

ALASKA POST

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The Interior Military News Connection

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Fort Wainwright, Alaska

October 18, 2019

USAG Alaska Education Center Winter Fair

Staff Report

U.S. Army Garrison Alaska,
Fort Wainwright Education
Center

The U.S. Army Garrison Alaska, Fort Wainwright Education Center is hosting its 2019 Winter Fair on Nov. 1 from 10 a.m. to 3 p.m. The fair affords the garrison community the opportunity to receive direct educational and degree program information from various local colleges, external degree schools and programs from throughout the lower 48.

All Fort Wainwright Soldiers, National Guard, DOD Civilian, retirees, Family members, high school students and all interested in attending a college or university are invited. Confirmation of more than 20 schools plan to attend the USAG Alaska fairs at all three military installations of the Farthest North Education Centers. The invitation is extended to Fort Greely Community and the Eielson Air Force Base

community.

For more information, contact the Fort Wainwright Education Center at 907-361-7486, Jerri Tuck at gearldine.j.tuck.civ@mail.mil, Dr. Marvin Castagna at marvin.r.castagna.civ@mail.mil or Zanti Andriani at Zanti.andriani2.civ@mail.mil.



“Energy Resilience Enables Army Readiness” is the Army’s 2019 October Energy Action Month theme. The Army is enhancing readiness by strengthening the capabilities of the current force; modernizing our installations and operational energy programs to build a more lethal force, and reforming business processes to maintain effective warfighting operations.

Need a ride?

Starting Oct. 8, Fort Wainwright will have a new transportation service here on post, free for all DOD ID cardholders.

Hours will be Monday to Friday from 5 to 7:45 for physical training stops and 7:45 a.m. to 9 p.m. for all other stops. Saturday and Sunday all stops 9 a.m. to 10 p.m. The on-call service can be reached at (907)353-2896.

Pick-up locations include:

- Barracks Building 1001
 - Vehicle Maintenance Facility, Building 3498
 - Welcome Center, Building 3401
 - Exchange, Commissary and food courts, Building 3703
 - Bassett Army Community Hospital, Building 4076
 - Dining Facility, Building 3720
 - Warrior Zone, Building 3205
- Specific location pick up can also be available on an on-call basis.

Defender exercise to deploy 20,000 Soldiers to project power in Europe

Sean Kimmons
Army News Service

Army leaders in Europe revealed details Tuesday of a massive exercise that will send 20,000 U.S. Soldiers to the continent next spring to conduct force projection and readiness training across 10 countries.

Defender-Europe 20 is slated to be the largest deployment of U.S.-based Soldiers for an exercise to Europe in 25 years.

The milestone Defender actually links several exercises in the region, such as Allied Spirit, Swift Response and a Joint Warfighting Assessment. It is



Lt. Gen. Christopher Cavoli, second from right, commander of U.S. Army Europe, speaks during a panel discussion at the Association of the U.S. Army Annual Meeting and Exposition in Washington, D.C., Oct. 15, 2019. (Photo by Sean Kimmons)

expected to include a total of 37,000 participants and 20,000 pieces of equipment shipped from the U.S., as well as 13,000 pieces

drawn from prepositioned stocks.

The exercise kicks off a new Defender

See DEFENDER
on page 3



Col. Steve Lewis, family program branch manager with the Office of the Assistant Chief of Staff for Installation Management, discusses outlines some key changes to the Soldiers and Family Readiness Group at the Association of the U.S. Army 2019 Annual Meeting in Washington, D.C., Oct. 14, 2019. (Photo by Devon L. Suits, Army News Service)

SFRG: Social support, connection key to building readiness

Devon L. Suits
Army News Service

Social support and connection have a direct tie to readiness, as the Army looks for ways to build a sense of community among Soldiers and their Families, officials said.

To better support, the Army recently transitioned to the Soldier and Family Readiness Group, allowing single Soldiers and parents, and other non-traditional families, access to FRG resources, said Col. Steve Lewis, family programs branch manager with the organization formerly known as Office of the Assistant Chief of Staff for Installation Management, now G-9.

Through the new SFRG, Army G-9 also instituted several overarching objectives, Lewis said during a family forum at the Association of the U.S. Army Annual Meeting and Exposition. For starters, the SFRG will be “simple and flexible,” while commanders

maintain authority and oversight of the organization.

Many spouses reported having troubles navigating military resources, or finding the right point of contact during times of need, according to a recent survey. Further, spouses of junior enlisted Soldiers, or spouses that lived farther from their installation, reported having issues accessing or receiving resources or information.

To support, the SFRG aims to make connections and communication a core tenant of the organization, Lewis said. Commanders already employ effective communication skills to build and develop their units. Therefore, they should use these same skills to help uplift their Soldiers and Families.

“We continue to recognize that this is just the beginning of the shift away from the [previous FRG] program,” he said. Changes

See SFRG on page 3

WEEKEND WEATHER

Friday



Partly sunny, with a high near 32. Low near 21.

Saturday



Mostly cloudy with a high of 32, low of 21.

Sunday



Mostly sunny with a high near 32. Low around 20.

BRIEFS

SPOOKTACULAR

Cosmic Bowl Costume Contest

Oct. 26, 9 p.m. to midnight

Unlimited games plus shoe rental: \$15

Last Frontier Community Activity Center, Building 1044

Call 353-7755; wainwright.armymwr.com

Nutrition Corner: Healthy eating on a budget

Contrary to popular belief, eating healthy does not have to break your budget? Believe it or not it is possible for your family to stay within your grocery budget and eat healthy at the same time.

Just like anything, healthy eating has to be a priority for your family. If other priorities get in the way it may seem as though healthy eating is out of reach financially.

Look at where you are spending your money both in the grocery store and outside the grocery store. How much of your monthly budget do alcoholic beverages, snacks, restaurants (including fast food) and end cap purchases take up? Have you ever separated it out to see?

I bet you would be surprised

how much money you do indeed have available to purchase healthy foods.

Try making a menu for the week on an index card. Then, flip it over and make your list based off your menu and whatever else you need for lunches and healthy snacks that week.

Stick to it! Much of the money we waste at the grocery store is spent on food we never use only for it to go bad.

Leave the extras like chips, soda, cookies and snack cakes off. These are the extras that make paying your grocery bill unbearable.

Not to mention these items can contribute towards excessive calorie consumption and weight gain. Instead, get the most

bang for your buck by buying nutrient-dense items. Aim for lower calorie foods that pack in fiber, protein, vitamins and minerals such as fruits, vegetables, low fat dairy and lean proteins.

Buying frozen and canned fruits and vegetables are more cost effective and are just as nutritious!

You have heard it before...don't go shopping hungry. This can lead to impulse purchasing and maybe even lead to indulging on a few unhealthy snacks while you shop.

Try going earlier in the day when you will have time to come home and cook your meal for the evening.

What sense does it make to buy nutritious food only to order pizza when

you get home because you don't feel like cooking.

Be sure to load up on low-cost, nutritious and versatile foods such as eggs, beans, peanut butter and canned tuna. It is also wise to stretch costly meals (crock pot meals for example) by adding a bag of frozen vegetables, beans, peppers and/or onions.

You can actually add another day or two worth of meals just by adding a couple dollars' worth of frozen vegetables or beans!

Featured Food:

Beans. These small morsels are inexpensive and versatile. They can be added to several recipes even if the original does not call for beans. They offer many

nutritional benefits such as protein, fiber and iron.

Recipe Spotlight: Simple Black Bean and Corn Salsa

- INGREDIENTS:**
- 16 ounce bag of frozen corn
 - 16 ounce jar of salsa or pico de gallo
 - 1 can of black beans
 - Fresh cilantro, chopped for garnish
 - Tortilla chips

PREPARATION:
Step 1: Combine corn, salsa/pico de gallo and beans.
Top with fresh chopped cilantro.
Step 2: Serve with tortilla chips or on top of your favorite taco salad recipe.

Myths and facts of breast cancer

Staff Report
Medical Department Activity – Alaska

During the month of October, in observance of breast cancer awareness, each week Medical Department Activity — Alaska will be offering myths vs. facts on the disease that will affect one out of eight women during their lifetime.

Screening for breast cancer should be done annually

with a clinical exam beginning at the age of 20 and women over 40 should have an annual mammogram.

To schedule a mammogram at Bassett Army Community Hospital, call 361-5081.

MYTH: Women with lumpy breasts, also known as fibrocystic breast changes, have a higher risk of developing breast cancer.

Reality: There does not

appear to be any connection at all to breast cancer and fibrocystic breasts. However, women with fibrocystic breasts can find it trickier to differentiate between normal tissue and cancerous tissue.

MYTH: Breast cancer only affects women.

Reality: Over 2,000 cases of male breast cancer are diagnosed every year in the United States. Although it is less common in

men than in women, breast cancer can affect anyone.

MYTH: Wearing underwire bras and antiperspirants can cause breast cancer.

Reality: No conclusive evidence has linked either of these to the development of breast cancer.

MYTH: Young women do not get breast cancer.

Reality: You can get breast cancer at any age.

Over 11,000 women under 40 are diagnosed with breast cancer each year.

MYTH: Cancer is a modern disease.

Reality: It might be more prominent now than in the past, but cancer isn't just a modern disease of western society. Cancer has existed as long as humans have and it has been described thousands of years ago by Egyptian and Greek physicians.

Estate Notice

Anyone having claims against or who is indebted to the estate of Sgt. Ken Chambers, of Bravo Company, 70th Brigade Engineer Battalion, may contact Capt. Maxwell Voth, Headquarters and Headquarters Battalion, 2nd Battalion, 8th Field Artillery Regiment, Fort Wainwright, Alaska 99703, phone (719) 648-4092.



Soldiers use the Integrated Visual Augmentation System during a training session at Fort Pickett, Virginia, in April during the Soldier Touchpoint 1. Soldiers from the 82nd Airborne Division are scheduled to test IVAS during Soldier Touchpoint 2 in November. (Courtesy photo)

New goggles bring AI to Soldier training

Gary Sheftick
Army News Service

The Army is now testing virtual-reality goggles that will allow Soldiers to rehearse combat missions that they are about to undertake.

The Integrated Visual Augmentation System, known as IVAS, will be tested by 82nd Airborne Division troops next month at Fort Pickett, Virginia. The IVAS goggles will allow Soldiers to see simulated images superimposed over the actual terrain.

The Soldiers will wear the goggles and miniature computer equipment as they negotiate obstacle courses, run land navigation and conduct other missions, said officials from Program Executive Office Soldier.

Called Soldier Touchpoint 2, the test is designed to provide feedback to PEO Soldier so the IVAS heads-up display can be further enhanced before 200,000 of the headsets begin to be fielded in 2021.

IVAS has been touted by senior leaders as a “game-changer” for Soldier lethality and a quick win for the modernization priority.

The IVAS headsets are a good example of how artificial intelligence is being used to enhance Soldier lethality, said Brig. Gen. Matthew Easley, director of the Army’s AI Task Force.

Each pair of IVAS goggles has “significant amounts of high-tech

sensors onboard and processors,” Easley said at a Warriors Corner presentation Monday afternoon during the Association of the U.S. Army Annual Meeting and Exposition.

Each IVAS headset has integrated AI chips built into the system, he said.

“Those chips are doing visual recognition,” he said. “They’re tracking a Soldier’s eye movements, they’re tracking a Soldier’s hand as it interfaces with the system, and they’re tracking a Soldier’s voice.”

The IVAS headset “uses a customized AI piece” to make it work, he said.

AI will be an enabler for all of the Army’s modernization programs over the next decade, Easley said.

“Each one of those systems need AI,” he said, from Future Vertical Lift to Long-Range Precision Fires to the Next Generation Combat Vehicle.

“AI, as you know, is becoming a pervasive part of our society,” he said.

“Every system that you can think of — from self-driverless cars to ride-sharing applications, to restaurant recommendation systems to healthcare systems — they span every area of our society.

“They need to span every battlefield system that we have,” as well, he said, from maneuver to fire control.

MEDDAC Minute

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
Tricare On-Line: www.tricareonline.com
United Health Care: uhcmilitarywest.com, 877-988-9378

Need a flu shot?

If you missed the family flu vaccination clinic last week, no need to worry. Beneficiaries 6 months and older can receive a flu vaccination at Bassett Army Community Hospital during regular walk-in immunization hours. Monday through Wednesday and Friday 7:30 a.m. to 3:45 p.m. and Thursday 10 a.m. to 3:45 p.m. The clinic is located in primary care.

Women’s health event

Join our staff from Public Health at Bassett ACH Oct. 24 from 10 a.m. to 2 p.m. for a health event geared towards

women. Information will be provided on a wide range of health concerns that affect women.

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.

Patient portal improved

Access is now easier, quicker and more user friendly! Schedule or cancel an appointment, talk with your provider, get test results and more.

Check out the redesigned and upgraded Patient Portal at www.tricareonline.com.

Stressed? Depressed?

The Bassett ACH primary care clinic offers internal behavioral health consultations.

Assistance with concerns such as stress, chronic pain, tobacco dependency, weight loss, depression, diabetes and more is being offered without the need of a referral. For more information, or to schedule an appointment, call 361-5670.

ALASKA POST

The Interior Military News Connection

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The ALASKA POST – The Interior Military News Connection

The Chaplain’s Corner

Chaplain Paul Fritts
U.S. Army Garrison
Alaska, Fort Greely

A month ago, I wrote about how I comforted myself during two tours in Iraq by singing from a hymnal I had packed. My singing was not the sort of top-o’-the-lungs vocalizing we sometimes do when we are alone in the shower or car. I quietly sang alone under my breath, hummed the familiar tune or just read the lyrics. Although I found comfort in singing quietly to myself, the experience could have been even more of a blessing if I had invited others to sing along with me.

“Your Brain and Singing: Why Singing in a Choir Makes You Happier,” an article by Jaime Babbitt published in the April/May

2018 issue of Choral Director Magazine, cites current scientific research to support what choir members have always known: “singing heals.”

Regardless of the style of music, content of the lyrics or skill of the choir, the simple act of singing with other human beings triggers the release of chemicals in the brain that elevate mood, reduce stress and promote physical healing. At an intuitive level, all drill sergeants know this from experience, which is why Soldiers sing or chant in cadence while we run.

A biblical case in point is the account of Paul and Silas in prison at Philippi, “praying and singing hymns to God, and the other prisoners were listening to them” (Acts

16:25). The focus of the story is the jailer’s conversion, emphasizing God’s power to overcome attempts to stop the spread of the gospel. But it’s interesting that Paul and Silas were not only praying, but singing. And they were singing together in such a way that the other prisoners could hear them.

Ironically, the jailer who imprisoned them was, himself, imprisoned by his sin and unbelief. Upon hearing Paul and Silas pray, sing and generally demonstrate a disregard for the dire circumstances of their imprisonment, the jailer experienced a physical and spiritual liberation along with his former prisoners.

The headlines from around the world this week were chaotic. Many have experi-

enced a loss of property from fires and floods, a loss of loved ones from war and terrorist violence, and a loss of hope from feeling that the world is spinning out of control toward senseless self-destruction.

Loss, loneliness and hopelessness are a spiritual prison. When these and other negative feelings combine with the long, cold, dark winters of Alaska, some of our family members, friends, co-workers and neighbors may find it hard to find worth in living.

Maybe you are someone who is struggling to live. There is an escape from your prison of despair. To quote the Sesame Street Muppets, “Sing, Sing a song; Sing out loud, Sing out strong; Sing of good things, not bad; Sing of happy,



not sad; Sing, Sing a song.”

Most importantly, “Don’t worry that it’s not good enough, For anyone else to hear....” And find a battle buddy who will sing with you. Looking for a choir? The Delta/Greely Community Choir is presently rehearsing on Thursdays, beginning at 6:30 p.m., at the Fort Greely Chap-

el. For God and Country! 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.

The Army People Strategy

Assistant Secretary of the Army’s Manpower and Reserve Affairs

What is it?

The Army People Strategy is the roadmap the U.S. Army will use to build a 21st century talent-based personnel management system, reform essential quality of life programs and build cohesive teams that are ready, professional, diverse and integrated for the Joint Force. The Total Army will acquire, develop, employ, and retain the diversity of Soldier and Civilian talent needed to achieve Total Army readiness.

The Army People Strat-

egy is foundational to the readiness, modernization and reform efforts described in the Army Strategy.

What are the current and past efforts of the Army?

The Army People Strategy will move the Army from the industrial to the information age. This strategy enhances Army readiness by maximizing the talents of every person.

This strategy will help maintain and extend the Army’s overmatch capabilities. It guides the Army to a future in which the Soldiers

and Civilians are powerfully bonded to one another in cohesive teams, enjoy a far greater range of professionally rewarding opportunities, are better supported and developed, collaborate both in person and virtually, and are proud members of the most satisfied and engaged federal workforce in the nation.

What continued efforts does the Army have planned?

The Army People Strategy devises a path forward for agile and effective people programs, policies and systems.

It provides the guidance, framework and conceptual basis for follow-on implementation plans. These plans, which will be time and data-driven, will identify gaps, implement solutions to close those gaps, and measure improvements so that the Army can assess its progress and build upon it in a thoughtful and effective way.

Why is this important to the Army?

People are the strength of the Army. Taking care of people drives readiness, modernization and re-

form. The Army’s ability to achieve its mission of fighting and winning the nation’s wars hinges on the success of the Army People Strategy.

The Army People Strategy represents a commitment to innovation and thoughtful leadership in the realm of people management. It articulates what the Army must do to win. Army readiness, modernization and reform efforts must be supported by a 21st century talent management system and essential quality of life enhancements, fundamentally improving the way the Army manages people, who are the Army’s center of gravity.

Defender: Massive exercise planned for 2020

Continued from page 1

series of exercises, which will be conducted in the Pacific on alternate years, to rehearse large movements to both regions. The exercises aim to operationalize the National Defense Strategy, which asserts Russia and China as near-peer adversaries.

“We are starting it with a bang,” said Lt. Gen. Christopher Cavoli, commander of U.S. Army Europe, during a panel discussion at the Association of the U.S. Army Annual Meeting and Exposition.

After the last U.S. tanks left Germany in 2013 as part of a draw-down, the Army began nine-month rotations of brigade combat teams to bolster its presence and practice rapidly deploying units to Europe. It also

built up prepositioned stocks on the continent to equip incoming units.

In March, an emergency deployment readiness exercise sent an armored unit of over 1,500 Soldiers from Fort Hood, Texas, to Europe.

In less than two days, the unit was able to fall in on prepositioned stocks and travel to Poland for a live-fire exercise, Cavoli said.

“We’ve been practicing this strategy of power projection for about three to four years now into Europe,” he said. “Now it’s time to practice it at scale.”

Five phases

Defender 20 plans to have U.S. Soldiers from five divisions – 1st Cavalry, 82nd Airborne, 1st Armored, 1st Infantry and 3rd Infantry — as well as

11 National Guard states and seven Army Reserve units.

It will consist of five phases with several key objectives across Europe.

The first phase includes a reception, staging, onward movement and integration, or RSOI, of a division-sized element while many other units, including a National Guard brigade, will draw prepositioned stocks in Belgium and Germany.

In the second phase, an immediate response force from the 82nd Airborne Division will conduct joint forcible entries into the country of Georgia.

The third phase has a division command post exercise that will have units spread out across the continent. It will also involve a Joint Warfighting Assessment to test multi-domain operations as well as capa-

bilities being pursued by Army Futures Command.

Soldiers will then conduct a river crossing in the fourth phase, as well as forward passage of lines and a maritime prepositioned force off-load mission. The fifth phase will consolidate Army forces and redeploy them.

The exercise will cover 4,000 kilometers of convoy routes and rely on 10 European countries to host exercise activities.

Allies and partners will also get the opportunity to train alongside U.S. Soldiers, increasing interoperability within the NATO alliance.

“Defender really helps us enhance relationships,” said Lt. Gen. J.T. Thomson, commander of Allied Land Command, which oversees NATO land forces.

More than half

of NATO’s member states, he said, will play a role in the exercise.

“Cohesive multinational forces give us a competitive advantage, no doubt about it,” Thomson said during the panel. “When you look at our adversaries, they do not enjoy the advantages we have and the power of synergy that comes from good, trusted friends.”

While there are similarities to the REFORGER exercise, or Return of Forces to Germany, which

practiced deploying Army units into Europe during the Cold War, leaders say that Defender will be more complex.

“We cannot fail prey to nostalgia of REFORGER and think Defender Europe is just a reincarnation,” Thomson said. “Our security environment has changed significantly in terms of geography and borders [and] in terms of allies and partners.”

Technology and doctrine, he noted, is also different, as well as threats in the region.

SFRG: Promoting resiliency

Continued from page 1

to the SFRG will be an iterative process, “focused on Soldiers and Families by bringing them together [and providing them] with a lot of great information and resources.”

As a military spouse, Elizabeth Groover and her four kids had to navigate their fair share of deployments, hardship tours and temporary duty assign-

ments. At times, she would lean on her network of military spouses for support.

“Resiliency means that we take on every adversity,” Groover said during the forum. “We do what we have to do because our Soldiers and our kids need us. I don’t think that’s ever going to change. It speaks a lot about the strength of our military spouses.”

In all, Groover is grateful to

be part of the broader community and encourages other military spouses to continue to make an impact.

“As military spouses, I feel that we’re blessed to be a part of one of the greatest communities on the planet,” Groover said. “I know that’s a little biased, but I believe that. We know how to encourage and inspire. We shared love and loss and fear for each other.”

History Snapshot: PBY Catalina

This photo shows a Consolidated PBY Catalina (PB for Patrol Bombers; Y assigned to Consolidated) at Alexai Point at Dutch Harbor in 1943. The PBY Catalina was one of the most widely used seaplanes during World War II. They were slow and ungainly, but exceptionally useful for air-sea rescues, search and rescue missions, and cargo transport. In the Aleutian Islands, PBYS were used primarily for offensive and rescue roles. The PBY was used heavily in the early years of the Pacific Campaign, its 2,545-mile range allowed it to be flown across the Pacific Ocean, rivaling its compatriot the B-17 Flying Fortress. (Photo courtesy of the U.S. Navy)



Retiree Appreciation Day

October 19, 2019

The Fort Wainwright Garrison Command Leadership Team and the Northern Alaska Military Retiree Council, invite you and your family to the annual Retiree Appreciation Day on Saturday, October 19, 2019, at the Last Frontier Community Activity Center (LFCAC). We will begin the days activities at 9:00 am. The Posting of the Colors, opening remarks and guest speaker session will begin at 10:00 am. The Information/Health Bazaar is planned throughout the day as well the opportunity to win many door prizes from our local businesses. The information bazaar provides you an opportunity to speak with representatives from a variety of state, federal, retiree, and veterans organizations regarding the services available to you and your Family. The Dining Facility will be offering brunch to Retirees and their families for \$6.25 per person from 12:00-1:00 pm. The DEERS/ID Card office will be open from 11:00 am - 1:00 pm. We look forward to seeing you there. If you have any questions, or would like to RSVP, please call Steven Schack at (907) 555-2095.

USAG Alaska Storm Water Steering Committee

Goals:

- Minimize pollution to the storm water system and Chena River
- Provide input on storm water program
- Cooperate in storm water management activities

Meeting #5

Wednesday, 23 October 2019

10:00 am to 11:00 am

Building 3023 DPW Environmental Division Conference Room

Conference call-in number (907) 384-5749

The Storm Water Steering Committee is a requirement of Fort Wainwright's Municipal Separate Storm Sewer System (MS4) permit. Public Involvement and Outreach is a key component of the effort to keep USAG Alaska's water systems clean and healthy!

Future Meetings:

- 19 February 2020
- 8 April 2020
- 15 July 2020

We want to hear from YOU!

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

High-speed video section has the key to ‘stopping time’

Ana Henderson

When people ask Chris Insko what he does, his answer is, “I basically stop time.”

Insko, Yuma Proving Ground’s High-speed Section Chief, goes on to explain, “Our cameras and the high-speed process we use range from 1,000 frames per second up to 10,000 fps but these cameras have the ability to take up to one-million fps, which is basically a camera taking a million frames in one second.”

Watching the video captured by the high-speed section is like a scene of the Matrix movie, you can see each and every twist and turn the projectile makes. These cameras are so rapid you can see sound moving through the air, they can capture a sound wave in a photograph. “We slow things down for the customer to allow them to see what they cannot see with the naked eye” says Insko.

Capturing the high-speed video for a test at Yuma Proving Ground entails a lot more than simply setting up a camera and walking away. The technology behind



“Our cameras and the high-speed process we use range from 1,000 frames per second up to 10,000 fps but these cameras have the ability to take up to one-million fps, which is basically a camera taking a million frames in one second” explains High-speed Section Chief, Chris Insko. (Yuma Proving Ground’s archive high-speed photo)

these ultrahigh-speed video cameras demands an entire network to run their programs and entails detailed planning and setup. Weeks before a test the crew talk the test officer to better understand the needs of the customer. From there the senior technicians plan the logistics, this includes deciding on the type of camera, working with Geodetics for assistance with camera

placement and setting up generators to keep the cameras running. Then comes the networking of the cameras, which are ran on a local area network. High-speed technicians work with Network Enterprise Center range communication to confirm if the test location on the Cibola or Kofa side of the range has the network capability required to run their computer systems.

Depending on the location the high-speed technicians will set up the network other times NEC will set up the network. The coverage of video depends of the type of test, some of the camera angles include, behind the gun, muzzle exit and impact. Insko explains, “Sometimes it is gun coverage, sometimes it is impact coverage. With the impact cov-

erage it depends on what the TO wants. We had one test where they had 10 different scenarios. As soon as they fired one we had to pick up all that equipment and move it to another scenario.” Adding “It’s a lot of logistics that our senior technicians learn through experience and time out here.”

A test requiring high-speed video coverage can require anywhere from two to nine technicians “One of our largest test, I think we had 20 camera systems on one test.”

One high-speed system popular with the TO is the trajectory tracker, “Those can cover from the end of the muzzle to out to usually it is 100-meters but we have tracked them out to 200-meters at time” explains Insko.

The trajectory tracker uses an algorithm to capture the projectile in motion. The high-speed technician will input coordinates and other information given by the TO into the computer software, which controls the tracker and a mirror. When a round is fired, the mirror moves and the camera captures images from the mirror. Using the trajectory tracker is equivalent to using 10 cameras. Another angle is static and moving impacts, “Target systems sets up a tank that is remote controlled and we actually chase it with pan and tilts that we control from a remote location. We can actually follow the

vehicle through that course.” Behind each camera set up on a test, is a high-speed technician who is monitoring it via a live video feed shown on a camera controller (lab top) from inside a support test vehicle.

Sean Mynster, high-speed video test lead and Steven Mowery, high-speed technician were recently on a test. They monitored the test site and communicated with the TO via hand-held radios to ensure they captured the firing of the projectile.

Mowery explains, “This is the software that operates the camera, we can adjust our shutter, our resolution, our frame rate, it is also the software that arms the camera. We arm-up about 10 seconds out. When we do arm them up, they run on a loop recording so we will have pre and post frames. We will have 200 frames before and 200 frames after that way if a mishap happens and we have an early trigger we will capture it.”

Mishaps do happen because YPG is a testing center, and Insko says that’s when their video become most important, “We can shoot thousands of mortars a day, and if everything is good we just archive it. But we will have that one where a fuse will pop-off, or the round malfunctions outside of the tube and we capture it on video that’s when the customers get really excited about what we capture.”

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31
4:30 - 6 P.M.

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CANDY**

United States Army Personnel Assessment Branch

SPECIAL MISSION UNITS RECRUITING BRIEFING

Mission: Seeking Qualified DoD Enlisted Service Members and Officers for Units in the National Capital Region (NCR)

Operational Track 1

- CMF 18 all ranks, Officers YG 09-12
- 11B/C, 12B, 13F, 19D all ranks, Officers YG 09-14 (Ranger, SAPPER, RSLC)
- Females and Naturalized Citizens regardless of CMF all ranks (09L/MAVNI/Foreign Born)

Email - TM1@usapab.mil

Operational Track 2

- CMF 15 all ranks (FW or able to transition)
- CMF 25, 94E all ranks
- CMF 35, 12Y all ranks Officers YG 09-16

Email - TM2@usapab.mil

Enabler

- CMF 18, 25, 35, 36B, 42A, 31B, 56M, 68W-W1/F2, 74D, 92Y all ranks
- 18A, 25A, 42B, 35D, 90A, 34A 255A/N, 350F/G, 351L all ranks/warrants, Officers YG 09-16

Email - TM3@usapab.mil

Targeting Officers

- 35F, 35M all ranks
- 350F all ranks
- 35D YG 10-16

Email - TM3@usapab.mil

Brief Locations

Education Center

4391 Neely Rd
Room 3

Date: 21 OCT 19
Times: 1030-1130 & 1300-1400

Date: 22 OCT 19
Times: 1030-1130 & 1300-1400

October 19 - 26

October 21
9:30 - 11:30 a.m.

Last Frontier Community Activity Center, Building 1044
Call 353-7755

October 22
11:45 a.m. - 12:30 p.m.

USO, Building 3727
Call 353-4660, registration required

October 23
5 - 7 p.m.

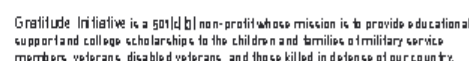
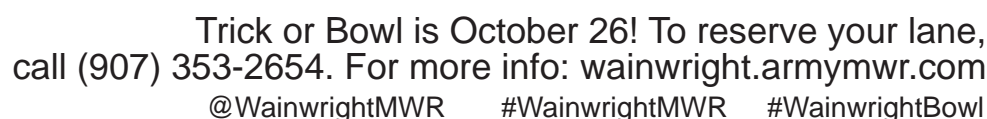
Last Frontier Community Activity Center, Building 1044
Call 353-7755, registration required

October 25
6:30 - 7:30 p.m.

Physical Fitness Center, Building 3709
Call 353-7223, registration required

October 27
1 - 5 p.m.

Outdoor Recreation Center, Building 4050
Call 361-6349, registration required



October 18, 2019

First Soldiers awarded Expert Soldier Badge

Thomas Brading
Army News Service

Eleven top-performing Soldiers from around the Army came together Tuesday to receive the Army's first-ever Expert Soldier Badges.

Army Chief of Staff Gen. James C. McConville made the presentation during the Eisenhower Luncheon at the Association of the U.S. Army's Annual Meeting and Exposition.

"I'm really proud of what these Soldiers have accomplished," Sgt. Maj. of the Army Michael A. Grinston said. "At the time, the [ESB] was a new challenge not only for them but for the Army. These 11 individuals can now proudly wear a badge that firmly recognizes them as experts in their profession, something all Soldiers should strive to be."

Announced on the Army's 244th birthday in June, the ESB is a proficiency badge designed to recognize a Soldier's lethality outside of the infantry, by measuring their "mastery of physical fitness, marksmanship and other critical Soldering skills necessary for combat readiness," said Sgt. 1st Class Dennis Moore, the badge's noncommissioned officer in charge at the Army Center for Initial Military Training.

"[The ESB] recognizes the next generation of competent, committed leaders who thrive in chaos, adapt, and win in a complex world," said Master Sgt. Norbert Neumeyer, a U.S. Forces Command master gunner who oversaw the first ESB test.

In April 2017, 56 Soldiers were selected from FORSCOM units across



Staff Sgt. Tyler Lewis, a field artillery firefinder radar operator out of Fort Bliss, Texas, displays his Expert Soldier Badge Oct. 15, 2019, after being awarded by Army Chief of Staff Gen. James C. McConville and Sgt. Maj. of the Army Michael A. Grinston during the Eisenhower Luncheon at the Association of the U.S. Army's Annual Meeting and Exposition in Washington, D.C. (Photo by Thomas Brading, Army News Service)

the Army during the pilot phase of testing. Of those who tested, 12 passed, making the pass-fail rate on par with the Expert Infantryman Badge and Expert Field Medical Badge.

Spc. Mahrubius Ledford, released from active duty March 2019, was unable to attend Tuesday's ceremony.

For Staff Sgt. Tyler Lewis, a field artillery firefinder radar operator out of Fort Bliss, Texas, earning the ESB "represents all aspects of being a Soldier," he said.

"Being a Soldier means being a tactical and technical expert from the level of basic Soldiering skills to the advanced levels of your [military occupational specialty]," he said. "A Soldier learns to be adaptable, disciplined, and master steward of his or her profession in every situation."

SHARPEN YOUR SOLDIERING SKILLS

For Sgt. Michael Ostrander, armament shop NCO at Joint Base Lewis-McChord, Washington,

he said he had to touch up his land navigation skills in order to earn his ESB.

The small arms repairmen said he relied on the Soldering skills he learned during basic combat training and throughout his military career during the test. He also suggested Soldiers planning to test for the badge "brush up on things they're rusty on."

For many Soldiers, the ESB tasks may seem like "common ones that have been taught before," Lewis said. But, "[Soldiers] need to ensure that their knowledge is accurate to each standard tested. Practicing each skill until it becomes second nature is the key to success."

Staff Sgt. Mike Mata, joint fire support specialist at Fort Sill, Oklahoma, echoed his fellow recipients when he credited "hands-on training and mock repetitions" to earning the ESB.

"It's important to remember that testing is in-

tended to be rigorous, mission-focused and conducted under realistic conditions," Neumeyer said.

The new skill badge is an equivalent of the EIB and the EFMB. It's nearly a spitting image of the Combat Action Badge, minus the wreath. The badge displays the same M9 bayonet knife and M67 frag grenade inlaid against a solid, gray rectangular bar.

The test includes various commander-selected tasks essential to their respective units, like how to respond to an improvised explosive device attack, forging fighting positions, finding Soldiers in a tactical environment, and how to mark chemical, biological, radiological and nuclear-contaminated areas. Other tasks include a day and night land navigation test, a 12-mile ruck march and a series of individual assessments.

The test also contains a variety of events, sharing roughly 80 percent of the tasks in the EIB and EFMB, and takes five days for Soldiers to complete. Standards for the test will not be adjusted based on age, gender or any other criteria.

"The [ESB] will increase overall readiness and lethality, and the first recipients are among the top-qualified Soldiers in the Army," Moore said.

To qualify, Soldiers must first pass the new Army Combat Fitness Test, slated to be the official fitness test for the Army by October 2020. Soldiers must also qualify as expert on the M16 or M4 and be recommended by their chain of command.

"The ESB gives units a baseline and ability to measure their Soldiers' physical

fitness," Neumeyer said. "It also ensures Soldiers perform to standard all the critical tasks they're supposed to have knowledge of, and measures their abilities to an expert level."

Grinston said today's awards are only the beginning for the Expert Soldier Badge, adding it will increase readiness and Soldier lethality across the force.

"We have ESB testing that will be underway later this month at Joint Base Lewis-McChord and next month at Fort Eustis," Grinston said. "I look forward to seeing the results. This is a truly challenging badge to earn with training along the way that will help better prepare our Soldiers for combat."

The first-ever recipients of the ESB include:

Staff Sgt. Joseph Alcorn, Joint Base Lewis-McChord, Washington

Staff Sgt. Freeman Harris, U.S. Army Garrison Stuttgart, Germany

Sgt. 1st Class Christopher Harvey, Joint Base Lewis-McChord, Washington

Staff Sgt. Thomas Jacobsen, U.S. Army Recruiting Office, Gretna, Louisiana

Staff Sgt. Tyler Lewis, Fort Bliss, Texas

Staff Sgt. Anthony Lodigong, Fort Bliss, Texas

Staff Sgt. Julio Macias, Fort Campbell, Kentucky

Staff Sgt. Mike Mata, Fort Sill, Oklahoma

Staff Sgt. Evan Neilson, Fort Jackson, South Carolina

Sgt. Michael Ostrander, Joint Base Lewis-McChord, Washington

Staff Sgt. Bradley Sherman, Fort Benning, Georgia

Spc. Mahrubius Ledford, released from active duty March 2019

Shok Valley weapons sergeant to receive Medal of Honor

Devon L. Suits

A weapons sergeant with the 3rd Special Forces Group (Airborne) who heroically fought up a mountain through a barrage of enemy fire to help rescue his detachment members will receive the Medal of Honor.

The White House announced Oct. 10 that Master Sgt. Matthew O. Williams went above and beyond the call of duty during an operation on April 6, 2008. Williams — a sergeant at the time of the operation — was assigned to Special Operations Task Force-33 in Afghanistan during Operation Enduring Freedom.

Williams will receive the highest military award for valor at a White House ceremony, Oct. 30, 2019.

A "Hall of Heroes" induction ceremony at the Pentagon is slated for Oct. 31, 2019.

In April 2008, Williams joined 14 other Special Forces operators and roughly 100 Afghan commandos on a mission to take out or apprehend high-value enemy targets that were operating out of a mountain-top village within Shok Valley.

Shortly after the joint force dropped into the area and organized into elements, the lead command and control team started their treacherous hike up a near-vertical mountainside toward the objective.

It did not take long for the adversary to respond. A barrage of heavy sniper and machine-gun fire and rocket-propelled grenades rained down on the team's location.

In the ensuing chaos, the



Then-Sgt. Matthew Williams with other team members assigned to 3rd Special Forces Group (Airborne), wait on a hill top for the helicopter exfiltration in eastern Afghanistan, late spring 2007. (Courtesy photo of Master Sgt. Matthew Williams)

lead element was pinned down at a higher elevation and isolated from the larger military force. Further, they had sustained injuries and were requesting support.

In response, Williams organized a counter-assault team and led them across a waist-deep, ice-cold fast-moving river, and fought their way up the terraced mountain to the besieged lead element's location.

Joined by his team sergeant, Williams positioned his Afghan commando force to provide a violent base of suppressive fire, preventing the enemy force from overrunning the team's position. In turn, the actions of Williams and his team allowed the

first command and control element to consolidate and move the casualties down the mountain.

As Williams worked to defend the force's position, an enemy sniper took aim and injured his team sergeant. With disregard for his safety, Williams maneuvered through an onslaught of heavy machine-gun fire to render aid.

Once his team sergeant was secure, the joint team egressed off the mountainside. Williams descended with his team sergeant off a near-vertical 60-foot cliff to a casualty collection point and continued to provide first aid.

With more injured Soldiers coming down the mountainside, Williams

ascended through a hail of small arms fire to help with their evacuation, and also repair his operational detachment commander's radio.

As Williams returned to the base of the mountain with three wounded Soldiers, enemy forces maneuvered to their position in an attempt to overrun the casualty collection point. Williams and the Afghan commandos quickly responded with a counter-attack and courageously fought back the attacking force.

As the medical evacuation helicopter arrived, Williams exposed himself to insurgent fire again to help transport casualties. Once the injured were secure, Williams contin-

ued to direct Commando fires and suppress numerous enemy positions. The team's actions enabled the evacuation of the wounded and dead without further casualties.

The entire Shok Valley operation lasted for more than six hours. During that time, Williams and the joint force fought back against about 200 adversaries, all while they were subjected to a series of friendly, danger-close air strikes.

Williams is the second member of his detachment to receive the Medal of Honor for this operation. The president presented Staff Sgt. Ronald Shurer II the Medal of Honor at a White House ceremony Oct. 1, 2018.