

# ALASKA POST FREE

an edition of the  
**FAIRBANKS**  
**DAILY NEWS - MINER**

*The Interior Military News Connection*

Vol. 11, No. 22

Fort Wainwright, Alaska

June 5, 2020

## AutoBears Assemble: Arctic Demolition Testing

**1st Lt. Ryan Glatz**

Alpha "Aegis" Company,  
70th Brigade Engineer  
Battalion

Fairbanks experienced one of the coldest winters in the last 50 years this past season with temperatures continually reaching below negative 35 degrees. Still, the Kodiaks conducted training out in the Yukon Training Area in the vicinity of Eielson AFB.

Engineers from Alpha "Aegis" Company, 70th Brigade Engineer Battalion executed demolition training to support the Army's Combatant Research and Development Center-Armament located out of New Jersey. Members from the CRDC-A traveled up to the last frontier to study the effects of arctic conditions on explosives and explo-

sive initiators.

The soldiers constructed and executed six different shots of shaped charge, designed to puncture into the ground, for the CRDC-A team to assess the effect that permafrost has on ground penetration. Two different sizes of charge, 15 and 40 lbs, were placed at varying heights above the ground to see what combination provided the best result.

Simultaneously, the Modernized Demolition Initiators used for setting off the charges were assessed on their reliability when introduced to below zero conditions. The data collected by the Kodiaks will be used to better equipment issued to engineer units throughout the Army and specifically for those units located in cold weather regions.



Engineers from Aegis Company, 70th Brigade Engineer Battalion conduct demolition shots at the Yukon Training Area.



## Army Birthday flag rehearsal

Soldiers from the 49th Missile Defense Battalion, Fort Greely, Alaska, practice raising the large garrison flag June 2 in preparation for the Army Birthday June 14. Twice a day, on U.S. military posts around the world, time appears to stop as honor is rendered to the Colors. The Flag is raised or lowered while a bugle plays over the installation's speaker. All cars come to a stop, Soldiers salute and civilians place a hand over their hearts. (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

## Exchange shoppers generate \$355,600 for Fort Wainwright community

**Carina DeCino**

Army and Air Force Exchange Service Public Affairs

Soldiers, retirees, veterans and military Families know it pays to shop their Exchange. In 2019, authorized Fort Wainwright Exchange shoppers generated \$355,600 of critical support for military Quality-of-Life programs in the form of earnings-based dividends.

The dividends help fund

Quality-of-Life programs at Fort Wainwright, such as Child, Youth and School Services; Armed Forces Recreation Centers; and other programs that support the military.

One hundred percent of the Army and Air Force Exchange Service's worldwide earnings are invested in the military community, with 59 percent going to dividends supporting Quality-of-Life programs and the remaining 41 percent used to improve the

experience in stores and at ShopMyExchange.com.

"The Exchange is Family Serving Family," said Fort Wainwright Exchange general manager Gloria Sylvia. "Exchange earnings improve the lives of Fort Wainwright heroes and their families."

The Fort Wainwright Exchange dividend is a part of the \$217 million the Army and Air Force Exchange Service generated worldwide in 2019. In the last 10 years, the

Exchange has contributed \$2.2 billion to morale, welfare and recreation programs integral to Army recruiting, readiness and resiliency.

Part of the Exchange's dividend was generated by veterans. On Jan. 1, 2020, 4.1 million veterans with service-connected disabilities and certain caregivers were welcomed home with in-store shopping privileges. Since 2017, all honorably discharged veterans have been authorized to

shop the Exchange online. Veterans can find out more about their earned benefits on the Exchange's community Hub page at <https://bit.ly/Vets4Life>.

Despite the upheaval caused by the COVID-19 pandemic and the ever-changing retail landscape, the Exchange remains dedicated to supporting troops and their Families, wherever the military mission takes them.

### WEEKEND WEATHER

**Friday**



Patchy fog then heavy rain. High: 71F.

**Saturday**



Partly sunny then heavy rain. High: 70F.

**Sunday**



Sunny then heavy rain. High: 73F.

### IN BRIEF

Air Force Mortuary Affairs Operations, in conjunction with Alaskan Command and the Alaska Army National Guard begin Operation Colony Glacier recovery efforts June 2.

Read more on page 3.

# Nutrition Corner: Breaking the Fast

**Justine Duchon**  
Medical Department Activity  
– Alaska Registered  
Dietician

‘Breakfast is the most important meal of the day’ is a common phrase, but one often ignored. Breaking a fast with the first meal of the day is an important part of having a healthy, balanced diet and life. What makes breakfast so important?

According to the American Heart Association, research has shown that people who skip breakfast tend to have a higher body mass index. Additionally, people who skip breakfast may be at increased risk of developing chronic diseases such as cardiovascular disease, diabetes and hypertension. Fueling the body with a balanced meal within one to two hours of waking may help keep energy levels more balanced and prevent excess hunger, reducing overeating patterns throughout the day.

Starting the day with a

balanced meal including protein, fiber rich carbohydrates and healthy fats provides energy and a feeling of being full until lunchtime.

There are many reasons people may skip breakfast in the morning, such as lack of time, not feeling hungry and even feelings of frustration with not knowing what to eat.

One quick and easy meal with many variations that provides a nutritionally balanced meal is overnight oatmeal. The below recipe is quick, easy and of course, delicious. A good balance of protein from Greek yogurt and nuts, fiber rich carbohydrates provided through oatmeal and fruit, and healthy fats from nuts or nut butter may help keep energy levels up to tackle morning activities.

Serving size: 1 serving  
Ingredients:

- ½ cup old fashioned rolled oats, uncooked
- ½ cup water
- 2/3 cup of plain Greek yogurt or one 5.3 ounces

single serve Greek yogurt

- ½ banana or ½ cup fresh or frozen fruit
- 1 tablespoon nuts or nut butter
- ½ teaspoon cinnamon (optional per preference)

Directions:

• In a 1 pint mason jar, add oatmeal and water. Stir to combine. Add a dash of cinnamon or spice if desired.

• Next, layer with Greek yogurt, then fruit and/or nuts.

• Place lid back on Mason jar and put into the refrigerator overnight, at least five to six hours.

• The next morning, grab it out of the fridge. This can be eaten cold or may be heated for a warm breakfast. If warming in a microwave, remember to remove the metal lid. Heat for 30 seconds, stir. Heat for another 30 seconds, if desired.

Nutrition Facts (Per serving): 420 calories; 10.5 g fat; 53 g carbohydrates; 26.5 g protein



Looking for a quick and healthy breakfast? Overnight oats provide a well-balanced meal for extra energy and to feel full until lunchtime. (Justine Duchon, Medical Department Activity – Alaska Registered Dietician)

## History Snapshot: June 1943 – Garrison at Attu is authorized; Japanese Anti-aircraft gun, Chichagof Harbor, Attu

Lt. Donley, USNR, inspects one of the (3") AA guns. Notice numerous cases scattered about and blistered paint work, giving evidence to recent heavy usage. Dug-out adjacent to gun provided ample shelter.

When the going got extra tough, these dug-outs (deep and large) gave proof of the oft heard statement of our Soldiers, “Bombs and shells were a help but often ineffective, you had to go in and dig ‘em out.”



Japanese equipment captured in the Chichagof Harbor area on Attu, the Aleutian Islands.

Construction of a garrison at Attu on the Aleutian Islands was authorized on 25 June 1943. It was named Alexai Point Airfield. The garrison was to have facilities for nearly 6,000 ground troops and slightly over 2,000 airmen. A 400-bed hospital, two runways, six Kodiak “T” hangars, one portable steel combat hangar with a shop, two ship docks, one barge dock and one marine bargeway rounded comprised the build plan. As with other endeavors on the Aleutian Islands, this proved to be a much bigger challenge than expected. The first problem was getting construction equipment

and materials to the location. Each project depended entirely on cargo deliveries from the lower-48 states. Once the materials reached either Anchorage or Seward, where most cargo deliveries arrived at the time, they then had to be shipped to the Aleutians via either air or sea and on a journey of at least an additional 1,600 miles.

With the materials on site, construction teams had to contend with extreme cold, stormy weather, gale force winds, lack of skilled personnel, inadequate construction materials and the lesser acknowledged problem

of low morale due to the extreme isolation faced by construction crews. As construction progressed, many “innovations, contraptions and special job combinations of equipment were improvised” to keep the work going.

The plan for Attu was similar to other Aleutian garrisons with one exception. Tunnels for both dry and cold storage were slated to be drilled into the solid rock of the island. Not only would these tunnels provide abundant storage, but also offer protection from enemy attack.

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

which type of breast pump you need. For more information on coverage, go to [www.tricare.mil/breastpumps](http://www.tricare.mil/breastpumps).

### Stressed? Depressed?

The Bassett Army Community Hospital primary care clinic offers internal behavioral health consultations. Assistance with concerns such as stress, chronic pain, tobacco dependency, weight loss, depression, diabetes and more are offered without the need of a referral. For more information, or to schedule an appointment, call 361-5670.

### Follow Us!

Keep up to date on everything happening at Medical Department Activity – Alaska by following us @BassettACH. You will find information on upcoming events, health tips, community notices and more.

### 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 MEDDAC to have the most up-to-date information. Correct information is vital to determining eligibility and contacting beneficiaries.

### 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.

### Breast Pumps

Do you, or will you soon, have a breastfeeding child at home? TRICARE covers breast pumps and breast pump supplies at no cost to you. To receive your benefit, you must have a prescription from your provider and state

### FORT WAINWRIGHT SEXUAL HARASSMENT AND ASSAULT HOTLINE

907-353-7272

DOD SAFE HELPLINE

877-995-5247

## ALASKA POST

The Interior Military News Connection

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# The Chaplain's Corner

## Being restored through the eyes of God

**Chaplain (CPT) Sean Crow**  
49th Missile Defense Battalion

For many I know, there has been a long waiting for a release from social repression that has led to some depression for many reasons. It's a good assumption that current depression is from the environment we're in due to COVID-19 reactions and protection. Soldiers currently serving have been in a heightened posture of protection and caution. The Soldiers I serve with have been even more alert as we protect the nation all around. Both Soldiers, Families and our community alike have felt a different type of repression just because of the change of our lifestyle this spring time. All of us can sense with the

coming of summer the need for release and being restored.

The American Psychological Association reports higher levels of general stress than in recent years. Current agitators are pointed at being COVID-19 related. Lack of social contact and connection may also be contributive. The possible bombardment of negative spin in either the news or social media doesn't help. With summer at our doorstep, it feels like a release for each one of us being restored is close at hand. Yet our collective and individual spirit needs more than a social release to connect, but also a spiritual one.

Psalm 85:6-7 speaks of a similar need from the people of Israel recognizing the need of God's favor for being restored physically and in spiritual

formation with him: "Will you not revive us again, that your people may rejoice in you? Show us your unfailing love, O LORD, and grant us your salvation." The psalmist speaks from the heart of a people that recognizes the need for revival, for restoring that which before was lost.

Recently, as a nation during this time of waiting release we commemorated a holiday of recognizing those who have served our nation that have gone before us. Those who gave their life to protect our freedoms and Constitution. A sobering and honorable hallmark of the price they paid to maintain our country and community. They will never be forgotten.

While we serve our country to keep our

communities safe, the price to pay for our restoring can only be redeemed by the One who created us. The psalmist understood that spiritual freedom, and their restoration does not come from getting what they want, or from their liberty or self-indulgence. True restoration only comes through the eyes of God by returning to him for true spiritual formation and being made right again.

The celebration of Shavout at the end of May was a Jewish celebration of the giving of the Torah, which coincided with the harvest festival that began after the end of the Counting of the Omer, called Pentecost. It was a wonderful time of celebration on multiple accounts when the Hebrew people festively come



together to celebrate the law God has given, and his bountiful harvest. Christians also celebrate during this season as the time that God gave his special bountiful gift of the Holy Spirit to those who believe in Jesus of Nazareth as the promised Messiah, or Messiah.

This special time seems almost curiously designated to operate specifically on the psalmist under-

standing. We all need to be restored in the eyes of God. We need God's spirit to help restore our social connections when we fail. To look upon God's promises when dealing with social repression or depression. We need to encourage each other in these times. Connect with each other, and look to a true restoration through God's love and gift if we choose to accept it.

# Colony Glacier recovery efforts begin

**Senior Chief Brandon Raile**  
Alaskan Command

Air Force Mortuary Affairs Operations, in conjunction with Alaskan Command and the Alaska Army National Guard begin Operation Colony Glacier recovery efforts June 2.

Operation Colony Glacier is an effort to recover the remains of service members and wreckage from a C-124 aircraft that crash landed in November 1952 with 52 military members on board. The wreckage was discovered in 2012, and a recovery effort has taken place each summer. The effort includes multiple agencies from around the country with Alaskan Command as the lead support agency. The Alaska Army National Guard conducts the flights to and from Colony Glacier. This will be the eighth year of recovery efforts.

For more information, call AFMAO Public Affairs, at 302-677-2275.



An Alaska National Guard UH-60 Black Hawk lands on Colony Glacier June 10, 2015, in order to transport service members back to Joint Base Elmendorf-Richardson, Alaska. Each summer since 2012, Alaskan Command has supported Operation Colony Glacier by removing aircraft debris and assisting in the recovery of human remains from the 1952 C-124 Globemaster II accident to ensure closure for families who have lost loved ones. (U.S. Air Force photo by Tech. Sgt. John Gordinier)

# ACS online Deployment Cycle Resiliency Training series coming soon

**Kristen Gonzalez**  
Army Community Service

Army Community Service is excited to announce they will be launching a new micro-series, the Deployment Cycle Resiliency Training with a Healthy Communication bonus.

Are you currently in a relationship where the communication needs an improvement?

Are you in a relationship with a Soldier that has recently returned or ready to return from deployment?

This six-part, micro-series will talk about post deployment training for spouses of significant others. It will highlight what re-integration is like for the Soldier, the Family, re-establishing communication, helping your Soldier and yourself and post-deployment growth including resources and FAQs. The micro-series will launch short, five to 10 minute videos on the ACS Facebook every Tuesday, Wednesday and Thursday, starting June 16 to June 25.



(Photo courtesy Brittany Blair)

# D-Day Medals of Honor

## Private Carlton W. Barrett

Unit: 18th Infantry, 1st Infantry Division.  
 Citation: For gallantry and intrepidity at the risk of his life above and beyond the call of duty on 6 June 1944, in the vicinity of St. Laurent-sur-Mer, France. On the morning of D-day Pvt. Barrett, landing in the face of extremely heavy enemy fire, was forced to wade ashore through neck-deep water. Disregarding the personal danger, he returned to the surf again and again to assist his floundering comrades and save them from drowning. Refusing to remain pinned down by the intense barrage of small-arms and mortar fire poured at the landing points, Pvt. Barrett, working with fierce determination, saved many lives by carrying casualties to an evacuation boat lying offshore. In addition to his assigned mission as guide, he carried dispatches the length of the fire-swept beach; he assisted the wounded; he calmed the shocked; he arose as a leader in the stress of the occasion. His coolness and his dauntless daring courage while constantly risking his life during a period of many hours had an inestimable effect on his comrades and is in keeping with the highest traditions of the U.S. Army.

## First Lieutenant Jimmie W. Monteith Jr.

Unit: 16th Infantry, 1st Infantry Division  
 Citation: For conspicuous gallantry and intrepidity above and beyond the call of duty on 6 June 1944, near Colleville-sur-Mer, France. 1st Lt. Monteith landed with the initial assault waves on the coast of France under heavy enemy fire. Without regard to his own personal safety he continually moved up and down the beach reorganizing men for further assault. He then led the assault over a narrow protective ledge and across the flat, exposed terrain to



Private Carlton W. Barrett



Technician Fifth Grade John J. Pinder Jr.

the comparative safety of a cliff. Retracing his steps across the field to the beach, he moved over to where 2 tanks were buttoned up and blind under violent enemy artillery and machinegun fire. Completely exposed to the intense fire, 1st Lt. Monteith led the tanks on foot through a minefield and into firing positions. Under his direction several enemy positions were destroyed. He then rejoined his company and under his leadership his men captured an advantageous position on the hill. Super-

vising the defense of his newly won position against repeated vicious counterattacks, he continued to ignore his own personal safety, repeatedly crossing the 200 or 300 yards of open terrain under heavy fire to strengthen links in his defensive chain. When the enemy succeeded in completely surrounding 1st Lt. Monteith and his unit and while leading the fight out of the situation, 1st Lt. Monteith was killed by enemy fire. The courage, gallantry, and intrepid leadership displayed by 1st Lt.



First Lieutenant Jimmie W. Monteith Jr.



Brigadier General Theodore Roosevelt Jr.

Monteith is worthy of emulation.

## Technician Fifth Grade John J. Pinder Jr.

Unit: 16th Infantry, 1st Infantry Division  
 Citation: For conspicuous gallantry and intrepidity above and beyond the call of duty on 6 June 1944, near Colleville-sur-Mer, France. On D-day, Technician 5th Grade Pinder landed on the coast 100 yards off shore under devastating enemy machinegun and artillery fire which caused severe casualties among the boatload.

Carrying a vitally important radio, he struggled towards shore in waist-deep water. Only a few yards from his craft he was hit by enemy fire and was gravely wounded. Technician 5th Grade Pinder never stopped. He made shore and delivered the radio. Refusing to take cover afforded, or to accept medical attention for his wounds, Technician 5th Grade Pinder, though terribly weakened by loss of blood and in fierce pain, on 3 occasions went into the fire-swept surf to salvage communication equipment. He recov-

ered many vital parts and equipment, including another workable radio. On the 3rd trip he was again hit, suffering machinegun bullet wounds in the legs. Still this valiant soldier would not stop for rest or medical attention. Remaining exposed to heavy enemy fire, growing steadily weaker, he aided in establishing the vital radio communication on the beach. While so engaged this dauntless soldier was hit for the third time and killed. The indomitable courage and personal bravery of Technician 5th Grade Pinder was a magnificent inspiration to the men with whom he served.

## Brigadier General Theodore Roosevelt Jr.

Unit: 16th Infantry, 1st Infantry Division  
 Citation: For gallantry and intrepidity at the risk of his life above and beyond the call of duty on 6 June 1944, in France. After 2 verbal requests to accompany the leading assault elements in the Normandy invasion had been denied, Brig. Gen. Roosevelt's written request for this mission was approved and he landed with the first wave of the forces assaulting the enemy-held beaches. He repeatedly led groups from the beach, over the seawall and established them inland. His valor, courage, and presence in the very front of the attack and his complete unconcern at being under heavy fire inspired the troops to heights of enthusiasm and self-sacrifice. Although the enemy had the beach under constant direct fire, Brig. Gen. Roosevelt moved from one locality to another, rallying men around him, directed and personally led them against the enemy. Under his seasoned, precise, calm, and unfaltering leadership, assault troops reduced beach strong points and rapidly moved inland with minimum casualties. He thus contributed substantially to the successful establishment of the beachhead in France.

## Passport guidance set to curb delays, as Army heads into peak PCS season

### Thomas Brading Army News Service

Military families applying for official passports must submit

their paperwork no earlier than 60 days, but no later than 45 days from their departure date, said a top travel official, as

COVID-19 stop movements are lifted.

The new policy is in place to curtail potential holdups that military personnel,

government civilians, and families may experience with their permanent change of station, or PCS, moves to international locations beyond the continental United States, or OCONUS, said Angela D. Johnston, Passport Services Division chief at the Army's Defense Department Passport and Visa Office.

For some locations – like many countries in Southeast Asia – a visa may also be required. If so, those applications should be handed in no earlier than 80 days, but no later than 65 days prior to their departure date.

Also, certain individuals heading to OCONUS locations prior to June 30 – and traveling under an approved stop-movement exemption, or with a granted exception to the policy – should submit their application immediately, if

they have not done so, Johnston said.

These new policies are in line with ongoing efforts to lighten potential wait times, Johnston said, adding the deadlines will be enforced at acceptance facilities. Compliance with these timing restrictions will help avoid overwhelming the agency, as the number of PCS moves overseas increase after the stop-movement order is lifted.

Normally during the months of April through July, the Defense and State Departments process roughly 14,000 official, or “no-fee” passports per month. Since the restrictions were implemented, around half have been processed in April and May, said Stuart K. Archer, director of executive travel for the Department of the Army Headquarters.

“Although a backlog is expected,” he said, “the combined efforts of the two departments are working to address any backlogs that may develop as the movers in April and May are now shifted to June and later.”

Service members should consult their local passport agents on these guidelines, and comply with guidance contained in the Foreign Clearance Guide for actual passport requirements.

“These processes are established to aid in metering the flow of passport applications to the Department of State and their Special Issuance Agency,” Archer said. “The SIA re-opened their doors for limited processing, and are working diligently to process the applications they have on hand with limited staffing.”

# Sergeant Salmon's School of ENVIRONMENTAL BASICS

**NATURAL RESOURCES** Beavers

Brought to you by the USAG Alaska DPW Environmental Division Fort Wainwright, Alaska

Beavers are often considered nuisance animals, but we should consider them our partners in resource stewardship. They help create and maintain wetlands that keep nutrients and resources at the source, instead of washing downriver. Beavers create and maintain wetlands by gnawing down trees to build dams and lodges that slow the flow of water. The slowed water saturates the soil, forms small pools and changes the landscape for many plants, insects, fish, birds and mammals that rely on wetlands. These plants and animals thrive through increased nutrients and, in turn, provide housing and food (bark, roots, aquatic grasses) to the beavers to complete the circle.

Beavers are what we call "environmental engineers." Like us, they alter the environment to be more suitable to their needs. Also like us, they don't know when good enough is good enough. Even if they have suitable habitat, they continue to gnaw and cut down trees to add to their dams and lodges.

You will notice many gnawed-on and gnawed-down trees along the Chena River (see the photo)! This is the result of beavers doing what beavers do. We don't want to stop the beavers because they perform an important ecosystem function... but we do want to slow them down. Contact the Natural Resource staff (907-361-9684) for ideas on how to protect the trees in your area.



## U.S. Army Birthday 2020 Events

### U.S. Army

On June 14, 2020, we celebrate 245 years of defending and protecting America, and salute the generations of Soldiers who have answered the call to serve. No matter the challenges we face as a nation, America's Army will always be there when needed.

Below is a list of this year's Army Birthday events. Note that many of these events are available to you virtually. The links to each virtual event can be found in the event descriptions. Check back as we get closer for updates and additional links.

•••

#### MONDAY, 8 JUNE

•SMA 2.45-mile Run Challenge begins. Celebrate the 245th anniversary of America's First National Institution with a virtual 2.45-mile run challenge from the SMA.

#### WEDNESDAY, 10 JUNE

•1900-2000 - \*Virtual Event\* - Twilight Tattoo. This event is a live-action military pag-



eant featuring Soldiers from The 3d U.S. Infantry Regiment (The Old Guard) and The U.S. Army Band "Pershing's Own." This event will use elements from the 2019 Army Birthday Tattoo, and will include an introduction from an Army Senior Leader. You may watch on Facebook and YouTube.

#### FRIDAY, 12 JUNE

•0630 - \*Virtual Event\* - Army Birthday Run. Celebrate the 245th anniversary of America's

First National Institution with a virtual 2.45-mile run. This run will be conducted and prerecorded by the Military District of Washington, in coordination with The Old Guard.

•1000 - Cadet Command National Commissioning. This event will be livestreamed on Facebook, YouTube, and Instagram.

•1300 - \*Virtual Event\* - Army Cake-cutting and Reenlistment Ceremony. A traditional birthday cake-cutting and reenlistment ceremony

will be held at the Pentagon. This event will be livestreamed on Facebook.

#### SATURDAY, 13 JUNE

•0930 - USMA Graduation at West Point. This event commemorates the many accomplishments of our graduating class and celebrates our nation's future military leaders. This event will be livestreamed on Facebook, Twitter, Instagram, YouTube, and LinkedIn.

#### SUNDAY, 14 JUNE

•Army National

Hiring Days begins.

•1130 - \*Virtual Event\* - Army Birthday Wreath Laying at Arlington National Cemetery. Wreath-laying is a tradition that honors the service and sacrifice of our fallen service members and the legacy they left behind. This annual event will take place at the Tomb of the Unknown Soldier and will be livestreamed on Facebook, Twitter, and YouTube.

•1900 - \*Virtual Event\* - FLAGSHIP Event: "The Army at 245: An American Celebration" - You may watch the video on Facebook, Twitter, YouTube.

#### THURSDAY, 25 JUNE

•70th Anniversary of the start of the Korean War. Often referred to as "The Forgotten War," the Korean War was fought from June 25, 1950, to July 27, 1953. This day is dedicated to honoring all veterans of the Korean War, their Families, and especially those who lost loved ones in that war.

#### THURSDAY, 02 JULY

•Army National Hiring Day

# COMMUNITY CALENDAR

## Fort Wainwright Family & MWR

### Weekly Events

June 6 - 13

6

#### Swag Summer Challenge

June 6 - 29  
Varies

Youth Sports & Fitness presents a Summer Fitness Challenge! Find the Summer Fitness Checklist on Wainwright MWR Facebook page. June 29 you can turn in your completed form for a chance to win a GRAND PRIZE.

Youth Sports & Fitness, Bldg 1045  
Call 353-7482

11

#### FREE FlingGolf

June 11  
5 - 6 p.m.

Every Thursday, all June you can try out FlingGolf at Chena Bend Golf Course and Clubhouse!

Chena Bend Golf Course, Bldg 2090  
Call 353-6223

11

#### Cooking in the Barracks with B.O.S.S.

June 11  
Varies

We all know how difficult it can be to prepare a full meal while living in the barracks. B.O.S.S. has partnered with Bassett Army Community Hospital, the Army Wellness Center, and the USO to bring you instructional videos on Fort Wainwright BOSS Facebook to follow along with while you prepare a delicious meal.

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

13

#### Hatch Throwing Tournament

June 20

Learn the art of hatchet throwing taught by ODR! This is a skills class that will go over the basics of hatchet throwing and a fun competition. \$20 per person. Register by June 13.

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

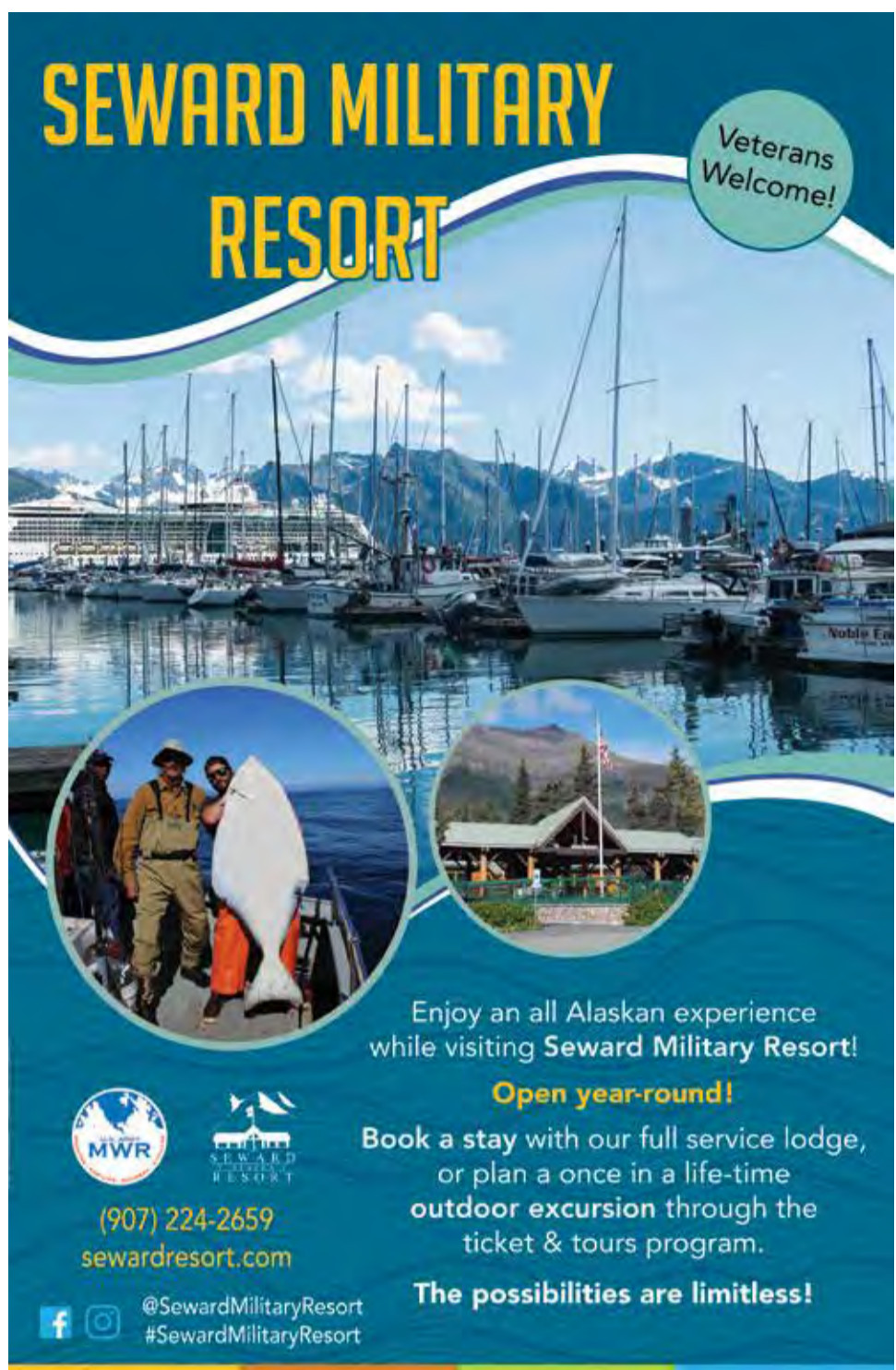
14

#### Boater Safety Course

June 21  
9 a.m. - Noon & 1 - 4 p.m.

Join Outdoor Recreation for the Boater Safety Course, and learn the ins and outs of navigating water safely. Boater Safety Course completion is required to checkout a boat from Outdoor Recreation. Registration deadline is June 14. Cost is \$15 per person.

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



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## New emergency leave available to Army Civilians affected by COVID-19

**Joseph Lacdan**  
Army News Service

Army employees affected by the coronavirus pandemic will have the option of taking up to two weeks of emergency paid sick leave in addition to other paid leave entitlements.

The new leave option, part of the Families First Coronavirus Response Act, allows Civilians to take the emergency leave from April 1 through Dec. 31, provided that they meet certain conditions. The emergency sick leave will be separate from the normal sick leave Civilians accrue and can be taken without using accrued sick leave.

"This is a new leave category that is provided to employees that may need to use this option to be able to care for family members or themselves, which is critically important as we all navigate our way through COVID-19," said Thomas Fore, deputy assistant secretary of the Army for Civilian personnel.

The leave is available to Civilians required to remain in quarantine by a federal, local or state

quarantine order. It's available to employees who have been advised by a health care professional to self-quarantine; and to employees who experience COVID-19 symptoms and receive a medical diagnosis. Employees in these categories will qualify to receive full-pay emergency leave at their normal pay rate. They must, however, provide documentation of the government agency that issued the quarantine order or the name of the health care provider who advised the self-quarantine.

Fore said employees who wish to take the emergency leave should carefully read the requirements.

"It is complicated," he said. "I would highly encourage anyone or supervisors of anyone who's using the leave to familiarize themselves with the significant level of detail of the hours."

Employees who provide care for individuals who have been subject to a federal or local stay-at-home order or have been advised by a doctor to remain home can qualify, but will be paid two-thirds of their normal pay rate. This includes



(Photo by Peggy Frierson)

parents who care for a child under the age of 18 whose school may be closed or had their place of care closed due to quarantine restrictions.

"It could be that you don't have a leave bank and you don't want to go into advanced leave status," Fore said. "So this leave enables you to be compensated to be able to care for yourself or a family member."

He said the Civilian pay system has not yet been adjusted for those that care for others and employees who take sick

leave for caregiving may receive their normal full pay for now. Those employees would subsequently be asked to repay one-third of the sum.

Fore said that the Defense Finance and Accounting Service will take back the owed sum in future pay periods and increments. He added that DFAS has been working on updating the leave system so that employees will be paid the correct amount.

Fore reminds employees choosing to take the emergency leave option in the care provider catego-

ries that they should work closely with supervisors to develop a balanced schedule and closely monitor their pay stubs.

Part-time employees will also be eligible for additional sick leave, but the maximum amount of leave will be based on the average number of hours that employee works over a two-week period.

Defense Department employees who fall under certain exemptions may not be eligible for the emergency paid leave. For instance, agencies can exclude essential health care providers from taking the leave.

Employees must have scheduled work hours in order to take the emergency leave, meaning that Civilians in furlough status, employees who have been suspended or employees who are in leave-without-pay status will not be eligible. Emergency paid leave may also not be used on holidays or in conjunction with other leave.

"Thus, an employee cannot receive two types of paid leave for the same hours," the guidance states.

# Air and missile defense programs stay on track despite slight delay

**Devon Suits**  
Army News Service

Several programs tied to the Army's air and missile defense modernization priority have made timeline adjustments due to COVID-19, but remain on track to deliver capabilities as planned, according to Army Futures Command officials.

The Army's Interim Maneuver Short-Range Air Defense platform, or IM-SHORAD, was slated to complete developmental testing in June. However, the virus and challenges with the software development process have forced the Army to delay its next testing milestone, said Gen. John M. Murray, the commanding general of AFC, during a virtual engagement with defense reporters on Wednesday.

Mounted on a Stryker A1 platform, the IM-SHORAD system will provide Soldiers with 360 degrees of air-defense protection through a mix of guns, missiles, rockets, and onboard sensors. The Army will spread 144 systems throughout four battalions during the initial acquisition phase by the second quarter of fiscal year 2023, AFC officials said.

"I think we slipped it a few months to the right. I was talking to the CEO today on the software issues ... and we're making great progress," Murray said. "The delivery of IM-SHORAD, in terms of the first unit equipped, remains on track."

## Integrated Battle Command System



The Army's Interim Maneuver Short-Range Air Defense platform, or IM-SHORAD, was slated to complete developmental testing in June. However, COVID-19 and challenges with the software development process have forced the Army to delay its next testing milestone, but the overall program remains on track to deliver capabilities as planned. (Photo by Henry Norton)

In addition to the IM-SHORAD program, the virus has impacted further testing of the Integrated Air and Missile Defense Battle Command System, or IBCS, for short, Murray said.

The IBCS program will provide the Army with an integrated command-and-control system, capable of blending current and future air and missile defense sensors and weapon systems under a unified network.

The Army recently canceled a limited-user test scheduled in mid-May at White Sands Missile Range, New Mexico, officials said. The close confines of the testing environment made it "almost impossible to maintain the 6 feet of social distance," Murray said.

During future evaluations, program leads plan to incorporate personal protective equipment, in addition to making other changes to ensure the health and safety of all personnel.

Full integration of the Army's air and missile defense with the indirect fire protection capabilities, or IFPC, is essential to the way ahead, said Bruce Jette, the assistant secretary of the Army for acquisition, logistics and technology.

Creating a wide range of sensor and shooter combinations will yield significantly higher outcomes, officials said. IBCS should maximize the Army's kinematic technologies, increase operator decision times and improve the overall situational

awareness throughout the battlefield, he said.

"We remain on track for the first unit equipped for all programs," Jette said. "That doesn't mean that some of the programs aren't having to make adjustments to delivery schedules or milestones. We are making adjustments as necessary and working with the companies to catch up."

The Army also bolstered its indirect fire protection capabilities with the recent acquisition of two Iron Dome missile systems, slated for delivery in December and February, respectively, Jette said.

It will take some time for Soldiers to learn the new system, Murray added. In the end, the Iron Dome will add to the Army's cur-

rent layered air-defense network.

"We want to be clear - [the Army] will work to integrate Iron Dome into the IBCS architecture," Murray emphasized. "We are not interested in a stand-alone system."

## Artificial intelligence

Along with emerging technologies, AFC is creating training opportunities to bolster its artificial intelligence expertise throughout the force.

The Army needs talent within its formations, Murray said. To support, AFC will authorize a select group of officers, warrant officers and NCOs to participate in a masters-level artificial intelligence and innovation program. The course, provided by the Carnegie Mellon University School of Computer Science, will start this fall.

After Soldiers complete the five-month course, they will be

assigned to the Artificial Intelligence Task Force for less than a year before returning to the force.

"This is just beginning to help seed the Army with the talent we will need ... to take advantage of artificial intelligence in the future," Murray said.



### A Message to the Army Community About Civil Unrest

3 June 2020


Dear Soldiers, Civilians, Family members and Soldiers for Life:


Over the past week, the country has suffered an explosion of frustration over the racial divisions that still plague us as Americans. And because your Army is a reflection of American society, those divisions live in the Army as well. We feel the frustration and anger. We felt it this week while traveling through the nation's capital with the DC National Guard. We feel it, even though we can never fully understand the frustration and life experiences of people of color, in or out of uniform. But we do understand the importance of taking care of people, and of treating every person with dignity and respect.


Our ability to defend this country from all enemies, foreign and domestic, is founded upon a sacred trust with the American people. Racial division erodes that trust. Though we all aspire to live by the Army values of loyalty, duty, respect, selfless service, honor, integrity, and personal courage, the Army has sometimes fallen short. Because just as we reflect the best of America, we reflect its imperfections as well. We need to work harder to earn the trust of mothers and fathers who hesitate to hand their sons and daughters into our care. How we respond to the anger that has ignited will chart the course of that trust.

Every Soldier and Department of the Army Civilian swears an oath to support and defend the Constitution. That includes the right of the people peaceably to assemble and to petition the government for a redress of grievances. We will continue to support and defend those rights, and we will continue to protect Americans, whether from enemies of the United States overseas, from COVID-19 at home, or from violence in our communities that threatens to drown out the voices begging us to listen. To Army leaders of all ranks, listen to your people, but don't wait for them to come to you. Go to them. Ask the uncomfortable questions. Lead with compassion and humility, and create an environment in which people feel comfortable expressing grievances. Let us be the first to set the example. We are listening. And we will continue to put people first as long as we are leading the Army. Because people are our greatest strength.

God bless all of the people of our United States Army: our Soldiers, Families, Civilians, and Soldier for Life retirees and veterans. And God bless the United States of America.

  
Michael A. Grinston  
Sergeant Major of the Army

  
James C. McConville  
General, United States Army  
Chief of Staff

  
Ryan D. McCarthy  
Secretary of the Army