 feet minimum to jump. Later that day, six of the eight participants decided to tackle the 1,350 foot climb up to the top of Flat Top Mountain.

Clouds finally dispersed Monday, allowing the last four jumpers to take a leap. Participants were asked about what they thought of the experience.

Airman 1st Class Aramis Johnson said, "BOSS is an environment of differing cultures where each can learn from one another. People come as strangers and leave as friends, regardless of where the future will take us, the time spent together is indeed a present to us all."



(Courtesy photo)

For those that were unable to attend this past weekend's trip, there are still two more skydiving events scheduled. Those events will occur August 16 to 19 and September 13 to 16.

To register for either one of these events, those interested may use the signmeup link on the B.O.S.S. Skydiving Poster or find the link on the Fort Wainwright B.O.S.S. Facebook page or on the B.O.S.S. section of the Fort Wainwright Family and Morale, Welfare and Recreation website. For questions about upcoming B.O.S.S. events, please contact the B.O.S.S. office at (907) 353-7648.