

# ALASKA POST

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## AutoBears Assemble: Cold Weather Leader's Course

**2nd Lt. Cam Kirvan**  
Alpha Company, 70th Brigade Engineer Battalion,  
1st Stryker Brigade Combat Team

While most of Alpha Company was either down-range in Iraq or supporting operations at Joint Readiness Training Center for the month of January, AutoBears had the opportunity to attend the Cold Weather Leaders Course at the Black Rapids Training site just south of Fort Greeley, Alaska. CWLC is a challenging 16 days of "Conquering Cold and Battling Mountains" as their motto suggests. The course is split into three phases: classroom instruction, field training exercise on snowshoes and military skiing.

During the FTX portion Soldiers learn how to build improvised shelters, occupy patrol bases at the platoon level utilizing arctic 10-man tents and heaters, avalanche prediction and rescue, and how to conduct land navigation



2nd Lt. Cam Kirvan (fourth from the right), Alpha Company, 70th Brigade Engineer Battalion, 1st Stryker Brigade Combat Team, with his squad at Cold Weather Leaders Course. (Courtesy photo)

tion in cold mountainous terrain. The skiing portion includes both Nordic and Alpine style instruction

culminating in a 10k cross-country biathlon. Upon the course's completion, graduates earn both

the newly designed Arctic tab and the privilege to be able to teach Cold Weather Introduction Course the

next few years they're stationed at Fort Wainwright. One thing that makes this course unique is Soldiers train alongside Marines, Airmen, Sailors and International Military students. Ranks ranged from E4-O3 with a variety of military occupational specialties and backgrounds represented.

The diversity presents the opportunities to lead and learn from Soldiers with different levels of experience. When survival depends on teamwork to get your heated shelters up and snow boiled for water, everyone quickly learns to work together and pull their own weight. One of the life lessons this course teaches is that leaders need to understand the environments they are operating in. Once they understand, they can mitigate the risks and learn to be able to thrive in that environment. This is a great course for any leader that finds themselves in the Arctic environment.

## Lt. Gen. Douglas Gabram assumes command of IMCOM

**Brittany Nelson**  
Installation Management Command

Lt. Gen. Douglas Gabram assumed command of U.S. Army Installation Management Command Jan. 22 at Joint Base San Antonio-Fort Sam Houston.

Gen. Gus Perna, commanding general of Army Materiel Command, promoted Gabram in a private ceremony prior to the assumption of command.

Gabram assumed command from Maj. Gen. Timothy McGuire who has served as acting commanding general since August 2019.

Perna thanked McGuire for his work as interim commander. McGuire will now return to his role as Deputy Commanding General of IMCOM.

"Maj. Gen. McGuire, your leadership belongs in a book as an example for all of us," said Perna. "Over the past five months you have demonstrated personal, moral and physical courage. You are a remarkable leader

and it is my honor to serve with you every day."

Perna went on to describe his confidence in Gabram as IMCOM's next CG.

"Lt. Gen. Gabram is a great Army leader, and IMCOM is a great Army team," said Perna. "I feel confident that general Gabram will take IMCOM's work to the next level. My one-word piece of advice to him during the passing of the colors was 'press.'"

Perna pointed out the Chief of Staff of the Army's number one priority is people. "The chief believes that if we take care of Soldiers, Families and Civilians, our Army will remain strong for the long term. IMCOM is the quarterback of that solution."

Perna continued, "In his new role, Gabram will lead the organization responsible for the safety, care and morale of over 1 million Soldiers and their Families. This is one of the Army's most sacred responsibilities."

Speaking directly to the IMCOM workforce, Perna stated, "You are



Lt. Gen. Douglas Gabram (left) assumes command of the Installation Management Command on Jan. 22 at Joint Base San Antonio-Fort Sam Houston. (Photo by Ms. Brittany Nelson, Installation Management Command)

the unsung heroes of our Army. Because of you, our Families feel protected and safe as their loved ones deploy to war. Thank you for your professionalism and selfless service."

During Gabram's opportunity to speak, he mentioned the importance of success at

home and down range.

"I have been privileged to lead Soldiers in combat many times," said Gabram. "I know that if we fail to get it right at our installations, we could get it wrong in combat, and this will not happen."

He also mentioned

he is prepared to take command and support all the command does to help the Army.

"I look forward to taking on our mission of serving and supporting Soldiers, Civilians and Families and strengthening the readiness of our Army," said Gabram.

Before assuming command, Gabram was the director for Test at the Missile Defense Agency at Redstone Arsenal, Alabama. He was responsible for planning, programming, budgeting,

**See GABRAM on page 2**



## USAG Alaska commander gets Quest Guest ride

Col. Christopher Ruga (left), U.S. Army Garrison Alaska commander, presents Torsten Kohnert (right), Yukon Quest 1,000 mile sled dog racer, before the start of the 2020 Yukon Quest in Fairbanks, Alaska, Feb. 1. Ruga rode in a second sled behind Kohnert's race sled as the guest rider for the first part of the race. (Photo by Daniel Nelson, U.S. Army Garrison Alaska Public Affairs)

### WEEKEND WEATHER

**Friday**



Chance of snow. High of 15.

**Saturday**



Chance of snow. High of 24.

**Sunday**



Chance of snow. High of 23.

### IN BRIEF

UFC 247: Jones vs Reyes  
February 8

Main event starts at 6 p.m. Enjoy the UFC fight and eat great food at the Warrior Zone! Cost: \$5 for Active Duty, \$10 for everyone else.

Must be 18+ to enter the Warrior Zone.  
Warrior Zone, Bldg 3207. Call 353-1087



# Nutrition Corner: Myth Busters

The more milk, the better for my child’s health - MYTH.

More is not necessarily better when it comes to dairy. It is very important you child gets enough dairy, or calcium and vitamin D fortified dairy substitutes like soy milk, almond milk, etc., to support healthy bone growth but there is no need to exceed the recommendations. In fact, too much calcium interferes with your child’s ability to use other nutrients, like iron.

Excessive amounts of milk, for example, can also fill your child up throughout the day possibly result-

ing in picky eating behaviors at meal time and not getting enough nutrients from other food sources.

Children ages one to two years need about two cups of whole milk per day (1 cup of yogurt, 1.5 ounces of natural cheese and 1/3 cup shredded cheese count as a one cup equivalent). In this age group, it is important to serve whole milk instead of skim milk because children under the age of two should not be on a low fat diet. Unlike adults, they need the extra fat in their diet.

Children ages two to three years of age need about two to two-and-a-

half cups of dairy or dairy equivalent per day. Children age four to eight years require two-and-a-half to three cups per day and children nine years and older require three cups per day.

If you use a dairy alternative either for a medical condition such as lactose intolerance or a dairy allergy, or by preference, be sure to use a calcium and vitamin D fortified product. Be mindful of sweetened milk and milk alternative products as the extra sugar adds unnecessary calories to your child’s daily intake, may result in them preferring sweeter beverages and

snacks, and can promote poor dental hygiene.

While milk, dairy foods and alternatives like soy milk are a primary source of calcium in your child’s diet, if he or she still has an inadequate dairy intake, try incorporating some other sources of calcium- while they do not contain as much calcium as dairy, they will help your child get enough throughout the day. Non-dairy sources of calcium include sardines, canned salmon, calcium-fortified tofu, turnip greens, collards, kale, dried beans, broccoli, calcium-fortified orange juice and almonds.

**Featured Recipe: Mixed Fruit with Yogurt Dip**

- 2 cups plain, low fat yogurt (choose Greek for more protein!)
- (1) 8 ounce can of crushed pineapple packed in 100 percent fruit juice
- 1.5 teaspoon vanilla
- 5 cups mixed fruit of choice
- Granola (if desired)

In a medium bowl, stir together yogurt, undrained pineapple and vanilla. Cover and chill for at least one hour.

To serve, spoon ¼ to ½ cup of yogurt on top of 2/3 cup mixed fruit. Top with granola if desired.

## History Snapshot: Segregated engineering regiments build the Alcan



Following the Dec. 7, 1941 attack on Pearl Harbor, military leaders feared that a Japanese invasion of North America would start with an attack on Alaska. President Roosevelt, recognizing that Alaska was vulnerable, authorized the construction of a highway that would link Alaska to the rest of the U.S. via Canada on Feb. 14, 1942. More than 10,000 Soldiers from the U.S. Army Corps of Engineers were assigned to the project, of which approximately 3,700 were black Soldiers belonging to three all-black engineering regiments – the 93rd, the 95th and the 97th. A fourth all-black unit, the 388th Battalion, was assigned construction of the oil pipeline that followed the highway’s general route, and was critical to supplying gasoline for aircraft, military vehicles and construction equipment.

(Photo courtesy of the Library of Congress)

## GABRAM: IMCOM

Continued from page 1

staffing and managing a comprehensive Ballistic Missile Defense System test program to field an integrated and effective capability to the warfighter.

Before that he served as the commanding general for U.S. Army Aviation and Missile Command.

As part of the Army Installation Management Reform Initiative, in January 2019 the Secretary of the Army made the decision to realign IMCOM to Army Materiel Command as a Major Subordinate Command with an effective date of March 1, 2019. This move improves how the Army integrates and delivers base support, services and facilities to enhance readiness and the well-being of Soldiers, Families and Civilians.

## 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.tricare-online.com  
**United Health Care:** uhcmilitarywest.com, 877-988-9378

### 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.

### Follow Us!

Keep up to date on everything happening at MEDDAC-AK by following us @BassettACH. You will find information on upcoming events, health tips, community notices and more.

### 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.

### Postpartum Support Group

Join other postpartum moms during a support group offered by the MEDDAC-AK lactation consultant the second Tuesday of each month from 6:30 to 8 p.m. at the Bassett Army Community Hospital dining facility. The group is open to beneficiaries and their partner/support person. Registration is not required, but helpful. Call 361-5958 or 361-5158 for more information or to register.

### Wellness Center

The Fort Wainwright Wellness Center is open for appointments. With health assessments, nutrition information, stress management services and physical fitness programs beneficiaries will find tools to take small but important steps to a healthier future. To make an appointment or to inquire about services call 361-2234.



The ACS Family Advocacy Program helps soldiers and their families recognize and meet the unique challenges of military lifestyles. Services include seminars, workshops, and supportive services to help strengthen Army families, enhance resiliency, build relationship skills and improve quality of life. (Photo by U.S. Army)

## Building self-esteem in children through effective praise

**Kelly Thornborrow**  
USAG Bavaria Family Advocacy Program Educator

Children are often compared to sponges, in that they absorb and learn about the world around them through interactions with others, particularly those in caregiving roles.

As an adult figure or caregiver in a child's life, your interactions with a child may help to foster their personal growth and a sense of self.

Self-esteem can be thought of as a lot of interconnected factors which lead to an individual's inner-confidence and self-identity. As an adult or caregiver, you can help to promote positive self-esteem growth in a child through celebrating differences, fostering open communication and showing that you love and appreciate one another.

One way that you can foster positive self-esteem growth during childhood is through effectively praising a child for their exploration or achievements. Effective praise names the action that is the reason for your praise and helps the child better understand what it is that they did well.

An example of effective praise would be saying, "Wow, you did such an amazing job by continuing to try new ways to build your tower,

even after it fell over. I'm very proud of your problem solving."

Recognizing the exact action or reason why you are praising a child can also encourage repetition of their behavior over time. This also encourages children to feel better about themselves by clearly encouraging their efforts and building the belief that through hard work they may achieve or build upon a skill.

This is a concept based off work by psychologist Carol Dweck and is called a growth mindset. A growth mindset can also be described as having a belief that through learning and practice one can learn new skills and achieve.

In contrast to growth mindsets, Dweck has described fixed mindsets as a state of believing that your skills or abilities will not change regardless of effort. Ineffective praise may contribute to a fixed mindset or may make positive behavior repetition unlikely if it is not clear what is considered good behavior in that context.

Examples of less effective praise would be, "You're so smart," or "Good Job!"

Taking the time to think about how you talk to a child and making small changes like using more effective praise can help to build self-esteem in children and foster healthy social and emotional development.

## ALASKA POST

### The Interior Military News Connection

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# The Chaplain’s Corner

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

I recently made polite small talk about the Super Bowl with an individual during a casual exchange in public. The forthright reply made clear the person had no plans to watch the game because Colin Kaepernick had forever ruined football. Someone with a different temperament could have received that comment as an invitation to escalate the conversation quickly. While opinions about Kaepernick’s behavior vary widely, my interest is in the eagerness with which many want to express their anger, as this person did, usually in the comments section of social media platforms.

Thomas L. Friedman, in his book Thank You for Being Late (2016), argues convincingly that our world changed in 2007, the year Steve Jobs

introduced the iPhone at about the same time numerous other companies and technologies emerged. He calls the combined effect of these technology advancements and cultural shifts “accelerators.” Three decades ago, for example, if I wanted to know who the first Muslim chaplain in the Army was, I would have had to go to a public library and research newspaper articles on the microfiche. Now, I simply google it on my smartphone, and I have the answer (Chaplain Abdul-Rasheed Muhammad became the first Muslim chaplain in the armed forces in 1994; [https://www.army.mil/article/22584/chaplain\\_recalls\\_path\\_to\\_making\\_history](https://www.army.mil/article/22584/chaplain_recalls_path_to_making_history) “Chaplain recalls path to making history”). Although accelerators have undoubtedly been a liberating and empowering source for good, they have also accelerated our darker tendencies.

In January 2010, Dr. Carol D. Goodheart, President of the American Psychological Association, published a column titled <https://www.apa.org/monitor/2010/01/pc> “APA in the age of outrage.” Apparently, psychologists were sending angry emails to one another expressing their outrage about various controversial topics roiling the APA community a decade ago. Dr. Goodheart writes, “The Internet Age brings us knowledge, fun, information, networking and instant communication. ... But it has also brought us outrage....” She goes on to cite Matthew Moore’s 50 Things that are Being Killed by the Internet. Number one on Mr. Moore’s list is “the art of polite disagreement.” In her attempt to restore some professional collegiality among the APA members, Dr. Goodheart observes that people naturally

fight changes brought about by loss. This sense of loss, accelerated by the ability to communicate 24/7, means that once polite disagreements can quickly spiral toward outrage.

In the decade since Dr. Goodheart’s column, our society is more divided and outraged than ever. Assuming Dr. Goodheart is correct about a sense of loss fueling outrage, what have we lost that fuels our collective outrage? (Opinions will vary, please do not be outraged.) I ask the question because it is a good question, not because I seek a “correct” answer. Wrestling with the question is a worthy end unto itself.

A marriage counseling tool chaplains are taught is to help the troubled couple seek understanding rather than agreement. Jesus taught in Matthew 23:11-12, “The greatest among you will be your servant. For



those who exalt themselves will be humbled, and those who humble themselves will be exalted.” If I sense a loss of pride, I may fight the changes brought about by that loss. But if I have already chosen to humble myself, I cannot lose what I do not have. This attitude liberates me to seek understanding rather than agreement, because we are not all going to agree on everything all the time. As my dad would

frequently say, we can disagree without becoming disagreeable... even in an age of outrage.

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).

# ACFT app rolls out to help Soldiers get fit, protect their data

**Thomas Brading**  
Army News Service

The Army recently updated its physical readiness training – or PRT – mobile app to give Soldiers a leg up on the new Army Combat Fitness Test, as it continues to safeguard users' personal information on the go.

The Army PRT app is a free smartphone training tool that includes a streamlined collection of exercises, helps users calculate test scores, and lays out unique physical training templates tailored for each Soldier's fitness demands, said Lt. Col. David Feltwell, Center for Initial Military Training physical therapist and one of many ACFT developers.

The mobile app is the latest version of an earlier PRT app in place since 2014.

The focus of the update is to match the current physical training doctrine, Feltwell said. The modernized, officially branded Army app comes amidst the two-year ACFT pilot test, which is currently in its second phase of implementation.

Despite the fact that the six-event ACFT will supersede the current three-event Army Physical Fitness Test, the new app still lets users digitally calculate their APFT test scores while it's the official test of record, Feltwell said.

**The All-New Army PRT App**

Approved by the Department of Defense, the revamped PRT app shows users doctrinal products validated by Army officials, designed to improve their physical performance and control any potential negative outcomes of physical training – such as injuries, Feltwell said.

"It delivers on all



A Soldier prepares for the dead lift event of the Army Combat Fitness Test Sept. 23, 2019, at Fort Jackson, South Carolina. (Photo by Thomas Brading, Army News Service)

fronts of physical training," Feltwell said. "It gives Soldiers information to implement a physical readiness training program regarding all ACFT events by scoring, executing, and helping administer the six events."

The PRT exercises include walk-through videos – performed by Army drill sergeants – that will educate users on how to perform each movement correctly, he said.

"For example, if someone needs to work on their leg tucks – or, if they've never even done one – the app has specific programs available to help them score a hundred points on the event," Feltwell said.

"There are potentially millions of different fitness solutions to accommodate the majority of Soldiers," he added. "Whether they are doing well in terms of physical performance, or they're beginners."

Each exercise was handpicked and scientifically verified by CIMT professionals. The science behind the ACFT helps Soldiers avert musculoskeletal injuries, and stay combat ready.

In addition to training templates and instructions, the app is fitted to give users an opportunity to customize their exercises with minimal equipment, but, Feltwell said, the app is not meant to replace face-to-face coaching.

"Being in the presence of someone who's an expert, and learning from them directly has a much greater impact on improving a Soldier's fitness," Feltwell said.

## Importance Of Cyber Security

Combined with physical training, cyber security is another important argument for Soldiers to

use the official Army PRT app.

Unofficial third-party apps could provide avenues for nefarious actors to steal user's data, Feltwell said. This potential security breach is especially dangerous when Soldiers upload personal information, such as their military occupational specialty, location, and overall physical fitness level.

These potential cyber threats are continuously faced by professionals at the Army University Mobile Division, the official office of Army mobile application

development.

"The Mobile Division is the source of all electronic platforms in the Army. We make sure the applications are secure, the code cannot be hacked, and Soldiers data, whereabouts, and personal information are safe," said Matt MacLaughlin, Directorate of Distributed Learning – Army University Mobile Division chief.

"Any mobile application using, accessing or creating Army data must be tested and approved before it will be permitted to operate on [the Department of Defense Information Network, or DoDIN-A]," MacLaughlin said.

At the Mobile Division, MacLaughlin and other professionals provide full-cycle capability on the requirements, development, testing, distribution, and sustainment of their products, including the updated Army PRT app.

Although cyber security has been a top priority, the updated PRT app comes after the Army banned TikTok, a popular video-sharing app owned by the Chinese, from government devices. This signaled increased

concern about possible security risks related to mobile apps.

Since 2013, the MobDiv has worked alongside the Defense Information Systems Agency – or, DISA – to properly vet Army apps, like the PRT app, through senior officials for approval and branding.

According to MacLaughlin, they have created more than 750 mobile apps and 23 mobile publications across the Defense Department.

"The Army recognizes the importance of creating a Physical Readiness Training app that gives Soldier's another reference point to access anytime, anywhere. Soldiers are our greatest asset, and we at CIMT kept their safety and Operational Security as our highest priority in developing this application," said Maj. Gen. Lonnie Hibbard, Commander of the US Army Center for Initial Military Training.

The Army PRT app is currently available on Google Play, the Apple App Store, and other app stores. Individuals are encouraged to search "Army PRT" and look for the official Army logo at the bottom right of the icon.



Army updates Law of Land Warfare doctrine to increase guidance, clarity

Joseph Lacdan

To help Soldiers to better understand the complex rules of war, the Army has released Field Manual 6-27, the Commander's Handbook on the Law of Land Warfare.

The handbook provides crucial guidance to Soldiers and Marines on the Law of Armed Conflict, or LOAC. It also helps U.S. troops comply with international and host nation laws. Some of the LOAC rules include refraining from harming enemies who surrender and collecting and caring for the wounded of both friendly and enemy forces.

"These are the rules and principles which guide our actions in the conduct of hostilities," said retired Col. Michael Meier, special assistant to the Army judge advocate general for law of war matters.

The manual, released in August, is the culmination of a 20-year effort to modernize the field



Lt. Gen. Charles Pede, U.S. Army Judge Advocate General, discusses the significance of the new FM 6-27: The Commander's Handbook on the Law of Land Warfare with judge advocates and military paralegals at the Army JAG School Jan. 22, 2020. The handbook provides guidance to Soldiers and Marines on the Law of Armed Conflict. (Photo by Jason Wilkerson)

manual for the 21st century with a greater emphasis on joint warfare and joint combat operations.

As the Army begins to shift its focus toward large-scale ground combat, updating the field manual and having the guidance readily available could be crucial to battlefield success, Meier said. If U.S. forces fail to abide by LOAC rules, it could result in dire consequences and undercut inter-

national and domestic support for U.S. military operations.

Units from the Army and the Marine Corps combined efforts to provide the handbook that battlefield commanders can easily access without additional footnotes to sift through. The manual has been limited to 208 pages and the printed copy has been designed for portability; sized to fit in a Soldier's cargo pocket.

"This critical handbook will help Commanders fight and win on 'battlefield next' by helping to ensure our combat forces adhere to the spirit and letter of the law of war," said Lt. Gen. Charles Pede, U.S. Army judge advocate general. "This manual anticipates the complexities of modern battlefields and was written to be easily understood, enhancing compliance with the Law of Armed Conflict."

FM 6-27, which draws heavily from the recently revised Department of Defense Law of War manual, is more concise and user-friendly than the 1956 FM 27-10 manual. The old manual had focused on publishing the lengthy legal language of the 1949 Geneva Conventions. One notable change from the former version is the punishment for war crimes. Previously, FM 27-10 featured broad guidance, stating that "all" LOAC violations were labeled as war crimes.

FM 6-27 states that "war crimes" now generally refer to "serious violations of LOAC."

"Something that old, it was certainly time to redo (FM 27-10). It's outdated," Meier said. "It was sort of more narrowly scoped. In that time, there has been a proliferation of new legal instruments related to the laws of armed conflict."

Meier said that more recent conflicts including Operation Iraqi Freedom influenced the updates, which included clear explanations and guidance for the 429 articles of the Geneva Conventions.

The previous version had been written for legal advisors and judge advocates. FM 6-27 was designed to empower battlefield commanders to understand and apply the LOAC.

The handbook features 22 updated terms including definitions for international armed conflict and military objec-

tives. For example, the LOAC principles of military necessity, humanity, honor, distinction and proportionality are defined and explained. The document also discusses direct participation in hostilities, discusses targeting, and explains the various elements of military objectives.

Although its authors wrote the instruction for commanders, Soldiers and Marines of all ranks are encouraged to download the handbook. The manual also provides for the added function of helping partner nations understand U.S. military operations and regulations.

As the U.S. increasingly leans on allies in Europe and in the Pacific, it can help increase interoperability, Meier said.

The discussion of the humane treatment of detainees is also covered in the manual as well as the applicability of basic human rights in armed conflict.

# BLACK HISTORY MONTH

## HONORING THE PAST, SECURING THE FUTURE!

# Army's cloud office set to fully operate by March

**Thomas Brading**  
Army News Service

The Army's Enterprise Cloud Management Office is set to be in full swing by March, said the service's chief information officer, following the force's data strategy push to modernize and safeguard its networks against great-power competitors.

Last year, more than \$730 million in reallocated funds – dug up through curtailing other programs during "night court" review sessions – were tallied solely to beef up the Army's cloud efforts through fiscal year 2023.

These shifted funds helped pave the way for the new cloud office to stay "organized and funded" to support the Army's Data Plan and modernization focus to operationalize data across the Army, said Lt. Gen. Bruce Crawford, the Army's CIO/G-6, at AFCEA's IT Day Tuesday, with more cloud and data trials ahead.

"We needed to centralize all things cloud," Crawford said. "The ECMO is designed to better Army commands through a centralized office, and improve the ability to facilitate cloud projects and oversee migration to the cloud network."

The primary function of the ECMO, first reported in November, is to serve as a cohesive, dedicated cloud migration resource for Army data and application owners, Army officials said, when the office was established.

"[The cloud and data migration] is a monumental task," Crawford said to conference goers. "We can't do it without harvesting our data, divesting any of the legacy applications, and moving the data that's most important into a cloud."

Once fully operational, the cloud office will deliver the Army's Enterprise Cloud and facilitate the operationalization of data – transforming the Army from an industrial age to an information age.

**Industry Leader At The Helm**

Paul Puckett III – who arrived from the commercial industry – was recruited to be ECMO's first director in November, when the new office was announced. In the business world, Puckett led "large cloud migrations, strategy, architecture development, and security efforts in a cloud environment," officials said.

Puckett also has IT

and cybersecurity contract experience, as well as artificial intelligence and machine-learning capability development. This know-how will all be utilized by the Army's latest data effort, Crawford said.

As director of the cloud office, Puckett will lead "the unified vision and delivery of cloud services and resources to turn information into a global strategic asset of the United States Army," stated a news release, adding however that his top priority will be talent recruitment.

Although the office will operate with a small number of staff, Crawford said, its mission is "less about numbers and more about capabilities."

Although, standing up the ECMO is a key task of the Army's Data Plan, Crawford said it's far from the only networking pushes on the horizon.

**5G Tech Supporting Multi-Domain Operations**

Sometime this quarter, the Army – along with its sister services – will test fifth-generation wireless connectivity at four military

bases to the tune of \$275 million, allocated through the National Defense Authorization Act, Crawford said, with a previous amount of \$52 million.

The Army selected Joint Base Lewis-McChord, Washington, the foremost location of the Multi-Domain Task Force, Crawford said.

"The Army has built an organization of living, breathing people with heartbeats at McChord," Crawford said. "We have an actual [MDO] organization there."

The Army's role in the MDO concept was first wrote up by officials 18 months ago, he said, and it outlines how the services – within their respective joint-force duties – can counter and defeat near-peer adversaries capable of contesting the United States in all domains – including air, land, maritime, space, and cyberspace.

How 5G technology will integrate into MDO remains to be seen. However, the tech chief added, "the scope and depth of what 5G will deliver has the opportunity to be a game changer in terms of capacity. This isn't just a faster 4G, it's the capacity to become a critical infrastructure."

Down the road, the joint services plan to share 5G

experimentation lessons learned with each other.

**Ivas Goggles**

Another technology linked to cloud computing is the Integrated Visual Augmentation System, or IVAS, goggles. Developed with Microsoft's HoloLens, the lightweight, high-tech glasses are meant to give Soldiers an edge in close combat, by fusing digital technology into the warfighter's field of view.

Also, the cutting-edge goggles are capable of both facial recognition and language translation, said Maj. Gen. David G. Bassett, program executive officer of Command, Control, Communications Tactical, known as PEO C3T.

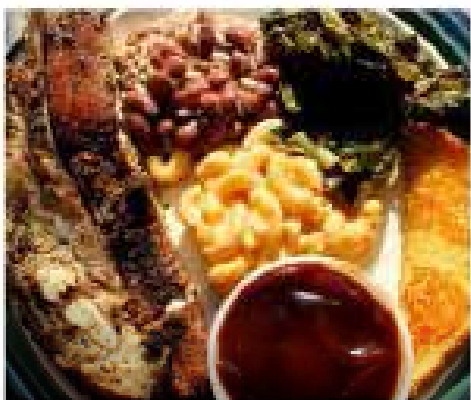
"What you see through your goggles, you can take a picture of and then translate the image or language to something you can understand," Bassett said.

"The goggles are for young Soldiers, who finish their [physical training], have breakfast, they can put on goggles the size of Oakley's and have leverage in an interactive, virtual-reality type capability, and they can train on any piece of turf there is in the world," Crawford said.

## Celebrate Black History Month At the Fort Wainwright Black History Month Cultural Meal

**Friday, February 21, 2020**

**DFAC Bldg. 3720 Neely Rd 1130 - 1300**



Join the Arctic Wolves for lunch as we celebrate Black History Month with a cultural meal and interaction with historical figures.

**EAT! ENJOY! SUPPORT!**

For more Information, contact:

**MSG Wesley J. Woods Equal Opportunity Advisor**  
BLDG 3401 (Welcome Center), Room 222  
Fort Wainwright, AK  
Office: 907-353-6628



## COMMUNITY CALENDAR

### Fort Wainwright Family & MWR

#### Weekly Events

February 8 - 15

8

UFC 247: Jones vs Reyes

February 8

Main event starts at 6 p.m.

Enjoy the UFC fight and eat great food at the Warrior Zone!  
Cost: \$5 for Active Duty, \$10 for everyone else. Must be 18+ to enter the Warrior Zone.

Warrior Zone, Bldg 3207  
Call 353-9087

12

Resume Writing Class

February 12

1 - 2:30 p.m.

Need to create a resume or update your current one? ACS has the perfect class! This class is available to Soldiers, Family Members, Retirees, and Veterans.

Army Community Services, Bldg 3401  
Call 353-4227, registration required

12

Parents' Night Out

February 14

6:30 - 10:30 p.m.

Need someone to watch your kiddos for your Valentine's Day plans? CYS has you covered! Registration deadline is Wednesday, February 12. Must have CYS registration. Blue Star Community Members can use benefits for this event.

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

13

Valentine's Day Event

February 13

5:30 - 7:30 p.m.

Grab your girls and spend a fun evening enjoying a waffle bar, wine, and mimosa! While you're there, get crafty with supplies provided. Cost: \$10 per person. Must be 18+ to attend. Must be 21+ to purchase and consume alcohol.

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

15

B.O.S.S. Ice Fishing

February 22

8 a.m. - 5 p.m.

Join B.O.S.S. and the Outdoor Recreation team for ice fishing action in our interior lakes. If you are new to ice fishing, then here is your chance to see how it's done. This is a "SPACE - A" event, meaning non-B.O.S.S. patrons can register for remaining spots. Registration deadline is February 15.

B.O.S.S., Bldg 1045  
Call 353-7846, registration required

BUCKET LANES BOWLING CENTER  
PRESENTS

# Valentine's STRIKE INTO LOVE PARTY

FEBRUARY 14<sup>TH</sup>  
**5 - 10 P.M.**

2X GAMES, 2X SHOE RENTAL, 2X SODA & FRIES

**\$25**

BOOK HERE AT  
[WWW.WAINWRIGHT.ARMYMWR.COM](http://WWW.WAINWRIGHT.ARMYMWR.COM)  
370 EAST AVENUE • SUITE 101 • DENVER, CO 80202  
P: 303.733.7000



Come skate in the ice at PPO Ice Park February 15 1:00 - 4:00 p.m.  
BONUS special during this event!  
For more information, go to [www.wainwright.armymwr.com](http://www.wainwright.armymwr.com)  
or call 353-7846

## Save the Date! Feb. 28-29

Fort Wainwright  
Women's Spiritual Resilience Retreat

# "Peace in the Storm"

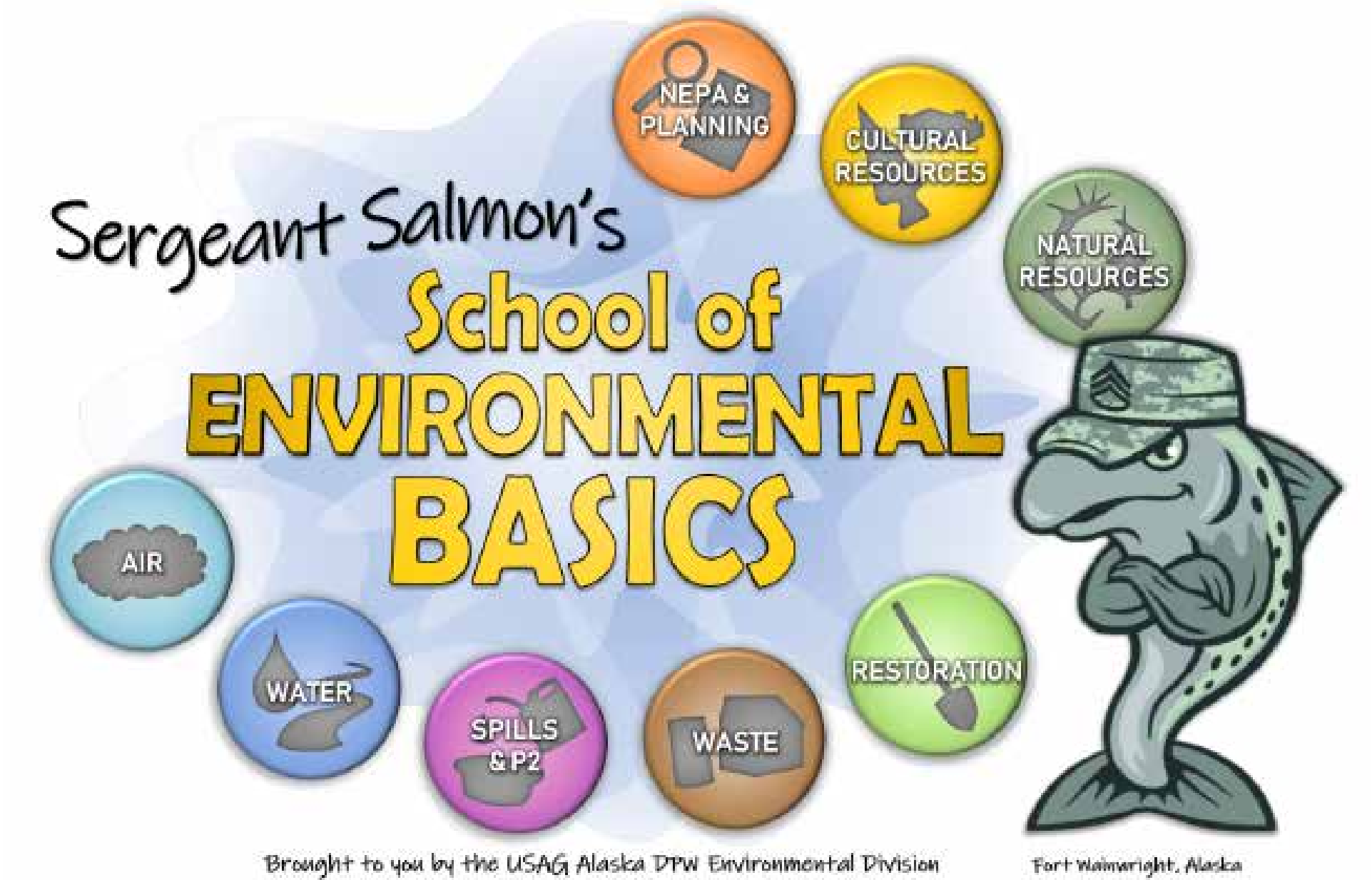
Featuring Carrie O'Toole, MA

Author, Speaker, Film Maker, Life Coach

[www.carrieotoole.com](http://www.carrieotoole.com)

An inter-denominational  
Christian event sponsored  
by the Fort Wainwright  
Religious Support Office





**The Water Quality Program** ensures compliance with the Clean Water Act, and primarily manages storm water to prevent pollution to protected waters. Sewage wastewater is monitored to ensure it meets the treatment plant's requirements. DPW Environmental also supports the privatized utility provider, Doyon Utilities, in drinking water management.





**The Spill Prevention and Response program** supports workers and soldiers at Fort Wainwright and in training areas to prevent spills of oil and hazardous substances, and be prepared to clean them up if they happen.

**The Pollution Prevention (P2) Program** focuses on ways to reduce the use of hazardous materials, decrease the release of pollutants, and improve resource use.

**The Restoration Program** is responsible for the identification and cleanup of sites that have been contaminated in the past, and keeping workers and residents safe by enforcing land use controls. All Excavation Clearance Requests, or "dig permits" must be reviewed and signed by the Restoration staff.



# Welcome to Sergeant Salmon's School of Environmental Basics! (Part 3 of 3)

In this third and final introductory segment, Sergeant Salmon is excited to remind readers to look for the School of Environmental Basics graphic in future editions of the Alaska Post. His upcoming articles will dive into many different topics and answer some basic ques-

tions about how we can all care for the environment, how the Army practices good stewardship, and what the Department of Public Works Environmental Division does to help. Did you know that storm water management is important because that runoff from rain and snow can deliver pesticides, fertilizer, and pet waste to our waterways and make the water unhealthy for fish? Or that diligent spill prevention and clean up are

critical in protecting surface water and ground water quality? Everyone can cast out to make a difference in the quality of our environment and Sergeant Salmon is angling to give us some pointers. Learn more through the Environmental Division webpage or Facebook page. Offline, visit Building 3023 Monday through Friday, 7:30 a.m. to 4:30 p.m., to find educational materials that can teach the entire family — even the small fry — how to care for the environment a little bit better.

