

# ALASKA POST

FREE

an edition of the  
FAIRBANKS  
DAILY NEWS - MINER

The Interior Military News Connection

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Fort Wainwright, Alaska

November 15, 2019

## Aviation Soldiers return home from deployment



Soldiers from Bravo and Delta Companies, 1st Battalion, 52nd Aviation Regiment, walk into a hangar filled with Family and friends after returning from a nine-month deployment in support of Operation Enduring Freedom in Afghanistan on Nov. 11. (Daniel Nelson, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



Soldiers from Bravo and Delta Companies, 1st Battalion, 52nd Aviation Regiment, are greeted by members of the 1/52nd AV, Fort Wainwright and U.S. Army Alaska leadership as they unload from a plane Nov. 11. (Daniel Nelson, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



A Soldier assigned to 1st Battalion, 52nd Aviation Regiment, holds onto his child after a brief redeployment ceremony Nov. 11. The Soldiers returned from a nine-month deployment in support of Operation Enduring Freedom in Afghanistan. (Daniel Nelson, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



Maj. Gen. Peter B. Adrysiaik, commanding general for U.S. Army Alaska, awards Sgt. Elizabeth A. Brooks with a USARAK challenge coin at the Fort Wainwright Town Hall for her efforts in bringing the motorpool move together. (Courtesy photo)

## AutoBears Assemble: The motorpool move!

**1st Lt. Nick Morales**  
Headquarters and Headquarters Company,  
70th Brigade Engineer Battalion

Ever wonder how a battalion can move a whole fleet of vehicles from one location to another? How long does an operation of such magnitude take? What are the proper guidelines and procedures required for execution?

The “AutoBears” know all the answers and were able to relocate the 2-8 FA “Automatic” motorpool at Ft. Wainwright with flawless precision. This operation was no easy task.

Moving a motorpool requires the coordination of Leaders and Soldiers to transport vehicles, equipment and hazardous materials both safely

See AUTOBEARS on page 3

## Army to launch additional housing satisfaction surveys

U.S. Army

After eight months of efforts and initiatives across the Army to improve housing conditions, residents of U.S. Army family housing will have another chance to rate the quality of housing and housing services in 2019 as the Army prepares to launch two more surveys – one on Army-owned and -leased housing, and one on privatized housing.

The surveys will be emailed Nov. 7 for Army-managed housing, and on Nov. 12 for privatized housing. CEL & Associates Inc., an independent third-party organization, will administer the survey for the Army. The email will be from ArmyHousingSurvey@celassociates.com. Earlier this year, CEL & Associates emailed housing surveys to nearly 100,000 residents.

The purpose of the surveys, both of which will be open through Dec. 13, is to receive firsthand accounts of what Soldiers and their Families find important in Army housing and to gauge satisfaction with property-management services.

The housing surveys will be used to find areas that are top priorities to residents, to identify which areas are successful or need improvement, and to determine where funding could have the most effect, according to Lt. Gen. Jason Evans, Army DCS G-9.

See HOUSING on page 3

## Delta High School honors veterans



Lt. Col. Paul Tappen, commander of the 49th Missile Defense Battalion, gives an encouraging speech concerning the importance of Veterans Day at the ceremony hosted by the Delta Junction High School on Nov. 11. (Photo by Angela Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)



Sgt. Joseph Rodriguez, 49th Missile Defense Battalion color guard, adjusts the American flag at the 2019 Veterans Day Ceremony held at the Delta Junction High School on Nov 11. (Photo by Angela Glass, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

### WEEKEND WEATHER

Friday



Chance of snow early.  
Cloudy, high near 4.  
Low around -2.

Saturday



Chance of snow.  
Cloudy, high near 6.  
Low -2.

Sunday



Chance of snow, then  
cloudy. High near 6. Low  
around -6.

### BURBOT SETLINE CLASS

Nov. 29-30, 6-8 p.m.

Learn the art of burbot setline with Outdoor Recreation! Learn to build a setline, where to place lines and, if lucky, how to clean and process burbot. Registration deadline is Nov. 22.  
Outdoor Recreation Center, Bldg. 4050. Call 361-6349.



# Nutrition Corner: Vitamin D

## Did you know...

Did you know that vitamin D is synthesized in the body from ultraviolet rays that come from the sun? Since we Alaskans don't get very much of that sun during these dark winter months, it's even more crucial that we are consuming adequate levels of vitamin D from the foods we eat and the drinks we consume.

Vitamin D plays a host of crucial roles in the body, including helping with the absorption of calcium in the stomach, supporting cell growth in all areas of the body, strengthening immune function, reducing inflammation and acting as a precursor to various hormones in the body.

(For more information about vitamin D, health im-

plications and recommended intakes of this valuable nutrient, check out this article by the Harvard School of Public Health: <http://www.hsph.harvard.edu/nutritionsource/vitamin-d/>)

## Featured Food: Salmon!

There are many different kinds of salmon, but here in Alaska we get the cream of the crop.

The wild salmon we find in our oceans and rivers are typically one of five types: the King (or Chinook), the Red (or Sockeye), the Silver (or Coho), the Keta (also called Dog Salmon), or the Pink (known as the hump-back salmon).

These fatty fish are a great natural source of vitamin D and the vitamin

itself is more efficiently utilized in the body when it is absorbed with a dose of healthy fats, like that found in this tasty sea creature.

Best of all, salmon is packed full of flavor and doesn't need a lot of anything to make a very tasty meal!

## Recipe Spotlight:

### Wild Alaskan Salmon

(Keep it simple and let this dish speak for itself. Just a little olive oil, salt, pepper and fresh lemon are all you need to make your salmon fillet into a gourmet dinner!)

**YIELD:** Serves about 4 (with a medium sized fillet).

**INGREDIENTS:**  
1 to 3 pounds skin-on salmon fillets (8 ounces per

person)  
Olive oil  
Salt  
Pepper  
Lemon wedges, to serve

### PREPARATION:

Pre-heat the oven to 425°F with a rack placed in the middle. Line a roasting pan or baking sheet with foil.

Pat the salmon dry with a paper towel. Drizzle some oil over the top of each salmon — just enough to coat the salmon — and rub it over the salmon with your fingers or a pastry brush. Sprinkle the salmon generously with salt and pepper.

Place the salmon in a roasting pan, skin-side down. Place in oven (roasting time will depend on the thickness of your salmon, as determined by the thickest

part of the salmon fillet; for every half-inch of salmon, roast four to six minutes — for example, four minutes will give you salmon that is still a touch rare, six minutes will thoroughly cook it.)

You can also check the doneness of your salmon with a fork. When the salmon flakes easily with a fork, it's ready. If you like, you can use an instant read thermometer to check the fish for doneness. The United States Department of Agriculture recommends a minimum internal temperature of 145°F, which should be measured at the thickest part of the fillet. Serve immediately and enjoy!

Leftovers will keep refrigerated for about five days, and can be gently reheated in the microwave or used cold.

# 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](http://www.tricareonline.com)  
**United Health Care:** [uhcmilitarywest.com](http://uhcmilitarywest.com), 877-988-9378

## TRICARE Open Season

TRICARE Open Season is the annual period when you can enroll in or change your health plan for the next year. The 2019 TRICARE Open Season begins Monday, Nov. 11 and ends on Monday, Dec. 9. During TRICARE Open Season, you can:

- Do nothing. If you want to stay in your current TRICARE health care plan, you don't have to take any action. You'll continue in your current health plan through 2020 or as long as you're eligible.
- Enroll in a plan. If you're eligible for a TRICARE Prime option or TRICARE Select but not enrolled, you can enroll in a plan now.
- Change plans. If you're already enrolled in a TRICARE Prime option, or TRICARE Select, you can switch plans and switch between individual and family enrollment.

## Specialist available

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

## Self refer

Family members in need of a behavioral health appointment can self-refer to an in-network TRICARE provider for no extra cost. To find a list of in-network providers go to [www.tricare-west.com](http://www.tricare-west.com)

## 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.

## 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, are required to have a food handler's card?

Contact Public Health at 907-750-9293 to register for our next class being held Nov. 14 at 8 a.m. or Nov. 18 at 1 p.m.

# Military spouses hope to inspire million acts of kindness

**Thomas Brading**  
Army News Service

Three military spouses say they hope to change the world, through one act of kindness at a time.

To accomplish this, they aim to encourage more than one million acts of kindness in the military community through a viral movement called GivingTuesday Military Edition, set for Dec. 3.

“One million acts sounds like a lot,” admitted Maria Reed, an Army spouse and organizer for the event. “But, it just takes one act to inspire another, and if enough people are inspired — we can reach a million acts together.”

It was Reed's optimistic thinking that initially helped her form a bond with two like-minded spouses: Samantha Gomolka, a National Guard spouse, and Jessica Manfre, a Coast Guard spouse.

The three first met in May at the 2019 Armed Forces Insurance Military Spouse of the Year awards ceremony, held in Washington, D.C. All three won that night for their respective branches.

Following the ceremony, the three connected “easy and effortlessly,” Reed said, largely due to their shared goal to use their platform to bridge together the military community and help others.

At first, they didn't know exactly how they would collaborate, they said. But, that changed soon after a plan was hatched to contact GivingTuesday, the parent organization of their group. Shortly after they made contact, GivingTuesday representatives agreed to partner up and the military edition was created.

“It's inspiring to see military service members, veterans and their Families who already have committed so much to something bigger than themselves, lead the way to encourage one million acts of kindness,” said Asha Curran, GivingTuesday chief executive officer,



Three military spouses, Maria Reed an Army spouse, Samantha Gomolka, a National Guard spouse, and Jessica Manfre, a Coast Guard spouse visit Los Angeles, California, Nov. 6, 2019, to promote their online movement called GivingTuesday Military Edition. They were all 2019 Armed Forces Insurance Military Spouse of the Year recipients for their respective branch. The viral campaign hopes to inspire more than one million acts of kindness and document them online with #givingtuesdaymilitary to inspire others to do similar goodwill acts. (Courtesy photo)

in a news release.

The military edition kicked off in September, and since it was announced they have received nation-wide attention. However, according to Reed — who is a military spouse of 16 years — the need to help others is just a part of being in the military community.

Her husband, who is currently deployed, plans to responsibly participate from his undisclosed location overseas.

“Military Families are called to serve, it's in our DNA and [GivingTuesday] is a way that we can all serve and give back to the community,” Reed said.

No act of goodwill is too small, she added. “It doesn't matter, kindness is kindness.”

Whether serving food to the homeless, volunteering at an animal shelter, buying coffee for a stranger or simply holding a door open for someone — there are no shortage of options, she said.

In addition to individual acts, Reed said various schools, companies and blood drives across the country have committed to join in the effort to meet their seven-digit goal.

But, the true measure of success, Manfre said, is simply to inspire others to be kind.

“If all we do is inspire just one person to be kind to someone else, that's what matters,” she said.

The inaugural event will be documented online with #GivingTuesdayMilitary.

With more than 50 chapter ambassadors at the forefront of local efforts, and thousands of eager participants who are affiliated with more than 800 military installations worldwide, the trio agree their movement will grow every year.

Social media pages have been set up on Facebook, Instagram and Twitter for the campaign, all with the handle @GivingTuesdayMilitary.

# ALASKA POST

## The Interior Military News Connection

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November 15, 2019

# The Chaplain’s Corner

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

What is the difference between “certainty” and “assurance”?

Dictionary definitions are helpful, but Chaplain Sean Crow, my colleague at the 49th Missile Defense Battalion, highlighted a nuance the dictionaries miss. In short he observed that certainty stands alone based on the belief that its cherished facts are true, while assurance seeks a connection based on the belief that “where two or three gather in my name, there am I [Jesus] with them” (Matthew 18:20).

We live in an age of outrage where facts, truth, lies, spin, faith, doubt and certainty are hotly debated. Perhaps we would all benefit from less certainty and more assurance.

Culturally, Americans do not trust doubters. Root around deeply enough in our national psyche and someone will probably link our collective scorn for doubters with an enduring acceptance of history’s judgment that Jesus’ disciple, Thomas, doubted the resurrection. Doubting Thomas gets a bum rap.

Countless authors have pointed out that the remaining 11 disciples went to Galilee where the resurrected Jesus met them: “When they saw him, they worshipped him; but some doubted” (Matthew 28:17).

In order to deny Jesus three times, Peter surely doubted though we do not remember “Doubting Peter.”

Although scholars do not know with certainty, tradition accepts that the “Beloved Disciple” was

John. Quite possibly, John no more deserves to be remembered as “the Beloved” than Thomas deserves to be remembered as “the Doubter.”

Duke University theologian Diana Butler Bass argues that the Doubting Thomas story is not about doubt, but about gratitude. At Jesus’ first post-resurrection appearance, he appears to his disciples who are fearful and in hiding in the upper room of their last supper. Thomas is not with them, so he misses the table blessing that Jesus gives: “Peace be with you!” (John 20:19).

Importantly, Jesus’ words were, in fact, a table blessing. Bass writes, “Almost all of the post-resurrection appearances involve eating and food. In the 50 days between the Resurrection and

the Ascension, Jesus shows up at meals and at tables, even in some cases, asking for food! And every time he does, there would be a prayer. Because that is what Jews did – said thank you at the beginning and at the end of every meal. Gratitude. Table grace.”

When Jesus appears a second time, we miss the point of the story if we focus on doubt rather than on gratitude. Jesus has come again, inviting us (and Thomas!) to his table, where he calms our fears and transforms our doubt into gratitude with his blessing.

Certainty eats alone at the table. Assurance, however, eats and connects at the table with sinners of all stripes: tax collectors, prostitutes and especially doubters — all who are hopeless and fearful who come hungry and grateful.



Certainty declares: you’ve got questions? I alone have all the right answers. Assurance invites: you’ve got questions? Come, let’s walk this path together. I don’t have all the answers either, but I do have your back.

Certainty condemns Doubting Thomas because of his unbelief. Assurance redeems Grateful Thomas through his unbelief.

And that’s good news for all of us.

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](http://www.facebook.com/FGAChapel).

# AutoBears

Continued from page 1

and efficiently.

This week’s Hero of the Week is Sgt. Elizabeth A. Brooks of “Automatic” Battalion’s Fox Forward Support Company for being the center of success for the “Automatic” motorpool move.

Her planning, coordination, and guidance ensured a smooth execution of movement for 250 vehicles and an entire field artillery battalion’s worth of equipment and hazardous material in just one week.

She was the on-ground NCO who provided direction to keep the battalion on track. Sgt. Brooks will be awarded with an Army Achievement Medal for her hard work and dedication.

Stay tuned for next week’s article covering news from the Engineer and Field Artillery communities as well as an overview of these respective branches.



Master Sgt. James E. Gately of 2nd Battalion, 8th Field Artillery Regiment Fox Forward Support Company watches as the unit initiates a convoy out of the motorpool. (Courtesy photo)

# 3D printer speeds prototyping, production of Soldier products/capabilities

**Jane Benson**

U.S. Army Combat Capabilities Development  
Command Soldier Center

The addition of the world’s largest 3D printer will lead to revolutionary innovations for the Soldier and bolster the already strong collaborative relationship between the University of Maine and the U.S. Army Combat Capabilities Development Command Soldier Center.

The new 3D printer, which has been acquired by the University of Maine, will enable the rapid creation of large products for the Soldier, as noted by Professor Habib Joseph Dagher, PhD, PE, who is the executive director at the Advanced Structures and Composites Center, or ASCC, at the University of Maine.

“We are appreciative of the long successful partnership between the UMaine ASCC and the Natick CCDC Soldier Center, and the recent cooperation on large-scale 3D printing,” said Dagher. “The new printer is uniquely suited for accelerating the prototyping of large new products to benefit the Soldier.”

“The new 3D Printer will really help drive the collaboration,” said Col. Frank Moore, military deputy for the CCDC Soldier Center. “They are the only facility right now that can print on this size and this scale and do this kind of 3D manufacturing, which will revolutionize how the Army prototypes and manufactures shelters, vehicles and other large systems.”

The CCDC Soldier Center is dedicated to using science and technology to ensure America’s warfighters are optimized, protected and lethal. CCDC SC supports all of the Army’s Modernization efforts, with the Soldier Lethality and Synthetic Training Environment Cross Functional Teams being the CCDC SC’s chief areas of focus. The center’s science and engineering expertise are combined with collaborations with industry, DOD, and academia to advance Soldier and squad performance. The center supports

the Army as it transforms from being adaptive to driving innovation to support a Multi-Domain Operations Capable Force of 2028 and a MDO Ready Force of 2035. CCDC SC is constantly working to strengthen Soldiers’ performance to increase readiness and support for warfighters who are organized, trained, and equipped for prompt and sustainable ground combat.

CCDC SC’s Expeditionary Maneuver Support Directorate, or EMSD, has long worked with the University of Maine, particularly the university’s Advanced Structures and Composites Center, on a wide variety of advanced technologies, including the Improved Modular Ballistic Protection System.

The new 3D printer, which was unveiled recently during a ribbon-cutting ceremony at the University of Maine, will enable the creation/printing of new products and prototypes and can produce objects up to 100 feet long.

“The partnership between the University of Maine and the Soldier Center has resulted in a new 3D printing capability for large scale structures,” said Claudia Quigley, director of the Expeditionary Maneuver Support Directorate at CCDC SC. “Until now, the use of additive manufacturing has been limited to small structures. This new capability will allow the Army to apply additive manufacturing principles to the development of large structures, revolutionizing the Army’s ability to design and ultimately produce Army equipment, such as shelters and command posts. What was demonstrated at the ribbon cutting ceremony is only the beginning. There are opportunities to develop new high strength structural composite materials, to optimize designs for new Army technologies, to develop new design processes for full scale manufacturability, and then to rapidly produce Army equipment. This 3D printing capability for large structures supports Army readiness and modernization initiatives in a multi-domain environment. This research work closely aligns with Army Directive

2019-29, Army Advanced Manufacturing Policy, and the CCDC Additive Manufacturing Science and Technology Plan. The Soldier Center looks forward to its continued partnership with the University of Maine and other DOD partners to advance the state of the art in the 3D printing of large structures.”

Overall, advanced manufacturing techniques, such as 3D printing, have the potential to enable the Army to more quickly address Soldier needs.

“The S-280, a vehicle mounted shelter, is the very first 3D-printed, full-scale shelter,” said Connie E. Miles-Patrick, team leader for EMSD’s Systems Development and Engineering Team at CCDC SC. “It was printed in 48 hours, significantly faster than other construction methods. For the Expeditionary Maneuver Support Directorate at the Soldier Center, this new 3D printing capability will allow Army scientists and engineers to prototype and evaluate new technologies, at full scale, for form, fit and function early in the technology development process. EMSD develops structural technologies that are large, over 20 feet long and eight feet high. By having the ability to evaluate these preliminary designs as full scale prototypes, we will be able to accelerate the technology development process and deliver new critical capabilities to our Soldiers more rapidly. The development of this capability is closely aligned with our AFC mission and Army priorities.”

## Estate Notice

Anyone having claims against or who is indebted to the estate of Chief Warrant Officer 2 Ryan C. Sweesy, of India Company, 3rd Battalion, 21st Infantry Regiment, may contact 1st Lt. Joshua Peltier, Headquarters and Headquarters Company, 1st Battalion, 24th Infantry Regiment, Fort Wainwright, Alaska 99701, phone (803) 931-6199.

# Housing: New surveys out

Continued from page 1

“The Army will improve homes, communities and customer service — from Army housing staff and the private housing management companies — through the candid feedback we receive from our Soldiers and their Families,”

Evans said.

Army housing officials hope for a high participation rate, which will provide a more accurate depiction of resident satisfaction and of changes that have been implemented over the past eight months.

All surveys are confidential

and the reporting structure ensures that the Army will not see responses unless CEL is satisfied that participants’ anonymity is retained.

Residents who have not received an email with the survey link by Nov. 18 should contact their local housing offices.



# History Snapshot:

## Squadron party at the NCO club, 1947

Leisure activities were an important part of life at Ladd Field, and both the installation and the Fairbanks community made great efforts to entertain servicemen. In addition to the USO club built in downtown Fairbanks, other local civic organizations sponsored dances, socials and tea parties. As Josephine Johnson recalled, “Just about all the young girls in Fairbanks were recruited to come to the USO to dance and talk with the young men. The older women in Fairbanks would preside over that, and they would see that there was food and everything was on the up and up!”

On Ladd Field itself, the NCO Club hosted monthly dances with a buffet, dancing and live music. Other organizations on the installation sponsored team sports, movie screenings, performances of various kinds and well-loved annual events such as the Halloween Carnival.

File photo, Cultural Resources Program



## Fairbanks Ice Dogs hockey team skates with Soldiers and Families

Top, the Fairbanks Ice Dogs hockey team and fans from Fort Wainwright gather for a group photo during the team's meet-and-greet event at Fort Wainwright on Nov. 6. (Photo by Eve Baker, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

At right, a player from the Fairbanks Ice Dogs hockey team helps a young fan with his skating technique. The team visited Fort Wainwright for a free skating and meet-and-greet event Nov. 6. (Photo by Eve Baker, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



THE MONTH OF NOVEMBER IS

# MILITARY Family MONTH

## Staying Ready Together



November 15, 2019

# Medal of Honor recipient speaks to youth about Army opportunities

James Brabenec

In his third year of service to the Army, a young Special Forces sergeant displayed extreme acts of heroism in April 2008 during Operation Enduring Freedom. That selfless service resulted in him receiving the Medal of Honor.

That Medal of Honor recipient, Master Sgt. Matthew Williams, visited post and spoke with local reporters last week, as part of his tour of Oklahoma Nov. 6-9.

Williams came to Oklahoma on a visit arranged by Training and Doctrine Command and 5th Brigade Army Recruiting Battalion – Oklahoma City. In addition to meeting area dignitaries, Williams visited high schools in Oklahoma City, Edmond and Lawton to talk Army career opportunities and aid Army recruiting efforts.

“It was extremely humbling to have the opportunity to speak with the young kids and to talk of my experiences and what the Army has taught me. The military in general can offer young people a litany



Medal of Honor recipient Master Sgt. Matthew Williams speaks to local reporters Nov. 7, 2019, at the Army Field Artillery Museum at Fort Sill, Okla. While here Williams spoke with civic and military leaders and high school students in Oklahoma City, Edmond and Lawton. (Photo by James Brabenec)

of opportunities with education, training and the vocations they can take on – everything from infantry and Special Forces, to cooks, mechanics and helicopters pilots,” he said.

Williams said he was in college studying to complete a degree in criminal justice with plans to go into law enforcement or be-

come a firefighter. But then 9-11 happened and changed his focus of service.

“I researched job opportunities the Army had to offer and came upon 18X (Special Forces Candidate),” he said. “I wanted to serve with the best the Army had to offer.”

Moving straight from Basic Combat

Training to the Special Forces Qualification Course, Williams said he grew up in Special Forces as a Green Beret.

It’s been a great experience learning all along the way developing trust, teamwork, loyalty and discipline – all the things that make Soldiers what they really are,” he said. “It’s been a life-

long learning experience.”

Speaking of some of the qualities young people would need to become a Green Beret, Williams said, “The kind of guys who are successful at becoming a Green Beret are those who are highly motivated, team players, humble, willing to work hard and willing to make sacrifices to

get the job done.” With the many career options Army service offers, Williams shared a message that applies to all young people seeking direction in their lives.

“I encourage anyone to reach outside their comfort zone and try to excel at any career field,” he said.

A Team Sergeant with 3rd Special Forces Group (Airborne), Williams received the nation’s highest honor for valor during a ceremony at the White House on Oct. 30.

“Having (President Trump) recognize my team was extremely rewarding, giving the guys the recognition they deserve was definitely one of the best parts of the ceremony,” said Williams. “I’m honored to have the opportunity to get our story out and make it known what Security Forces is capable of and what our team, Operational Detachment Alpha 3336, did.”

A detailed account of what Williams went through to earn the Medal of Honor is available at <https://www.army.mil/medalofhonor/williams/>.

# NCOs give big advantage to US military

Jim Garamone  
Defense.gov

America’s NCOs and petty officers deliver the military’s biggest asymmetric advantage, Army Command Sgt. Maj. John Wayne Troxell, the senior enlisted advisor to the chairman of the Joint Chiefs of Staff, said in a recent interview.

Troxell has served since 1982 and has a proven combat record in Panama, Iraq and Afghanistan. He also has served as a mentor to generations of NCOs.

The military has to have empowered mid-level managers and leaders who are able to apply agile and adaptive practices to defeat enemy threats, solve problems and accomplish missions based on the commanders’ intent, Troxell said.

That’s easier said than done.

Even though the United States once had 150,000 service members in Iraq and 130,000 in Afghanistan, the size of those countries meant that troops were spread thin. NCOs often led patrols and route-clearance missions and dealt with sheikhs and tribal elders.

NCOs were often the hands-on instructors of indigenous forces – and their counterparts from partner nations often were officers.

American NCOs and petty officers are empowered in ways their partner nation counterparts often aren’t, Troxell said. They understand the orders they receive, the resources available to them and the objectives they need to reach, he explained.



Soldiers maintain security as a CH-47 Chinook departs the HLZ during an air assault training exercise in the National Training Center, California, Jan. 25, 2017. The purpose of this mission was to demonstrate the troop’s ability to carry out complex attacks while enhancing the unit’s ability of employing aviation resources. (Photo by Pvt. Austin Anyzeski)

And, the sergeant major said, they are trained to use their initiative within the scope of their instructions.

“NCOs are the doers,” the senior enlisted advisor said. “They provide inspiration, purpose, motivation, direction and discipline to the troops they lead, and they are also responsible for the individual training of those in their charge.”

Empowerment can come only through training and trust, he said.

“Once commanders have trust, they can extend their reach at the operational and tactical levels, because they have NCOs who can execute leader duties, as well as the normal managerial duties in taking care of troops,” Troxell said.

Canada, the United Kingdom, Australia and New Zealand treat their NCOs in much the same way as the

United States military does. Others see the advantages that the U.S. military employs through its NCO corps and are looking to develop a similar cadre. “Singapore, Romania, Colombia, Malawi, Ghana, Liberia and Botswana are doing a fabulous job of empowering their enlisted force,” Troxell said. “They see it is a much more efficient way of doing operations. [They] don’t need an officer for every operation.”

An empowered NCO corps is relevant even in a near-peer conflict, the sergeant major said. “On any battlefield we will fight on ... over time ... it will devolve into a small-unit fight,” he said. “When that happens, the combatant that has the best empowered NCOs will have the strategic initiative, and they will win.”

The role of NCOs

has not remained static. When Troxell joined the Army, NCOs were in charge of tasks such as maintaining the barracks, training, inspections and the like. “There wasn’t a lot of discussion from my NCOs on how to prepare for a threat, which at the time was the Soviet Union,” the sergeant major said.

The military began systematically capitalizing on what NCOs bring to the fight, Troxell said. Each service began increasing the responsibilities given to junior personnel and strengthened NCO professional military education.

“When we started formally educating our sergeants and petty officers, it had a huge effect on how we utilized them,” he said. “And through this education system we have continued to morph and accelerate and get better and better

through the years.”

Early on, most of that education came from officers.

“[My] first few years in the military, it was always the officers who talked,” he said. “Then it was senior NCOs, and now it is to the point where all NCOs have that responsibility.”

After 9/11, Troxell said, “We realized in a hurry that in order for the commander to have the desired influence and extend their command reach across this enormous battlespace, it had to be through their trusted and empowered noncommissioned officers.”

The biggest test for empowered NCOs and petty officers came with deployments to Afghanistan and Iraq. “In my opinion, we passed with flying colors,” Troxell said. “Did we have incidents out there? Yes. But in the end, we took those

incidents and ... we’ve learned from that and poured it back into our education system.”

The sergeant major said he believes the military needs to create opportunities for enlisted service members to “go joint” earlier. “At about the E-4 rank, they have mastered the basic skills,” he said. “We think that at about the E-5 ranks, we need to expose service members to joint service.”

Until recently, the joint duty for NCOs started at around the E-7 level, and training occurred through two courses: Joint Professional Military Education 1 and 2. JPME-1 was aimed at E-6 and E-7 personnel, and JPME-2 was for the E-8 and E-9 grades.

“But as I started traveling around, I saw more and more E-5s immersed in joint and multinational organizations,” Troxell said. “I saw more and more of these nonstandard NCO and petty officer development courses at installations bringing young NCOs together to learn about other services.” And, he said, he observed E-5s exercising mission command responsibilities in joint multinational environments such as Afghanistan and Iraq.

The service and combatant command senior enlisted leaders also saw this, he said, which led them to change the joint professional military education courses to allow E-5s to benefit from them.

It is just another way that the NCO corps is providing an asymmetric advantage, Troxell said.



# COMMUNITY CALENDAR

## Fort Wainwright Family & MWR

### Weekly Events

#### November 16 - 23

16

**Turkey Bowl**  
November 16  
7 - 10 p.m.

Win your Thanksgiving Dinner while Cosmic Bowling! You have the chance to win dinner rolls, a pie, and even a turkey! Cost is \$15 per participant for 3 hours of unlimited bowling and shoe rental. Call (907) 353-2654 to reserve your lane.

Nugget Lanes Bowling Center, Bldg 3702  
Call 353-2654

16

**B.O.S.S. Chena Hot Springs Trip**  
November 23  
9 a.m. - 5 p.m.

B.O.S.S. eligible Soldiers can take a trip to Chena Hot Springs to enjoy time with friends while exploring an Ice Museum, riding a dog sled, and/or take a soak in the Hot Springs. Registration deadline is November 16.

B.O.S.S., BLDG 1045  
Call 353-7648, registration required

20

**Adult Craft Night**  
November 20  
5 - 7 p.m.

Enjoy a night out with friends and learn how to create an original piece of artwork! There will be craft beer and wine available for purchase for those who are 21 and older. Cost is \$20 and space is limited.

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

20

**Parents's Night Out**  
November 22  
6:30 - 10:30 p.m.

CYS has you covered with childcare so you can take some time for you or have a date night! Registration with Parent Central Services is required. Registration deadline for this event is November 20.

Parent Central Services, BLDG 3414  
Call 353-7713, registration required

22

**Burbot Setline Class**  
November 29 & 30  
6 - 8 p.m.

Learn the art of Burbot Setline with Outdoor Recreation! This class goes over how to build a setline, where to place lines, and if we are lucky how to clean and process Burbot! Registration deadline is November 22.

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

**USAG Alaska COMEDY NIGHT**

**ARMY Entertainment PRESENTS**

**Featuring Ronnie Jordan and Nick Nichols**

**Fort Wainwright NOV.22.2019**  
Warrior Zone, Bldg. 3205  
DOORS OPEN AT 7 PM  
Must be 18+ DoD ID Cardholder or Authorized Guest to enter the Warrior Zone  
+1 (907)353-1085

**USAG Fort Greely NOV.23.2019**  
Aurora CAC, Bldg. 500  
DOORS OPEN AT 5 PM  
Special Event Access to the General Public  
+1 (907)873-4782

**FREE AGES 18+**  
Must be 21+ to purchase or consume alcohol. Please drink responsibly.

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U.S. ARMY

**Winter Book Bingo**

Join the Post Library for the Winter Book Bingo Reading Challenge until February 29! Find out more at [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com) @WainwrightMWR #WainwrightMWR



### Medical Activity-Alaska

and the

Fort Wainwright Equal Opportunity Office  
welcome all to the

### 2019 National American Indian Heritage Month Celebration

**Southern Lights Chapel**

**Date: 21 November 2019**

**Time: 1400-1500**

For more information contact

**SSG Stephanie Durga, MEDDAC-AK EOL**  
[stephanie.m.durga.mil@mail.mil](mailto:stephanie.m.durga.mil@mail.mil)

or

**Fort Wainwright Equal Opportunity Advisor**

**MSG Skylar Holman @ (907) 353-9264**

or [skylar.a.holman.mil@mail.mil](mailto:skylar.a.holman.mil@mail.mil)



# New battery could provide substantial power to Soldiers without risk of fire

**U.S. Army CCDC Army Research Laboratory Public Affairs**

Army scientists and their partners at the University of Maryland and Johns Hopkins Applied Physics Laboratory have developed a high-energy aqueous lithium-ion battery that won't catch fire no matter how damaged it becomes. These new batteries continue to operate in conditions where traditional batteries fail.

Lithium-ion batteries have the potential to deliver enormous amounts of energy, but that power often comes at the cost of safety. When lithium-ion batteries get punctured or become overheated, they can cause deadly fires that even water can't extinguish.

For the Army, a battery that can power high-energy electronic devices while withstanding extreme abuse would be vital for enhancing Soldier capability and survivability in the modern battlefield.

"Our project addresses the risk by allowing high-energy or high-power batteries to be put on the Soldier with no risk of the batteries catching on fire," said Dr. Arthur von Wald Cresce, a materials engineer at the U.S. Army Combat Capabilities Development Command's Army Research Laboratory. "We're hoping that by designing safety into the battery, this concern goes away and Soldiers can use their batteries as they please."

Traditional lithium-ion batteries catch



Army scientist Dr. Arthur von Wald Cresce considers new frontiers in battery research using a nonflammable electrolyte. (Photo illustration by David McNally)

fire because the electrolyte in the battery is oftentimes a flammable organic compound that is sensitive to temperature, he said. When these batteries become damaged, they can generate significant amounts of heat and ignite a fire with the electrolyte as the fuel.

Aqueous lithium-ion batteries navigate around this problem by using a nonflammable, water-based solvent as the electrolyte for the battery. In addition, this new technology uses a lithium salt that is not heat-sensitive, allowing for the battery to be stored at a much wider range of temperatures.

"If the battery's temperature in storage happens to spike to 150 degrees Fahrenheit, the battery won't cease to operate," Cresce said. "In fact, it'll probably still operate the same. Most importantly, it will not sustain a flame, so any damage to the battery will result in, at worst, a battery that doesn't deliver anymore voltage."

This research, part of the laboratory's Center for Research in Extreme Batteries, began in late 2014 with the goal to promote research collaboration the lab and partners in industry and academia.

Cresce and the team first collaborated with scientists at the University of Maryland to study the properties of a new class of aqueous electrolytes known as water-in-salt electrolytes. In November 2015, they published their findings in the journal Science.

Recently, Cresce and the team made a major breakthrough in their research when they created an aqueous lithium-ion battery prototype with a maximum potential of 4 volts, which is around the same amount of energy found in typical lithium-ion batteries.

"We had batteries that delivered high power but they were limited in potential and therefore limited in their energy," Cresce said. "The maximum potential we

got from our early batteries was about 3 volts. But we didn't want to sacrifice energy, because Soldier batteries need a very large reserve of energy to operate for long times. So our most recent advance was to make full prototypes of the 4-volt high-energy aqueous lithium-ion battery."

Army scientists significantly improved the design of the battery to make it even easier to produce.

For previous versions of the battery, Cresce and the team established a protection layer composed of a lithium electrolyte dispersed in a very hydrophobic ether solvent around the graphite anode in order to shield it from the electrolyte; however, the ether solvent was so volatile that it would evaporate in just

a couple of minutes, making it difficult to manufacture.

The aqueous lithium-ion battery uses a graphite anode, which reacts poorly with the water-based electrolyte.

With the latest version of the aqueous lithium-ion battery, Cresce and the team created a special polymer gel to encase the anode instead. This gel layer not only does a very good job of repelling water, but it is also much less volatile than the ether solvent, he said.

"We are now able to construct batteries without worrying if the protective layer has evaporated or not," Cresce said. "Additionally, the gel is very easy to make. We have been using short doses of ultraviolet light to cure the gels just like any plastics manufacturer or label and packaging printer."

Cresce envisions that when safe 4-volt lithium batteries are available for the Soldier, energy supplies would come equipped with less bulky, protective packaging, which would reduce the weight of the gear that Soldiers would have to carry.

"Every Soldier we talked to would like to carry less batteries and would like to be able to use their equipment without having to really think about how it's powered, and the aqueous lithium-ion batteries allow them to do these things," Cresce

said. "The batteries can be packaged less heavily so they can carry more energy effectively, which means less battery changes and less batteries carried."

Not only that, aqueous lithium-ion batteries may influence the development of future electronic devices because the batteries can be made in different shapes and sizes, allowing for a more flexible and efficient design.

Cresce said the Army hopes to integrate the aqueous lithium-ion batteries into hybrid and electric military vehicles with the added possibility of expanding the technology into the commercial vehicle industry.

He largely credits the growth of the aqueous lithium-ion battery research at the laboratory to the efforts of his fellow team members and the support of Army leadership.

"With just one year accelerated funding, we were able to take our bench technology and turn it into a prototype," Cresce said. "We're going to manufacture prototypes with the hopes that we can get this into the field between 2026 and 2028 on a device that the Soldier can wear and use in the field. I really hope we can stick that timeline, because it would fit in very much with the modernization of the U.S. Army as we move forward."

## Soldier for Life

**HQDA, Deputy Chief of Staff, G-1, Director of Military Personnel Management**

### What is it?

The Soldier for Life program engages and connects U.S. Army, government and non-government organizations to influence policies, programs and services that support Soldiers, veterans and Families.

Soldier for Life program builds sustainable relationships and outcomes and reinforces the Soldier for Life mindset throughout the entirety of the Soldier lifecycle.

### What are the current and past efforts of the Army?

Soldier for Life program was established in 2012 as an initiative of the chief of staff of the Army. This program was designed to help reduce the growing number of unemployed veterans. The program focuses on ensuring that Soldiers, veterans and Families have awareness of – and access to – the services and opportunities provided by the Army's external stakeholders:

- Private organizations
  - Government
  - Non-profits
  - Institutes of higher learning
- Through aggressive networking, research

and personal interaction with various groups, agencies and organizations, the Soldier for Life program:

- Identifies and shares best practices between government and non-government agencies and to Army leaders to help the service members and their Families to build successful Army careers both in and out of uniform.
- Coordinates directly with the United States Army Reserve Public/Private Partnership office and the Army National Guard office to take advantage of each component's unique capabilities and close the gap between programs.
- Provides complementary support within identified communities, in close coordination with United States Army Recruiting Command.

What continued efforts does the Army have planned?

Soldier for Life continues to build sustainable relationships to find and bring awareness of opportunities for Soldiers, veterans and Families.

Army's latest effort to help bridge the information gap is the newly released Soldier for Life podcast series. The brief episodes, approximately 20 minutes in length, are filled with

valuable information for the Army Family.

### Why is this important to the Army?

Soldier for Life program helps to enforce that a Soldier is a "Soldier for Life."

The program leverages the Army network and centers of influence to link Soldiers, veterans and Families to appropriate governmental and non-governmental programs and opportunities. Soldier for Life informs Soldiers, veterans and Families of available opportunities through social media, organizational engagement, traditional media and coordination with Army touchpoints.

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FAMILIES!**

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PREP PROGRAM**

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Reserve or National Guard members who were activated for active duty service since 9/11/2001 & were deployed to a combat zone.

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- College selection and admissions counseling - We'll help your student shine!
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- Financial aid and scholarship counseling – includes review of all financial aid forms

GRATITUDE INITIATIVE .ORG

Gratitude Initiative is a 501(c)(3) non-profit whose mission is to provide educational support and college scholarships to the children and families of military service members, veterans, and those killed in defense of our country.