

ALASKA POST

FREE

an edition of the
FAIRBANKS
Daily News - Miner

The Interior Military News Connection

Vol. 11, No. 6

Fort Wainwright, Alaska

February 14, 2020

AutoBears Assemble: Lightning gives back

2nd Lt. Francesca Cervone
Charlie "Lightning" Company, 70th Brigade Engineer Battalion

Charlie "Lightning" Company, 70th Brigade Engineer Battalion, took to the community as they participated in a local food drive with Barnett Elementary school. Volunteers packed canned goods for the local food bank, all while getting to know more about the community.

Lightning Soldier, Sgt. Bartolotti, said, "It was a wonderful opportunity to get interaction with the children and help the community at the same time."

After the food drive, volunteers' hard work was celebrated with an afternoon of laser tag.

Service activities, such as food drives, help teach younger children how re-



Charlie "Lightning" Company Soldiers work with Barnett Elementary students to pack and load food. (Courtesy photo)

warding volunteerism can be. Through the community's participation, we hope to continue to increase involvement in similar upcoming events.

Spc. Williams, Charlie "Lightning" Company, says,

"Giving back helps to create a better future for the next generations to come."

Through participation in more volunteer events, Soldiers are able to give back to a community that provides so much support



Students participate in laser tag after an outstanding day of volunteering. (Courtesy photo)

in return. The AutoBears strive to set examples not only within our direct community but in the surrounding ones as well.

In Alaska, food drives tend to be vital for the community. During harsh

winter months, many people may find themselves struggling to provide food for their families, but with volunteerism and other food banks, Fairbanks is able to continue helping its residents.

Closure scheduled for River Road bridge repair project

Eve Baker

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

Repair of the River Road Bridge on Fort Wainwright is scheduled to begin June 1 with completion by Aug. 31, 2020. The bridge connects Trainer Gate Road via River Road to Gaffney Road. The bridge will be closed for approximately 12-weeks.

During repairs, Trainer Gate will be open daily for 24-hour access for Siku Basin and Secluded Acres residents, emergency vehicles, essential services and users of recreational and military facilities on the north side of the Chena River. Access to main post by entering Trainer Gate will not be possible.

The bridge was constructed in 1989. It remains structurally sound but recent inspections have identified structural repairs that need to be

made to keep the bridge viable well into the future.

Addressing needed bridge maintenance this summer will cost tax payers less than if the work is deferred. Additionally, the Alaska Department of Transportation has a construction project planned on Richardson Highway in the summer of 2021 that will likely impact traffic patterns at the Fort Wainwright main gate, and the use of Trainer Gate via River Road Bridge will be important.

Fort Wainwright planners anticipate an increase in traffic through the main gate during the repair period. The Fort Wainwright Directorate of Emergency Services will open additional lanes for identification checks as warranted to reduce wait times.

The Fort Wainwright and greater Fairbanks community will be kept informed of project status



The River Road bridge over the Chena River connects housing and recreational areas north of the river to the rest of the installation south of the river. (Photo by Daniel Nelson, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

in monthly Community Action Council forums

livestreamed on the U.S. Army Garrison Alaska

Fort Wainwright Facebook page.

New IMCOM commander addresses Installation Innovation Forum

Scott F. Malcom

U.S. Army Installation Management Command

In his first official event representing U.S. Army Installation Management Command to an external audience, Lt. Gen. Douglas Gabram, IMCOM commanding general, described actions the Army is taking to strengthen Soldier, Family and Civilian readiness.

Gabram, who assumed command of IMCOM Jan. 22, addressed a group of Army, business and civic leaders Feb. 10 at the Association of Defense Communities' "Installation Innovation Forum 2020" in San Antonio.

He spoke about actions the Army is



taking to drastically improve services in four areas identified by Army Chief of Staff Gen. James C. McCo-

nville as Quality of Life priorities which fall under IMCOM's portfolio: housing, childcare, spouse

Lt. Gen. Douglas Gabram, IMCOM Commanding General (Photo by U.S. Army)

employment and PCS moves.

Gabram praised the mutual alignment of Army Materiel Command, IMCOM and the Association of Defense Communities. ADC works to advance issues that build strong communities and support the military, and they also share a focus on improving quality of life for Soldiers and their Families.

"This conference brings the right people together to address these issues, and this week is a great opportunity to make the connections and build the relationships that will make that hap-

pen," said Gabram.

He then described the strategic support area, the way in which Army installations are viewed in the emerging doctrine of multi-domain operations.

The Army recognizes U.S. adversaries will try to harass, interdict, or even directly attack installations during mobilization and deployment operations, said Gabram. One way to strengthen communities for this future is to work now to develop partnerships and build relationships between military personnel and their Families on the installation and the business and civic leaders in the cities and towns that surround them.

Installation Man-

agement Command is focusing on several important tactical issues, Gabram said. Noting that tactical missteps can have strategic consequences, he said together we will lead a collective effort to fix them in order to move on and to be in position to attack bigger problems for the Army.

The key to success in fixing the tactical issues are garrison commanders, who Gabram called "the center of gravity of the strategic support area."

"These tactical issues are amazingly complex and emotional," said Gabram, "and everybody in our military communities should look for ways to help their garrison

See IMCOM on page 2

WEEKEND WEATHER

Friday



Patchy freezing fog then sunny. High: -10F.

Saturday



Patchy freezing fog then partly sunny. High: -13F.

Sunday



Chance of snow. High: -3F.

B.O.S.S. ICE CLIMBING

February 23. 8 a.m. - 5 p.m.

Spend the day ice climbing! All skill levels are welcome. This is a "Space - A" trip meaning those not eligible for B.O.S.S. can sign up for any remaining spots. Registration deadline is February 16.

B.O.S.S., Bldg 1045

Call 353-7648, registration required.

Nutrition Corner: Nutrition 101

Did you know that not all red meat is bad? Fatty cuts of red meat are known to be higher in saturated fat and calories so health conscious individuals often avoid them. Truth is red meats actually pack a punch in the iron department along with turkey, chicken, pork and fish. As it turns out, iron is the most common nutritional deficiency in the United States so it is important to eat a balanced diet and include low fat sources of iron daily. Iron plays a vital role in making hemoglobin, which carries oxygen from your lungs to your body tissues. To increase your daily intake, try to choose lean cuts of meats such as sirloin, 93 percent lean ground beef, lean ground turkey, skinless chicken and pork chops. For beef to be considered lean, it must have 10 grams or less of total fat, 4.5 grams or

less of saturated fat and 95 milligrams of cholesterol or less per every 3.5 ounce serving, about the size of a deck of cards. There are also plenty of plant based iron sources, also known as nonheme iron sources. Although the body does not absorb the iron in the plant based sources as well as it does for the meat based sources, every little bit helps increase your daily iron intake and many plant based sources have other nutrients such as fiber and antioxidants. Some sources of nonheme iron are pinto and kidney beans, spinach and other dark green leafy vegetables, fortified breakfast cereals, enriched rice, and whole grain and enriched breads. Having a source of vitamin C with the nonheme sources can help with absorption so try adding some vitamin C containing foods to your

next spinach salad- mandarin oranges, peppers, broccoli and tomatoes. Always be sure to include a variety of iron containing foods as part of your balanced diet. Regardless of how much iron you get in daily, see your doctor if you develop symptoms of iron deficiency anemia- fatigue, pale skin and fingernails, weakness, dizziness, headache, and/or an inflamed tongue.

Featured Food:
Sirloin Steak. A 3 1/2 ounce portion of sirloin steak (with existing fat trimmed) has only 190 calories and 6.5 g of fat and provides 2 mg of iron. Like all steaks, this is a very versatile food and the options are endless!

Recipe Spotlight:
Cumin Beef Skewers with Tahini Cauliflower

INGREDIENTS:

- 2 crushed garlic cloves
- 1/4 cup lemon juice
- 1 tablespoon ground cumin
- 1/4 cup olive oil
- 2 tablespoon chopped fresh parsley leaves
- 16 ounce sirloin steak
- Pita bread to serve
- 1 diced tomato
- 1/4 cup fresh coriander leaves
- Tahini cauliflower:
- 1/4 cup olive oil
- 1 teaspoon ground cumin
- 1 teaspoon sea salt
- 1 head cauliflower, cut into small florets
- 1/2 cup tahini
- 1/4 lemon juice
- 1/4 boiling water

PREPARATION:
Step 1: Combine garlic, lemon juice, cumin, olive oil and parsley in a large bowl. Season with salt and pepper. Add beef and toss to coat. Thread beef onto

eight metal skewers. Cover and marinate in the refrigerator for 20 minutes. Step 2: To make tahini cauliflower, preheat oven to 400° F. Line a baking sheet with foil. Place oil, cumin and salt in large bowl. Stir well to combine then add cauliflower. Toss to coat. Place mixture in a single layer on prepared tray and bake for 25 minutes or until golden and tender. Step 3: Heat a large nonstick frying pan over medium-high heat. Cook skewers, turning for four minutes for medium or until browned and cooked to your preference. Step 4: Combine tahini, lemon juice and boiling water in heatproof bowl. Stir until smooth. Transfer cauliflower to a serving dish. Drizzle with tahini dressing. Serve skewers with cauliflower, pita bread and diced tomatoes. Sprinkle with coriander.

History Snapshot: Segregated regiments construct the Alcan Highway



The black Soldiers who constructed the Alcan, served during a time of intense discrimination in American society and segregation within the military. During World War II, component discrimination contributed to black Soldiers being rarely assigned to active combat roles and being given difficult and sometimes isolated assignments. Soldiers of the 93rd, 95th and 97th Regiments and the 388th Battalion worked with great speed and under harrowing conditions to construct the Alcan Highway in 1942. The Alcan Highway construction was looked back upon as one of the projects that ushered in the Army's integration in 1948. (Photo courtesy of the Library of Congress)

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
Health Net: www.tricare-west.com, 1-844-8676-9378

that can be treated are sprains and strains, respiratory infections, coughs, skin rashes, sinus infections and pink eye. Get started by downloading the PMP Anywhere app or by visiting pmpediatriciansanywhere.com.

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.

Third Party Insurance
Do you have insurance other than TRICARE? Guaranteed no extra cost to the beneficiary, Bassett ACH is required to obtain a copy of private health insurance coverage from all non-active duty beneficiaries. To provide us with this information, beneficiaries will be asked to complete a DD Form 2569 annually.

Clean Out Your Medicine Cabinet
It's a great time to check your medicine cabinets for expired prescription and over the counter medications. A MedSafe box, located inside the main entrance of Bassett ACH across from the information desk, is in place to securely receive your expired or no longer needed medications.

Over the Counter Medications

Bassett Army Community Hospital Pharmacy offers beneficiaries the ability to receive free over the counter medications. Items such as fever/pain reducers, antibiotic cream, cold and allergy remedies, lice treatment and vitamin D are available. Medicines are subject to availability and families are restricted to a maximum of four items per week. A full list of medications is available at the pharmacy.

Appointments From Home

In partnership with TRICARE, PM Pediatrics is offering virtual appointments for TRICARE beneficiaries from birth through 26 years old. Visit with a pediatrician using your smart phone, table or computer from anywhere. Common illness

IMCOM: Installation Innovation Forum

Continued from page 1

commander be more effective." He also noted the progress the Army has made in the past year to improve housing as it strives to regain the trust of Soldiers and their Families. Some points of progress in the last year were the investing of \$960 million in facility upgrades, hiring additional quality assurance inspectors, new construction, standing up 24/7 hotlines at all installations, distributing several resident surveys and acting on their feedback, and personally engaging residents through multiple means including monthly town halls. Last month, Army Materiel Command hosted a housing summit where every garrison commander and their housing company partner provided a detailed status on their housing situation, providing a clear and common picture of the tactical issues, especially displaced Families. The AMC commander conducts detailed weekly reviews of each displaced Family's situation to resolve individual problems and return Families promptly and safely to their homes. "Let there be no doubt," Gabram said, "senior leaders are engaged."

Another main topic of conversation during the conference was intergovernmental support agreements, or IGSA's. These are partnerships between installations and their surrounding municipalities that benefit both parties. These can be situations where either the Army or the municipality has a capability that, when shared, saves both from having to maintain separate systems, equipment, maintenance or staff. On average, garrison installation support service contracts that are converted to IGSA's average a 30 percent savings to IMCOM, Gabram said. Several Army garrison commanders shared best practices

from IGSA's on their installations. "In my view," Gabram said, "If you are looking for an example of what right looks like when it comes to IGSA's, look no further than Presidio of Monterey," [California]. The Presidio was represented by its IGSA manager, Jeffrey Post, and George Helms, general services superintendent for the city of Monterey. The partners have agreements for everything from facilities maintenance to street sweepers, and road paving to an arborist who looks after the towering Monterey pines in and around the post. Gabram made a special point to note, "The fact the two are here together is testament to their partnership." Other speakers were Lt. Gen. Jason Evans, Army Deputy Chief of Staff G-9 (Installations), and Alex Beehler, Assistant Secretary of the Army Installations, Energy and Environment. They joined their U.S. Air Force counterparts on a panel discussing best practices from each service to improve the efficiency and effectiveness of installation management. Beehler used several examples of civil-military cooperation from the host city, San Antonio, to drive home the point that this type of support has been part of the strength of the nation for decades.

Evans described how he and other Army staff are in support of Army Materiel Command and IMCOM when it comes to executing the Army Housing Campaign. This campaign provides a roadmap for the way ahead built on leader involvement, sustained focus, and increased communication. It is designed to restore trust with Soldiers and Families through providing housing that is commensurate with the quality of their service.

ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF

Garrison Commander

Col. Christopher Ruga

Fort Wainwright PAO

Grant Sattler

Command Information/

New Media

Brady Gross

Community Relations/

Media Relations

Eve Baker

Staff Writer/Editor

Daniel Nelson

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548 Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 9900, Ft. Wainwright, AK 99703. Call 353-6779 or 353-6760, or send emails to usarmy.wainwright.imcom-pacific.list.pao@mail.mil

The Chaplain’s Corner

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

If you were to search the internet for “marshmallow test,” many of the top links would lead you to newspaper and journal articles on the famous social psychology experiment from the 1960s conducted by Stanford University professor, Dr. Walter Mischel. In the study, a child between the ages of 3 and 5 years old was seated in a room with a marshmallow on a plate in front of her. The adult researcher explained to the child that he had to leave for a few minutes to do some work, and that if the child could wait for him to return before eating the marshmallow, she would receive a second, bigger treat. The purpose of the study was to examine whether a link existed between a child’s ability to delay self-gratification and later success in life. Researchers followed these children as they grew over the decades and discovered that a correlation does exist

between the ability to delay gratification and greater success as defined by measures like career advancement and staying married. More recently, however, that original study has been criticized because the original pool of subjects were overwhelmingly children of white, educated, affluent families. Additional studies are ongoing to determine whether the link between delayed self-gratification and later success in life also applies to varying ethnic and socio-economic groups.

Justifiable criticisms of what constitutes “success” later in life and of the original pool of subjects drawn from white, privileged homes aside, there are many good lessons to be learned from this classic experiment. For example, the hilarious videos of what children will do to the marshmallow (without actually eating it) when challenged to delay their gratification demonstrate a basic truth about humanity, no matter our age. In all the ways that kids speak

to the marshmallow, poke it, or lick it, they are undeniably wiggly. Their bodies, arms, hands, mouths and eyes always seem to be moving. Most parents of young children can testify to the truth of this fact about human beings: it is hard for us to be still. Think that only the kids wiggle? How frequently do we, as adults, get bored and pick up our smartphones? Adults have our own version of “the wiggles” in the way we keep our thumbs busy texting or scrolling on our phones and in how we mindlessly surf the cable channels.

A recent article from Wired magazine reveals how everything in nature moves all the time and just how difficult it is to be still. Author Sophia Chen ("A Tiny Glass Bead Goes as Still as Nature Allows") writes about an experiment by University of Vienna physicist Markus Aspelmeyer where he and his team have successfully used lasers to render a microscopic glass bead as completely motionless as the laws of physics

allow. Aspelmeyer describes this state as the bead’s “motional ground state.” For the non-physicists among us, the professor explains that “The ground state is the limit where you cannot extract any more energy from an object.” Aspelmeyer goes on to say how everything in nature at the sub-atomic level is moving all the time: “In our day-to-day lives, stillness is an illusion. We’re simply too large to notice the chaos.”

Psalm 46:10 says, “Be still, and know that I am God....” Like a parent during a worship service who gently speaks to a wiggly child, God addresses all of creation in the imperative: “Be still.” In fact, if we desire to know God, the precondition is stillness. In the upside-down world of God’s physics, the absolute stillness of a spiritual “motional ground state” does not mean tired souls have no more energy to give. Being still is how Christians recharge.

As the children in the marshmallow experiment demon-



strate, stillness is difficult to achieve and varies by person. Nevertheless, here are a few suggestions to consider as you contemplate being still. First, eliminate the obvious distractions such as smartphones and email. Second, recognize that God gave us one mouth and two ears, meaning that we should listen twice as much as we speak. Assess whether that ratio prevails in your prayer life. Third, stillness does not exclusively mean “not moving.” A good rule of thumb for experiencing spiritual stillness is to ask

yourself, “Is what I’m about to do (or not do) helping me to know God?” As we approach the season of Lent, instead of focusing on what food item we intend to “give up for Lent,” let us focus instead on being still... and knowing God.

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.

Alaska Army National Guard Soldiers conduct water immersion training

Pfc. Grace Nechanicky
Alaska National Guard

Soldiers of the Alaska Army National Guard's 207th Engineer Utilities Detachment implemented new cold-water immersion training at Gwen Lake Feb. 8.

The training is to ensure Soldiers are aware and capable of the self-rescue and buddy-rescue processes when there is a risk of falling through the ice.

The 207th EUD also conducted ice bridge training. The cold water immersion portion was developed to address the risk associated with the 207th EUD ice bridging project, which they have conducted four times.

"Many of us think that we're prepared, but unless you've actually entered into the water, it's hard to tell," said Sgt. 1st Class Jack Carlson, the readiness NCO and detachment sergeant for 207th EUD and 208th Construction Management Team.

All Soldiers that took part in the drill weekend event were screened to ensure medical readiness and par-



Alaska Army National Guard Col. Matthew Schell, 297th Regional Support Group, participated in cold-water immersion training organized by the 207th Engineer Utilities Detachment at Gwen Lake on Joint Base Elmendorf-Richardson, Alaska, Feb. 8, 2020. The training is to ensure Soldiers are aware and capable of the processes in self-rescue and buddy-rescue when there is a risk of falling through the ice. (Photo by Pfc. Grace Nechanicky, Alaska National Guard)

ticipated in a cold-weather indoctrination course to learn how cold affects the body.

"When you enter into the water, that first minute

there's a shock that happens right away," said Carlson. "Your breath is just taken out of you."

Immersed Soldiers would

talk to their buddies who were there to help control their breathing and to ensure they were coherent and could rest in the water for 3 min-

utes without complications. "As a safety, it helps me to be able to see their reactions as they're talking to me," said Carlson. "Whether or not they can catch their breath, whether or not they know their name, so that's why we actually have the conversations."

Carlson said he hopes that more Alaska Army National Guard Soldiers are trained to handle hazardous cold weather situations.

"This is great training, and I think that other units could really benefit from training like this," he said. "With the proper planning and safety in place, this could be utilized all over our state."

Some individuals from other Army National Guard units helped organize the training and participated in the cold water immersion.

"I really appreciate the support we've gotten from the rest of the Army National Guard," Carlson said. "The engineers couldn't go around and do great stuff for our state without everybody who helps us keep our mission going."

February is Heart Health Month

Beth Hughes
Medical Department Activity
– Alaska Public Health

February is Heart Health Month, a great time to focus on a healthy heart and the measures that can be taken to stay healthy or to build new heart healthy habits. Prioritizing healthy habits can prevent heart attacks and ensure a long life to enjoy friends and family. According to the American Heart Association, approximately every 40 seconds an American will have a heart attack. Every year over 720,000 people who

have their first heart attack and an additional 335,000 experience a subsequent heart attack. Even when a heart attack is not fatal, it can mean life-long disability for the patient and an increased financial burden on the family related to medical costs and possible loss of employment. There are some simple measures that can be taken to help prevent a heart attack. The first step is to see a physician to discuss heart attack risk factors, to have blood pressure checked for a baseline and simple bloodwork. Those

with high blood pressure should then discuss options for lowering it with their physician. Managing cholesterol levels is another measure to take to lower the risk of heart attacks. This includes LDL (bad cholesterol), HDL (good cholesterol) and Triglycerides. A daily routine of exercise is also beneficial. While fitting in exercise may sound daunting, just 150 minutes per week spread out over each day, with a minimum of 20 minutes at a time, can decrease your risk of heart attack.

Eating a balanced diet may seem difficult, but the rewards outweigh the risk of heart attacks and other health concerns. Working with a doctor to create a balanced diet can reduce the risk of heart attack by 20 percent. The DASH (Dietary Approaches to Stop Hypertension) diet is a wonderful way to begin the journey to a healthier heart. Quitting tobacco is a huge step in becoming healthy and reducing the chance of a heart attack. While quitting tobacco is difficult for many people

there are programs, both online and on post, which are available for beneficiaries. Stopping tobacco use reduces the risk of heart attack not only for the user, but also for family and friends who are exposed to second hand smoke. Studies show that 30 percent of reported heart disease is from second hand smoke exposure. For help with diet, exercise or quitting tobacco, contact the Army Wellness Center at (907) 361-2234 or make an appointment to discuss options with a provider.

Army Emergency Relief Campaign

With the Army Emergency Relief annual campaign beginning March 1, now is a good time to review the AER program and the benefits it provides to our Soldiers and Families. Army Emergency Relief’s history of helping Soldiers began in 1942. Since that time, AER has provided more than \$2 billion in assistance, helping to meet the emergency financial needs of Soldiers, retirees and their eligible family Members. Today’s Army continues to carry on this 78-year legacy of Soldiers caring for Soldiers. During the annual Army Emergency Relief Campaign, which runs from March 1 to May 15, Soldiers are asked to contribute to this program through personal donations. Dollars donated to AER go direct-



Army Emergency Relief Officers from every installation pose for a photo op during an AER Headquarters Training Conference. (Courtesy photo)

ly to help other Soldiers in need, just as they have since 1942. This why the motto at AER is “Soldiers helping Soldiers.” As a non-profit 501(C) 3 organization, one of the

admit to using a predatory lender at some point in their military career, such as online lenders, pawn shops and payday loan establishments. These lenders target Soldiers, offering easy access to cash, while charging excessive interest rates that only cause further financial harm. AER wants to provide Soldiers a better option that is truly looking to assist them, not take advantage of them. The goal for the AER campaign is to ensure that we reach every Soldier on Fort Wainwright and ensure they are aware of the programs that Army Emergency Relief provides them. AER wants to be the first place they turn, and the first place they refer their battle buddies to, when faced with a financial emergency.

In 2019 Army Emergency Relief provided \$70 Million in assistance to over 40,000 Soldiers and Families worldwide. Locally, AER was able to assist 376 Fort Wainwright Soldiers and Families with over \$579,000 in emergency assistance. The Army Emergency Relief officers at Fort Wainwright are honored to serve America’s Arctic Warriors and Families. We look forward to meeting with every unit and communicating our program benefits to every Soldier during this year’s campaign. Thank you for your service to our nation! If you find yourself in need of financial assistance, please contact Army Emergency Relief located within Army Community Services office in building 3401, or by phone at 907-353-4369.

Fort Greely opens long awaited FCC home

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

U.S. Army Garrison Alaska, Fort Greely hosted a ribbon cutting ceremony Feb. 5 for the first Family Child Care home opened on the installation since 2014.

Danielle Davis, the registered owner of the FCC home, is a military spouse who was previously employed at the Child Development Center on Fort Greely and also has two years of experience with Air Force child care services. Davis currently has three children enrolled in her new home program, and other parents have expressed

interest in having their children join.

“I have always loved opening my home especially to extra kids, and this was a good fit for my family and myself. Having an FCC home allows me to feel like I have a purpose and can still be a part of the Army’s mission,” said Davis.

The FCC program is an integral part of the Child and Youth Services child care system available on Army garrisons. FCC provides quality home-based care for children 6 weeks to twelve years of age, and is offered in government owned and government leased housing located on post. The timeline to open an FCC home

typically takes three months. Although the homes are fully funded and overseen by Child and Youth Services, the FCC provider receives 100 percent of the patron fees. Currently, CYS has a limited waitlist, but will utilize current and future FCC homes to supplement spaces that the Child Development Center cannot fill.

“The addition of an FCC home offers flexibility and child care options that had not been available for a long period of time to the Soldier and Civilian workforce of U.S. Army Garrison Fort Greely,” stated Lt. Col. Joel Johnson, the garrison commander.

If you or someone



The U.S. Army Garrison Alaska, Fort Greely command team celebrates the opening of Danielle Davis’s Family Child Care home Feb. 5 at her residence. The FCC program is a vital part of the Child and Youth Services child care system available on Fort Greely. (Photo by U.S. Army Garrison Alaska, Fort Greely Public Affairs)

you know is interested in becoming an FCC

provider, please contact the CYS Coordinator,

Holly Keller at (907)-873-4599.

Corps hires new Equal Employment Opportunity manager

John Budnik
U.S. Army Corps of Engineers – Alaska District

Kevin Henderson assumed the duties of the U.S. Army Corps of Engineers – Alaska District’s Equal Employment Opportunity manager in December 2019.

Prior to retiring from active duty from the Army in June 2018 as a sergeant first class, Henderson

served as the U.S. Army Alaska’s Sexual Harassment/Assault Response Prevention Operations Manager/noncommissioned officer-in-charge and Lead Sexual Assault Response Coordinator at Joint Base Elmendorf-Richardson, Alaska. In that role, he trained and provided services to more than 10,000 Soldiers, their Families and Department of Defense

Civilians.

During his 25 years in the Army, Henderson was stationed at Illeshien, Germany; Schofield Barracks, Hawaii; Fort McCoy, Wisconsin; and Joint Base Elmendorf-Richardson, Alaska; serving as a Human Resources Specialist and maintaining the SHARP and SARC duties in several of those stations.

In 2008, Henderson

deployed to Tikrit, Iraq, in support of Operation Iraqi Freedom. He is a certified John Maxwell team coach, trainer, and speaker. Henderson is a DiSC behavioral consultant. He holds an Associate’s Degree in Liberal Arts from Chaminade University of Honolulu.

Henderson was born in Highland Park, Michigan. He is married and has five children and one grandchild.



Fort Wainwright Soldier killed in vehicle collision

U.S. Army Alaska Public Affairs

One Fort Wainwright Soldier was killed and two others injured Friday, Feb. 7, in a vehicle collision at Mile 163 of the Parks Highway near Willow, Alaska.

Spc. Cameron Anthony Logwood, an aircraft fuel handler for the 1st Battalion, 25th Aviation Regiment, was part of a group of Soldiers traveling to Joint Base Elmendorf-Richardson to take part in an intramural basketball tournament when the vehicle he was driving collided head-first with another vehicle.

Logwood, 21, of Urbana, Ohio, was pronounced dead at the scene by emergency medical personnel just before 5 p.m. One of the two injured Soldiers was treated at the Mat-Su Regional Medical Center and released; the other was transported to Providence Alaska Medical Center in Anchorage, where he is listed in stable condition.

Logwood joined the Army in May 2017 and trained at Fort Jackson, South Carolina, and Fort Lee, Virginia, before arriving to Fort Wainwright in November 2017.

The accident is under investigation by Alaska State Troopers.

Army scientists on verge of nearly unbreakable battery

Thomas Brading
Army News Service

During an era of modernized warfare, a small cadre of Army scientists have pioneered an all but invincible, lightweight battery set to roll-out by 2024, officials say, with Soldier feedback expected next year.

Whether isolated in the bone-chilling arctic or taking enemy fire in the most barren regions of the Middle-East, when troops – who often rely on battery-powered technology – need depend-

able energy in extreme conditions, they call the U.S. Army Combat Capabilities Development Command's Army Research Laboratory, or ARL, said Dr. Cynthia Lundgren, an electrochemist, and ARL's Energy Storage branch chief.

Scenarios like these are at the heart of ARL's scientific research. Located outside the nation's capital, ARL scientists have meticulously engineered sheets of bendable, water-based, non-flammable, longer-lasting

lithium-ion batteries intended to support warfighting efforts.

"We're making a modernized power source that's lighter, safer, and abuse tolerant," she said.

From initially publishing a 2015 study in the Science journal outlining ways to meet the Army's needs, to engineering prototypes in 2020, the team – alongside industry partners at the University of Maryland – have moved

at an unprecedented pace, Lundgren said, and have cut normal research time in half.

"We are moving quickly," said Dr. Arthur von Wald Cresce, ARL material scientist. "We're significantly speeding up our timeline, so instead of a 10-year development and engineering process, we're hoping to compress ours into a few years."

Although a swift pace is important, especially in the age of

near-peer competitors, the safety of Soldiers remains a top priority, he said.

"We've already heard from Soldiers, and to them a battery is just one more thing to worry about," Cresce said. "But, if the battery is no longer dangerous, it's a lot less concerning to wear. The Future Soldier will have more and more electronic components and more and more electronic warfare."

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

February 15 22

16 B.O.S.S. Ice Climbing
February 23
8 a.m. - 5 p.m.

Spend the day ice climbing! All skills levels are welcome. This is a "Space - A" trip meaning those not eligible for B.O.S.S. can sign up for any remaining spots. Registration deadline is February 16.

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

17 Birch Hill Ski and Snowboard Area is OPEN
February 17
11 a.m. - 7 p.m.

If you are looking for somewhere to hang out on President's Day, join us at the slope! Birch Hill will be open outside of their normal business hours for the holiday. *Subject to change if temperature is below -20.

Birch Hill Ski and Snowboard Area, 1171 Ski Road
Call 353-1998

19 Parents' Day Out & Super Saturday
February 22
10 a.m. - 2 p.m.

Need someone to watch your kiddos for your Saturday plans? CYS has you covered! Registration deadline is Wednesday, February 19. Must register with CYS. Blue Star Community Members can use benefits for this event.

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

20 Let's Connect! SFRG Social
February 20
5:30 - 7:30 p.m.

Join us for a networking opportunity for SFRG volunteers to share best practices and connect with other volunteers. Also, have the opportunity to get your Food Handler's Permit and learn how you can reduce stress and overall fitness goals.

Army Community Services, Bldg 3401
Call 353-4227

22 Comic Con After Party
February 22
6 p.m.

Comic Con doesn't have to be the end of the fun! Join us at the Warrior Zone for FREE fun! Costume contest at 8 p.m. Must be 18+ to enter the Warrior Zone.

Warrior Zone, Bldg 3205
Call 353-1087

• grab your headphones • pick your music • hit the dance floor •

A Silent Dance Party •

HEADPHONE DISCO

February 21 // 8 p.m.
Warrior Zone

FREE **18+ EVENT**

Warrior Zone, (907) 353-1085
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR #WainwrightZone

SCIENCE 'N ACTION

Join Last Frontier Community Activity Center for science fun and activities on February 19 Noon - 2 p.m.
For more information, go to www.wainwright.armymwr.com.
@WainwrightMWR #WainwrightMWR

Nanooks show appreciation, invite Soldiers to game



Players from the University of Alaska Fairbanks Nanooks men's hockey team meet with Soldiers to hand out free tickets to their military appreciation game against the Bowling Green Falcons on Feb. 15. (Photo by Eve A. Baker, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

North Haven Communities hosts night of dessert sampling

Chocolate covered strawberries were just one of the many sweet treats on display at the Taste of Valentine's Day event hosted by North Haven Communities on Feb. 10. The event brought four chefs and caterers from the greater Fairbanks area on post to share Valentine themed desserts and other foods. (Photo by Eve A. Baker, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)



BLACK HISTORY MONTH

HONORING THE PAST, SECURING THE FUTURE!

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

NUGGET LANES BOWLING CENTER PRESENTS

Valentine's STRIKE INTO LOVE PARTY

FEBRUARY 14TH
5 - 10 P.M.

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

\$25

WWW.WAINWRIGHT.ARMYMWR.COM
3700 SANTIAGO AVENUE • 907-353-2554
#WAINWRIGHTPUBLICAFFAIRS

Novel Coronavirus Public Health Emergency

Following World Health Organization’s declaration of a Public Health Emergency of International Concern, the Secretary of Department of Health and Human Services declared 2019-nCoV a Public Health Emergency in the United States on Jan. 31, 2020.

Fort Wainwright Public Health along with state, local and DOD health departments have been closely monitoring the rapidly-emerging outbreak of novel coronavirus (2019-nCoV) first identified in Wuhan, Hubei Province, China. Additional cases have been identified in a growing number of other

international locations, including the United States. There are currently no confirmed cases in Alaska and no suspected cases at Fort Wainwright or Fort Greely.

Medical Department Activity-Alaska is following the Centers for Disease Control and Prevention guidelines for healthcare facilities. As we continue to work with our state and local public health partners to respond to this emerging public health threat it remains our highest priority to protect the health and safety of the Fort Wainwright and Fort Greely population.

For travelers, be aware that as of Feb. 8, the CDC maintains its Warning – Level 3, Avoid Nonessential Travel notice for 2019-nCoV in China.

While the coronavirus has international media attention, it is important to remember that catching the seasonal flu is significantly more likely and has a higher potential health risk. Coronavirus spreads by the same methods as influenza and other cold viruses. By washing your hands with soap and water or using hand sanitizer frequently as well as covering your coughs and sneezes, there

is significantly less chance of transmitting these types of illnesses.

Remember to clean your hands after going to the bathroom, traveling to another building or touching your face. Also, clean your hands before eating, applying makeup or touching your face. If you are running a fever (temperature of 100.4° F or greater) and you have a runny nose or cough, it is recommended that you stay home from work to minimize the spread of seasonal viruses to others in the local community. If you come to one of our medical facilities and are coughing, please

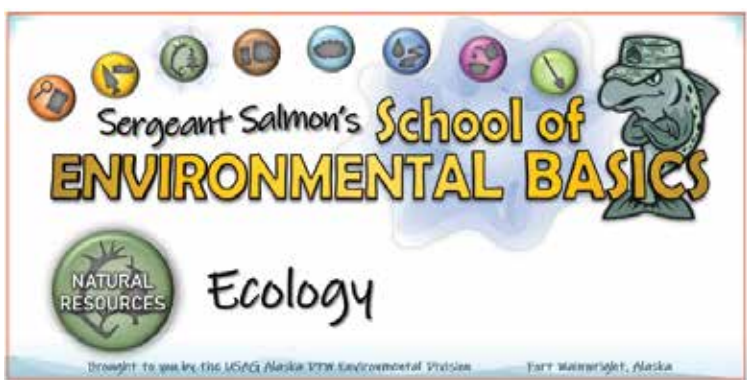
put on a mask located at the entry doors in order to help contain your cough. Finally, during cold and flu season, it may be wise to minimize handshakes.

Out of an abundance of caution, MEDDAC-AK and Fort Wainwright have increased the health protection condition by implementing a review of emergency plans and preparing the installation to respond to this health threat if necessary. This measure has been taken to improve our readiness posture and to emphasize the need for awareness. For more information, visit the CDC's page.

Sergeant Salmon’s School of Environmental Basics – Ecology

Because the primary mission is to support training in a healthy environment, the Natural Resource Management staff in the Environmental Division work on measuring and describing how some of our actions affect the environment that is U.S. Army Garrison Alaska Army-managed land. We explore topics like forestry, wetlands, soils, wildlife, fire, invasive species, recreation and more to get a better handle on the ecology of the land.

Ecology is the relationship of organisms to each other and their environment. You, your family, your pets, the bacteria in your gut, your car and the strange smell coming from your boots are all part of an environment that functions together. Everything we do has an effect on ecology. When we know the ecology of the land, we can be deliberate, considerate and smart about the things we do.



But then you have to ask, other than wanting a healthy environment to train in, what compels USAG Alaska to worry about ecology? Well, the Department of Defense has an agreement with the Alaska Department of Fish and Game and the United States Fish and Wildlife Service in the Sikes Act (16 U.S.C. 670a et seq.). In the Sikes Act, the partners agree on an Integrated Natural Resource Management Plan to manage the land wisely by ensuring (1) there is no net loss to the environment, (2) we are being good stewards

to the land, (3) we adhere to environmental laws and (4) we can promote recreation that does not compromise the mission.

If you would like to read the INRMP, please visit the Fort Wainwright iSportsman page (<https://usartrak.isportsman.net>) under Regulations. Recreation rules can be found in the same place. If you have any questions about wildlife (swallows on buildings), forestry (wood cutting permits), wetlands (is it okay to fill in this bog?), fish (is crossing a stream okay?), hunting (is it okay to predator call?)



or anything found in the INRMP, feel free to contact us! As always, if you plan on recreating on training lands, you must carry a Recreation Access Permit card and 'check in' to iSportsman

by visiting the website or calling (877) 250-9781.

Look for more posts and articles in the future discussing specific topics from Sergeant Salmon and the Environmental Division!

US Army Alaska North hockey team to play Air Force



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

All the International
Garrison event sponsored
by the Fort Wainwright
Religious Support Office



Players from the U.S. Army Alaska North hockey

team practice before the big game against the Air Force North hockey team to be held Feb. 15 at the Carlson Center at 1 p.m. (Photo by Eve A. Baker, U.S. Army Garri-

son Alaska, Fort Wainwright Public Affairs) The U.S. Army Alaska North hockey team practices before the annual game versus the Air Force North team to

be held at the Carlson Center in Fairbanks, Alaska, Feb. 15. (Photo by Eve A. Baker, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

JOIN US!

Public Open House

Wednesday, February 19, 2020
from 4:00 pm to 6:30 pm

Visit Garsinterchange.com for more information

Wedgewood Resort - Garden Room
212 Wedgewood Dr
Fairbanks, AK 99701

Project Area Map

ARMY ANTITERRORISM

Awareness

Preparedness

Flexibility

The 25th Annual

Air Force vs Army Hockey Game

February 15, 2020

Event is FREE and open to the public
Game Time: 1 p.m.
At The Carlson Center, Fairbanks

U.S. AIR FORCE

U.S. ARMY