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Fort Wainwright, Alaska

June 26, 2020

Fire department's quick response saves lives and homes



Fort Wainwright Fire Department responded to an early morning house fire on June 23. Firefighters, were on scene within minutes where they provided three individuals with first aid and transport to Fairbanks Memorial Hospital. The blaze was extinguished before any chance of spreading to other adjoining units within the eight-unit housing complex. (Photo by Brian Schlumbohm, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs)

National Guard airlifts 'Into the Wild' bus out of Alaska wilderness

Sgt. Seth LaCount
Alaska National Guard

A 1940s-era bus featured in the book and movie, "Into the Wild," was extracted from the Stampede Trail west of the Teklanika River by the Alaska National Guard June 18.

In a coordinated effort with the Department of Natural Resources, 12 Alaska Army National Guardsmen assigned to 1st Battalion, 207th Aviation Regiment, airlifted the abandoned bus to a secure site.

"After studying the issue closely, weighing many factors and considering a variety of alternatives, we decided it was best to remove the bus from its location on the Stampede Trail," said Corri A. Feige, commissioner for the Department of Natural Resources. "We're fortunate the Alaska Army National Guard could do the job as a training mis-



sion to practice airlifting vehicles, at no cost to the public or additional cost to the state."

The abandoned vehicle that sat 25 miles west of the Parks Highway near Healy, known as "Bus 142," or the "Magic Bus," was popularized by John Krakauer's 1996 book "Into the Wild," and Sean Penn's film adaptation in 2007 that chronicles the story

of 24-year-old adventurer Chris McCandless, who spent the summer in the bus in 1992 and died of starvation after 114-days.

Numerous travelers have sought to reach the bus by retracing McCandless' steps, and many have come to harm or required search-and-rescue services while hiking in harsh weather or crossing the rain- and melt-water-swollen Teklanika or

Alaska Army National Guard Soldiers assigned to 1st Battalion, 207th Aviation Regiment execute an extraction mission via a CH-47 Chinook helicopter over Healy, Alaska, June 18, 2020. As part of a combined effort with the Department of Natural Resources, the Guardsmen rigged and airlifted "Bus 142," a historic icon from book and film, "Into the Wild," out of its location on Stampede Road in light of public safety concerns. The bus will be stored at a secure site while the DNR considers all options and alternatives for its permanent disposition. (Photo courtesy of the Alaska National Guard)

Savage rivers.

There were 15 bus-related search-and-rescue operations by the state between 2009 and 2017, according to DNR reports. In February, Alaska State Troopers rescued five Italian hikers, one of whom suffered severe frostbite. Travelers from Switzerland and Belarus drowned in 2010 and 2019, prompting public outcry – particularly among Alaskans – to reduce or eliminate the hazard.

"We encourage people to enjoy Alaska's wild areas safely, and we understand the hold this bus has had on the popular imagina-

tion," said Feige. "However, this is an abandoned and deteriorating vehicle that was requiring dangerous and costly rescue efforts, but more importantly, was costing some visitors their lives. I'm glad we found a safe, respectful and economical solution to this situation."

Under the oversight of the DNR, the 1-207th AVN pilots, flight engineers, crew chiefs and mechanics arrived via a UH-60 Black Hawk helicopter to clear vegetation and obstacles

See BUS on page 3

Arctic Wolf Soldiers return home from deployment



Maj. Gen. Peter Andrysiak and Command Sgt. Maj. Philip B. Blaisdell greet Soldiers of 1st Stryker Brigade Combat Team, 25th Infantry Division debark aircraft from the first main body flight at Fairbanks International Airport June 22. (Photo by Sgt. Christopher B. Dennis, 1st SBCT Public Affairs NCO)



WEEKEND WEATHER

Friday



Mostly sunny then isolated thunder storms. High: 69F.

Saturday



Partly sunny. High: 67F.

Sunday



Isolated rain showers. High: 68F.

IN BRIEF

Delta Junction, Alaska – The newly formed Delta-Greely Community Emergency Response Team graduated 14 volunteers from the CERT Basic course June 21 at the Rural Deltana Volunteer Fire Department's Clearwater Station.

Read more on page 5.

Nutrition Corner: Food Poisoning

Brandy Ostanik
Medical Department Activity – Alaska

Did you know that nearly 48 million Americans get food poisoning each year? Here are some useful tips to avoid spreading food poisoning in your own home.

Always use separate plates, cutting boards, utensils and food preparation surfaces for raw meat and for cooked and ready to eat foods. Even when you are grilling out, do not put the cooked steaks, chicken or burgers on the same plate they were on before they were put on the grill. This can spread food borne

illnesses such as salmonella and e-coli. If you need to use the same food preparation surface, wash and sanitize it between preparing raw meat and prepared foods.

Avoid thawing or marinating food on the countertop. Instead, put it on a plate or in a container on the bottom shelf of the refrigerator. When meat thaws at room temperature, bacteria grow more rapidly. There is also no need to wash or rinse meat and poultry. This practice only sprays raw meat juices all over you and your kitchen and potentially spreads bacteria and viruses that cause food borne illness. Cook your eggs and meat

products thoroughly. The only way to confirm your food is cooked thoroughly is by using a food thermometer. Using color or smell as an indicator is a poor and unreliable way to determine if a food is cooked. Consuming products, such as raw cookie dough, that contain raw eggs puts you at risk for food poisoning so do not consume them.

Before you start food preparation, always wash your hands with soap and water for 20 seconds. Be sure to remind your little ones to wash theirs too before helping you in the kitchen, setting the table or eating.

Featured Recipe – Peanut Butter No Bake Cookies

Yield 60 cookies

Ingredients:

1²/₃ Cups sugar or equivalent sugar alternative (see package instructions for ratios)

½ cup milk

6 tablespoons unsalted butter

¼ cup unsweetened cocoa powder

3 cups old fashioned rolled oats

1 cup smooth peanut butter

1 tablespoon vanilla extract

¼ teaspoons salt

1) Line a baking sheet with wax paper or parchment.

2) Bring the sugar, milk, butter and cocoa to a boil in a medium saucepan over medium heat, stirring occasionally and then let boil for one minutes. Remove from heat. Add the oats, peanut butter, vanilla and salt. Stir to combine.

3) Drop teaspoonful amounts of the mixture onto the prepared baking sheet, and let sit at room temperature until cooked and hardened, about 30 minutes. Refrigerate in an airtight container for up to three days.



(Photo courtesy of Betty Wiker)

History Snapshot: June 1945 – The WAC Barracks at Fort Wainwright Burn

Upon their arrival at Ladd Field in April 1945, the Women's Army Corp personnel found fantastic accommodations had been built for them. "The WAC Shack" was located where Building 1044 is located today and provided everything they could need. In 2004, Audrey Virden, a WAC veteran at Ladd Field, recollected the day the large wooden barracks burned, 26 June 1945.

"We were working in the headquarters building...it's where the hangar is now, but we could look out, we had windows facing forward the WAC barracks. And one of the guys that was working in there looked up, and he said, "Hey, the WAC shack's on fire!" And we didn't believe him, but then pretty soon somebody else looked, and they said, "It is on fire!" And so then we just watched it burn. And then... they had to have a place to put us to

sleep that night. So they put us in, I think part of the cold weather testing barracks that was empty. And it was interesting...the Red Cross came and gave us a little bag that I guess had toothpaste, and soap and everything. But we had nothing, except the clothes that we had on. And they could issue a few things, but it was interesting how the men responded. One man had been given a pair of pajamas. And of course, the men didn't wear pajamas in those days...so he gave me that pair of pajamas that he had."

Because WAC personnel worked schedules around the clock, the barracks were always occupied. Three women suffered broke backs when they fled the fire by jumping from second story windows. Everyone escaped the fire except Pfc. Ione Dries of Appleton, Wisconsin, who was unable to escape the building.

MEDDAC Minute

Important Phone Numbers

Emergency: 911
24 Hour Nurse Advice Line: 1-800-874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
Tricare On-Line: www.tricareonline.com
United Health Care: uhcmilitarywest.com, 877-988-9378

Performance Triad Tip

Strength training is an essential part of having healthy bones and maintaining a healthy weight. Ladies, it is especially important for you. Estrogen, a hormone in women that protects bones, decreases sharply when women reach menopause, which can cause bone loss. This is why the chance of developing osteoporosis increases as women reach menopause.

A Great Place To Work

Medical Department Activity – Alaska has job openings for both clinical and non-clinical positions here at Fort Wainwright. To view job openings go to www.usajobs.gov.

Immunizations

The immunizations clinic at Bassett Army Community Hospital is open on a walk-in basis Monday through Friday 7:30 a.m. to 3:45 p.m. for all beneficiaries.

TRICARE Online Reminders

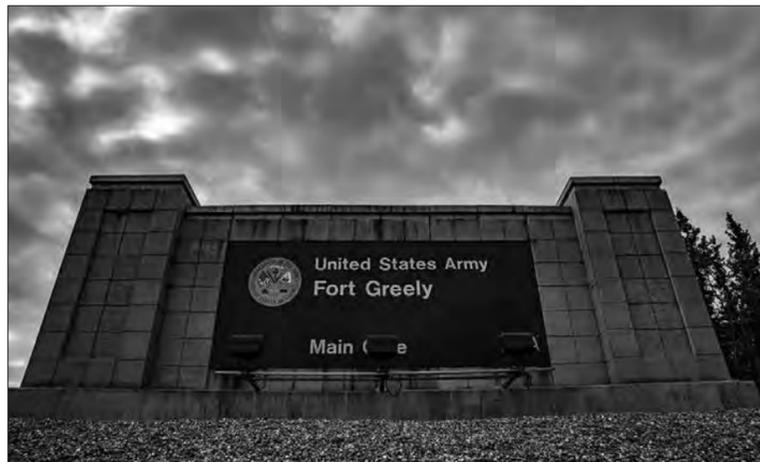
TRICARE makes it easy to receive a reminder for upcoming appointments. Beneficiaries who have their cell phone number in their TRICARE profile will receive a reminder text 48 hours and two hours prior to their appointment.

Save a trip to the ER

Not sure if you need to come into the emergency room or make an appointment? Beneficiaries can all our Nurse Advice Line to talk to a registered nurse 24 hours a day, seven days a week for advice about immediate health care needs. Call 1-800-TRICARE (874-2273).

Army Medicine's Ambassador Program

Subject matter experts from MEDDAC-AK are available to speak to Family Readiness Groups, units, organizations or clubs. To schedule a speaker on health care topics or programs offered through MEDDAC-AK, call 361-5091.



Privatized residential housing on U.S. Army Garrison Alaska, Fort Greely, owned by the Lendlease Corporation and operated by North Haven Communities, earned top honors for overall resident satisfaction during the recent Army Resident Satisfaction Survey released June 22. This is the second time within the past year that Fort Greely has ranked in the top four out of 43 Army garrisons worldwide. (Photo courtesy of Dwight Phillips)

Fort Greely housing earns #1 ranking for resident satisfaction

Angela J. Glass

U.S. Army Garrison Alaska, Fort Greely Public Affairs Office

Privatized residential housing on U.S. Army Garrison Alaska, Fort Greely, owned by the Lendlease Corporation and operated by North Haven Communities, earned top honors for overall resident satisfaction during the recent Army Resident Satisfaction Survey released June 22.

This is the second time within the past year that Fort Greely has ranked in the top four out of 43 Army garrisons worldwide.

"Taking care of our residents is our number one priority. They deserve the best quality housing possible, and I am very proud of our accomplishments and our strong partnership with North Haven Communities," said Lt. Col. Joel Johnson, garrison commander for U.S. Army Garrison Alaska, Fort Greely. "We are using the survey results as one of several tools to continue to identify ways to improve housing conditions."

The results come amid continuous efforts to improve Army

housing conditions worldwide.

Overall, more than 87,000 residents were invited to participate in the survey and 21, 287 responded – significantly higher participation than last year's survey.

Residents were pleased with the convenience, safety and security that Fort Greely housing offered. Quality housing for Soldiers and their Families continues to be the Army's top Quality of Life priority, and Army leaders are committed to further improving housing conditions.

Housing residents who experience extended housing problems are encouraged to reach out directly to the garrison Housing Office at 907-873-4658 or reach senior leaders by calling the Fort Greely housing hotline at 907-384-6666. Residents can also voice concerns during quarterly housing town hall meetings.

"Earning the number one ranking for privatized residential housing satisfaction does not mean we take a breather – we must continue to work diligently to ensure our residents have the best housing possible," said Johnson.

ALASKA POST

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The Chaplain's Corner

How you see yourself, and how you see others, matters

Chaplain (MAJ) Richard Kuhlman
U.S. Army Garrison Alaska, Fort Wainwright Chaplain Resource Manager

Recent racial unrest has shocked us and reminds us that although we may have made progress as a nation, we are a long way off from joining hands and singing spirituals around the campfire. From what I see, some people minimize the threat of racism, while worries about racism may cause a paralyzing fear in others. Either way, one has to admit that something is wrong and it has to do

with how people view others and how they treat them as a result of that perception.

The first of three maxims inscribed on the Temple of Apollo at Delphi is "Know Thyself." Before we can have a righteous view of others, we have to rightly view ourselves. Others may define you by the color of your skin, your gender, your accent, or even the way you walk. But, what is more important is how you define yourself.

You may see yourself as a "flag waving American," a "social justice warrior," a Soldier or an Army

spouse. However, many of the labels we affix to ourselves, or allow others to affix to us, are not deep enough. These labels can blind us to the truth, cause us to speak more than we listen, and make us get angry too quickly. So, we need to look much deeper to the core of our being.

One person who sees us rightly is God. God knows the human heart and the depths of your soul are not hidden from him. He knows your desires, your aspirations, your anxieties, your fears and even those darker thoughts that you keep hidden from

everybody else. God sees the person that you are, but he also sees the best that you can be and he wants to help you become that person.

So God is an ally in our search to know ourselves, but in order to enlist his help we must seek to know him and his will for us. This is a life-long pursuit, but it is well worth it. The quest to know God and know ourselves not only benefits us, but it helps to shape the way we see others. How we see others is key to conquering the fear and animosity that we have toward one another. It is key



to uncovering and working through our biases.

Working through our biases begins by looking beyond the more obvious physical features of the people we meet. Our goal must be to truly get to know that other person for who they are. The best way to know another is to ask questions and truly listen to the things they are

telling you. That is the hardest part for me, because I like to be heard more than I like to listen. So I ask that you pray for me if you are a praying person, and I will pray for you. Together we can pray for a better world where people seek to know themselves, seek to know God, and truly seek to love, one another.



Complexity gaming, one of North America's most elite esports organizations, and the U.S. Army's Family and Morale, Welfare and Recreation, part of the Installation Management Command, are joining forces to conduct a worldwide 12-week online esports tournament starting July 4th. (Courtesy illustration)

Fort Wainwright Exchange expands layaway to include laptops, tablets for back-to-school season

Carina DeCino

Army and Air Force Exchange Service Public Affairs

The Army and Air Force Exchange Service is helping military family members move to the head of the class this school year by extending its layaway program to include electronics essential to help students excel in the classroom.

From July 1 through Aug. 31, Fort Wainwright Exchange shoppers can use layaway to hold computers, notebooks, tablets and iPads—items that are not typically eligible for the program.

"Having the right computer or tablet can play a large role in academic success," said Fort Wainwright Exchange general manager Gloria Sylvia. "The Fort Wainwright Exchange has done its homework, and the layaway program is a great choice to not only manage expenses for clothes, shoes and backpacks but computers as well."

A \$3 service fee and a deposit of 15 percent are required to hold items on layaway. Items must be picked up by Aug. 31. Shoppers can visit customer service at the Fort Wainwright Exchange for complete details.

Army's Family MWR to kick off 12-week esports tournament

Brittany Nelson

Complexity gaming, one of North America's most elite esports organizations, and the U.S. Army's Family and Morale, Welfare and Recreation, part of the Installation Management Command, are joining forces to conduct a worldwide 12-week online esports tournament starting July 4th.

The Better Opportunities for Single Soldiers program will be promoting participation in the tournaments at the garrisons.

"We understand the challenges with social distancing and the closure of certain facilities due to the COVID-19 pandemic," said the Department of the Army's BOSS Representative, Staff Sgt. Adrian Mooney. "We wanted to bring a form of entertainment that would be easily accessible to Soldiers. It is a form of entertainment that most Soldiers already have the

resources for in the comfort of their barracks or homes."

There will be multiple game titles for Soldiers to compete in at their garrisons throughout the 12 weeks. The first game will be Madden NFL 20.

Signups for the tournaments will open every Wednesday, three days before the Saturday they are held.

Complexity is organizing the tournaments, which are sponsored by the Army National Guard.

"We're proud of our continued work with the Army and the Army National Guard," said Complexity Gaming's founder and CEO, Jason Lake. "During these unprecedented times, this program will allow Soldiers to stay connected through competition and continue to build comradery."

Every week, the winner of each time zone will receive a gaming package that includes

an Acer Nitro backpack and an Acer Predator gaming mouse courtesy of Acer and the Exchange.

The top three players will win a trip to Complexity's headquarters, the GameStop Performance Center, in Frisco, Texas, to experience a day in the life of a professional gamer.

"Esports can challenge a Soldier cognitively as well as physically," said Mooney. "It provides a constructive platform for Soldiers to release stress, connect socially, and engage in tactics. The cognitive and constructive aspect also mirrors what some of our Soldiers have as resources for training in their particular military occupational specialty."

The tournament is open to Army service members including the Army National Guard. Soldiers can sign up at www.armymwr.com/esports.

BUS

Continued from page 1

and ensure a safe rigging operation. Holes were cut in the roof and floor of the vehicle so dual point chain kits could be secured to the bus's frame.

Employees from the DNR and the Department of Transportation and Public Facilities removed boulders that had blocked the surface entrance from Stampede road to the materials site, which served as an interim staging point.

"This was a tremendous training opportunity for our heavy lift unit and a great way to lend a helping hand to our partners in the DNR and Alaskans everywhere," said Maj. Zachary Miller, an executive officer with 1-207th AVN and primary pilot for the

extraction.

"The department initially reached out to us with the goal of reducing the number of search-and-rescue cases that resulted from folks trying to reach the bus who may not necessarily be fully prepared for the trip," Miller said. "Certainly, Alaska's landscape can be treacherous in many areas of the state, but the bus's proximity to these rivers is what makes it particularly dangerous."

Under Miller's leadership, the Army National Guard employed a CH-47 Chinook, an American twin-engine, tandem-rotor, heavy-lift helicopter, to execute "Operation Yutan" and extracted the bus. The aircrew also ensured the

safekeeping and safe transportation of a suitcase that holds sentimental value to the McCandless family.

Feige said the bus will be stored at a secure site while the DNR considers options for its permanent disposition. The department is discussing whether to display the bus at a safe location.

"Conducting this sling load was definitely non-standard," Miller said. "We took our enlisted Soldiers with the most experience and expertise in this area to develop the best and safest solution. Like any mission, we were prepared to adjust along the way and I was confident that our crews were up for the challenge."

Sergeant Salmon's School of Environmental Basics: Fishing at stocked lakes

U.S. Army Garrison Alaska, Fort Wainwright Department of Public Works Environmental Division

You can fish on U.S. Army Garrison Alaska, Fort Wainwright Army-managed lands! Grab your rod and reel, and enjoy the water. Several lakes are stocked by the Alaska Department of Fish and Game Fisheries Division, with a few more in the future. For example, Horseshoe Lake in the Yukon Training Area was recently stocked for the first time in several years with 500 catchable rainbow

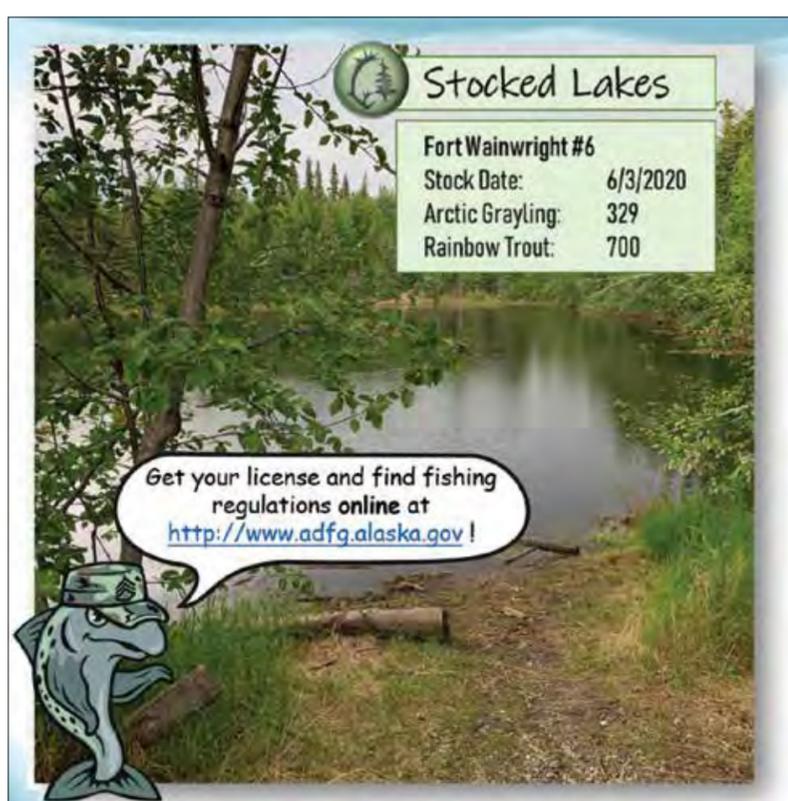
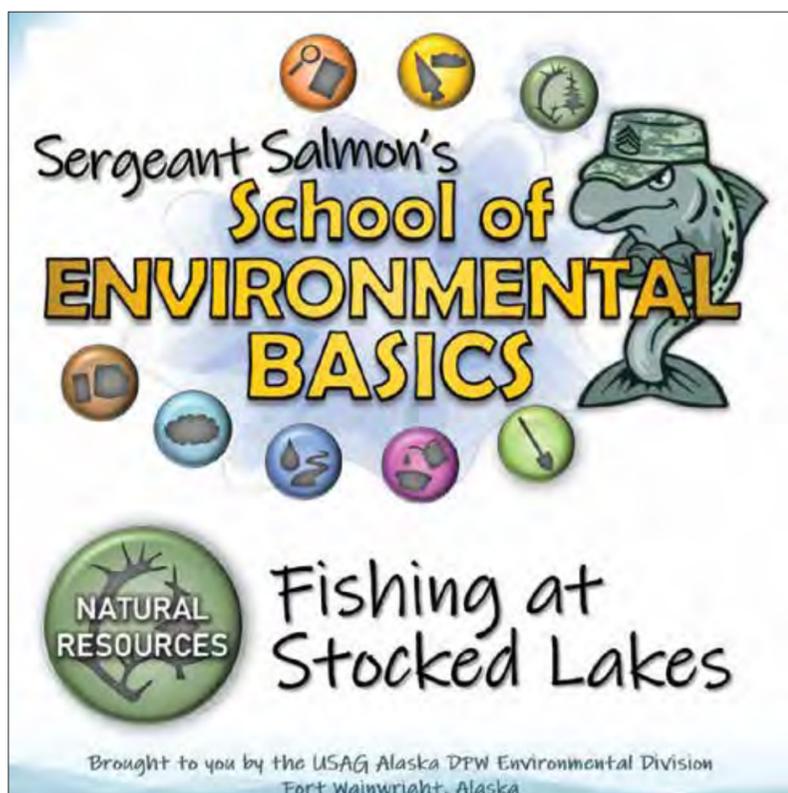
trout (*Oncorhynchus mykiss*).

Before you recreate, be sure to check-in on iSportsman Fort Wainwright site (<https://usartrak.isportsman.net/>) and read up on the fishing regulations in the area (http://www.adfg.alaska.gov/index.cfm?adfg=fish-regulations.no_sport-fish).

For more detailed information on where the lakes are, how to navigate to the lakes, and which ones are stocked, go to iSportsman Fort Wainwright's Fishing page (<https://usartrak.isportsman.net/>

Fishing.aspx). You can also visit ADFG's site to find out which fish species are stocked in each lake (http://www.adfg.alaska.gov/SF_Lakes/)

You can also rent gear from the Fort Wainwright Directorate of Family and Morale, Welfare and Recreation to help you to get to a few of the more remote lakes on USAG Alaska lands on Fort Wainwright (<https://wainwright.armymwr.com/programs/outdoor-recreation>) and Fort Greely (<https://greely.armymwr.com/programs/outdoor-recreation>).



All Army personnel, veterans asked to be recruiters next week

Sean Kimmons
Army News Service

The Army's top recruiting officer has requested every person affiliated with the Army, including veterans, to be an active recruiter next week, as part of a three-day virtual hiring event that aims to put 10,000 more recruits in boots.

The Army National Hiring Days, which kick off Tuesday, is an all-Army outreach effort to tap into recruiting pools across the country using virtual engagements.

"It's a big deal," said Maj. Gen. Frank Muth, commander of U.S. Army Recruiting Command. "It's a great opportunity and we're really excited. The Army has never done this before."

After being ahead by more than 2,200 contracts in mid-March compared to the previous year, the command was forced to temporarily reduce the use of its brick-and-mortar recruiting stations and go entirely virtual due to COVID-19.

"We have to put force protection above mission," Muth said Tuesday in a dis-

cussion for the Association of the U.S. Army's Noon Report series. "We have to make sure our recruiters and their families know that we care."

Before the pandemic, the command had actually spent about 20 months trying to digitize efforts in reaching Generation Z youth. Building on previous work, recruiters were still able to conduct 50 percent to 60 percent of their normal production until stations reopened in late May, he said.

Now with about 4,000 contracts behind its goal for this time of year, the command has looked for other innovative ways to garner interest in the Army.

Just before the Army birthday on June 14, recruiters held Operation 245, a smaller two-day virtual hiring event that had about 10,000 people commit to speaking with a recruiter. Muth expects that number to eventually result in up to 1,000 contracts.

Active recruiter

The next event, Army National Hiring

Days, will be much more widespread with every recruiting battalion slated to conduct media engagements to get the word out, many incorporating Army leaders from operational units.

"We're just asking everybody [to] help push," said Muth, who will speak to media in the Baltimore area, where he is originally from. "And what we're trying to do is two things: drive [potential recruits] to GoArmy.com, or drive them into the stations."

He also appealed to the entire Army family to help pitch in by sharing social media posts that highlight the event, or to create their own video or message to publish on their accounts asking people to join the service.

The Army offers over 150 different careers, he said, and potential recruits may earn a bonus up to \$2,000 by signing up during the three-day event. Qualified applicants may also be eligible for bonuses up to \$40,000 or student loan reimbursement up to \$65,000, depending

on the selected occupation, test scores, contract length, and timeline for shipping to basic training.

There is currently a lot of focus to fill certain combat arms positions, Muth said, but there is also a need in the linguist, cyber, and health care career fields, among others.

Army National Guard recruiters, who operate separately from USAREC, will also be participating in the total force event. "At the end of the day, it's one Army," he said.

The general said his command got the idea for the events from McDonald's, which held a one-day hiring spree in 2011 designed to boost its employment by 7 percent by hiring 50,000 people.

While he understands the Army is not a fast-food chain, the general said the concept can still generate high-quality applicants and it has support from senior leaders.

The Army is allowed to enlist up to 4 percent of those who fall under Category IV, people who have scored between the 10th and 31st percentile on the pre-enlistment aptitude test. Last year, the service only recruited 1.8 percent in that category and Muth expects a similar small figure this year.

"We're not going to change our waivers. We're not going to change the quality

that's coming in," Muth said. "I think there is plenty [of eligible recruits] out there to put in boots to fill our ranks."

By the end of this fiscal year, he expects the Army to sign between 63,000 to 66,000 new recruits. More importantly, he said, is the service's end-strength goal of 485,000, which also accounts for retention that has been "very high" as more Soldiers decide to stay in longer amid an uncertain civilian job market.

"It's going to be close, but I think we're going to make our mission this year," he said, adding the Army will definitely meet its end-strength goal.

Any new recruits added over the end-strength goal will go toward the next fiscal year.

"It helps start the engine for the next year," he said, "because we don't want to exceed end strength. It's a bill and we have to pay for it."

Diverse organization

Muth also mentioned the command's ongoing focus on 22 cities, where there has been more outreach after past recruiting efforts did not perform well.

The Army had typically received large numbers of applicants from the "crooked smile" — a line that stretches from Richmond, Virginia, to

Phoenix and everything south of it, he said.

Meanwhile, other cities such as Boston, New York City, Chicago, Milwaukee and Kansas City saw lower numbers.

"We were including them, but not at the percentage that we should have based on the qualified [potential recruits] available in that area," he said.

Last year, recruiting percentages increased up to 18 percent across those 22 cities after the program started in 2018, he added.

By targeting those areas, the Army can continue to be diverse. Today, minorities comprise about half of the force. Also, when looking at the social-economic levels where recruits come from, nearly half are from the middle class and the other half evenly split between the high and low sides, he said.

While his command has not seen any significant dips in recruiting due to the recent protests of racial injustice, Muth reminded potential recruits that the Army has zero tolerance for racism or discrimination.

"And the second something like that is seen or heard, or whatever impression you may get, it is immediately addressed by the chain of command," he said. "It has to [be]. That's the only way we can operate and we will continue to do so."



The newly formed Delta-Greely Community Emergency Response Team graduated 14 volunteers from the CERT Basic Course June 21 at the Rural Deltana Volunteer Fire Department's Clearwater Station. CERT provides support in non-military emergencies and is a component of the Incident Command System. CERT is recognized as one of five federal programs under U.S. Citizen Corps, administered by the Federal Emergency Management Agency. (Courtesy photo)

Volunteers from the newly formed Delta-Greely Area Community Emergency Response Team graduate 14 volunteers from the CERT Basic Course

Courtesy story

Delta Junction, Alaska – The newly formed Delta-Greely Community Emergency Response Team graduated 14 volunteers from the CERT Basic course June 21 at the Rural Deltana Volunteer Fire Department's Clearwater Station.

The Delta-Greely CERT is composed of volunteer emergency workers, from both civilian and Fort Greely military communities, who have received basic disaster response training and agree to support first responders in the event of an emergency or disaster.

“Our CERT has become part of a larger state-wide Alaska CERT effort, a body of volunteers which we

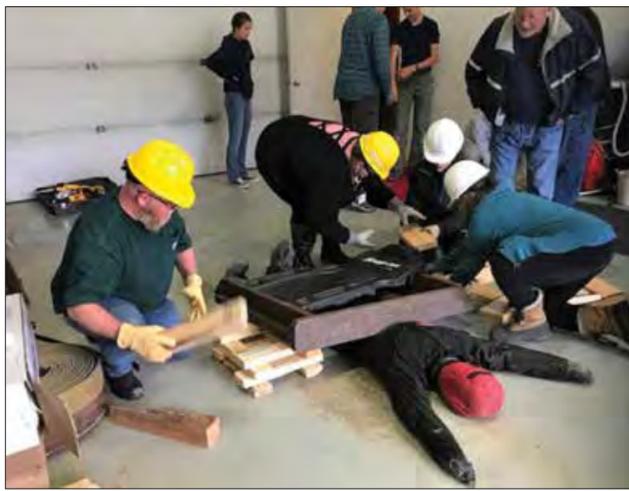
can draw from if the need arises here locally,” said Delta-Greely CERT lead Jeff Kinsman. “We are all about neighbors helping neighbors. CERT is here to assist the people of Delta Junction and surrounding areas. That’s our mission – we support our first responders and our community.”

Rural Deltana Volunteer Fire Department assistant chief Michael Paschall handed out course completion certificates to excited and tired students. “I’m very proud of each of you as volunteers and in contributing your time to our community,” said Paschall. “We now need to learn to work together as a team and bring CERT’s capabilities to our fire department’s volunteer force.”

Upcoming plans include advanced training in emergency preparedness, and hands-on training and exercises with volunteers from the local volunteer fire agency.

CERT provides support in non-military emergencies, and is a component of the Incident Command System. CERT is recognized as one of five federal programs under U.S. Citizen Corps, administered by Federal Emergency Management Agency.

For further information on CERT or to become part of the team, volunteers are encouraged to contact CERT lead Jeff Kinsman at kinsman2k@gmail.com or visit the group’s Facebook page at <https://www.facebook.com/groups/2875101519238388/>.



The newly formed Delta-Greely Community Emergency Response Team provided volunteers basic disaster response training June 20 to 21 at the Rural Deltana Volunteer Fire Department's Clearwater Station. For further information on CERT or to become part of the team, volunteers are encouraged to contact CERT lead Jeff Kinsman at kinsman2k@gmail.com or visit the group’s Facebook page at <https://www.facebook.com/groups/2875101519238388/>. (Courtesy photo)

New research leads to Army drones changing shape mid-flight

U.S. Army CCDC Research Laboratory Public Affairs

Soon, the U.S. Army will be able to deploy autonomous air vehicles that can change shape during flight, according to new research presented at the AIAA Aviation Forum and Exposition’s virtual event June 16.

Researchers with the U.S. Army’s Combat Capabilities Development Command’s Army Research Laboratory and Texas A&M University published findings of a two-year study in fluid-structure interaction. Their research led to a tool, which will be able to rapidly optimize the structural configuration for Future Vertical Lift vehicles while properly accounting for the interaction between air and the structure.

Within the next year, this tool will be used to develop and rapidly optimize Future Vertical Lift vehicles capable of changing shape during flight, thereby optimizing performance of the vehicle through different

phases of flight. “Consider an [Intelligence, Surveillance and Reconnaissance] mission where the vehicle needs to get quickly to station, or dash, and then attempt to stay on station for as long as possible, or loiter,” said Dr. Francis Phillips, an aerospace engineer at the laboratory. “During dash segments, short wings are desirable in order to go fast and be more maneuverable, but for loiter segments, long wings are desirable in order to enable low power, high endurance flight.”

This tool will enable the structural optimization of a vehicle capable of such morphing while accounting for the deformation of the wings due to the fluid-structure interaction, he said.

One concern with morphing vehicles is striking a balance between sufficient bending stiffness and softness to enable to morphing,” Phillips said. “If the wing bends too much, then the theoretical benefits of the morphing could be negated and also could lead to con-



Wings on fixed-wing small unmanned aerial systems, like the RQ-20A Puma, launched by Soldiers could soon have improved designs, thanks to a tool designed by Army researchers. (Photo by Spc. Brian Chaney)

trol issues and instabilities.”

Fluid-structure interaction analyses typically require coupling between a fluid and a structural solver.

This, in turn, means that the computational cost for these analyses can be very high – in the range of about 10,000s core hours – for a single fluid and structural configuration.

To overcome these challenges, researchers developed a process that decouples

the fluid and structural solvers, which can reduce the computational cost for a single run by as much as 80 percent, Phillips said.

The analysis of additional structural configurations can also be performed without re-analyzing the fluid due to this decoupled approach, which in turn generates additional computational cost savings, leading to multiple orders of magnitude reductions in computational cost when considering this method within an op-

timization framework.

Ultimately, this means the Army could design multi-functional Future Vertical Lift vehicles much more quickly than through the use of current techniques, he said.

For the past 20 years, there have been advances in research in morphing aerial vehicles but what makes the Army’s studies different is its look at the fluid-structure interaction during vehicle design and structural optimization instead of designing a vehicle first and

then seeing what the fluid-structure interaction behavior will be.

“This research will have a direct impact on the ability to generate vehicles for the future warfighter,” Phillips said. “By reducing the computational cost for fluid-structure interaction analysis, structural optimization of future vertical lift vehicles can be accomplished in a much shorter time-frame.”

According to Phillips, when implemented within an optimization framework and coupled with additive manufacturing, the future warfighter will be able to use this tool to manufacture optimized custom air vehicles for mission specific uses.

Phillips presented this work in a paper, Uncoupled Method for Massively Parallelizable 3-D Fluid-Structure Interaction Analysis and Design, co-authored by the laboratory’s Drs. Todd Henry and John Hrynyuk, as well as Texas A&M University’s Trent White, William Scholten and Dr. Darren Hartl.

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

June 27 - July 4

28

Boater Safety Course

July 5
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. This course is required to check-out motorized water equipment from Outdoor Recreation. Registration deadline is June 28.

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

1

Youth Sports & Fitness Workout Wednesday

July 1
Varies

Workout with Youth Sports & Fitness every Wednesday by checking out the video on the Wainwright MWR Facebook page. Check off your Summer Challenge checklist too!

Youth Sports & Fitness, Bldg 1045
Call 353-7482

1

Virtual Independence Day 5K Run

July 1 - 4
Varies

Join us for a Virtual 5K! You can register by calling or going to Physical Fitness Center. Photos, videos, and/or route tracking images can be sent to the Facebook event on Wainwright MWR Facebook page to be entered to win a prize. Cost: \$15, includes t-shirt.

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

3

Movie Night

July 3
6:30 p.m.

Every Friday is movie night at the Warrior Zone! Be sure to get there early to grab a bite to eat.

Warrior Zone, Bldg 3205
Call 353-1087

4

B.O.S.S. White Mountain ATV Trip

July 11
8 a.m. - 6 p.m.

Tackle the trails of White Mountains National Recreation Area with B.O.S.S. and Outdoor Recreation on an ATV! *An ATV Safety Course is required before taking this trip. Registration deadline is July 4.

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

4TH OF JULY BBQ
2 - 8 P.M.
@ WARRIOR ZONE

*MUST BE 18+ TO ENTER THE WARRIOR ZONE
& 21+ TO PURCHASE OR CONSUME ALCOHOL.

Warrior Zone
3205 Santiago Avenue (907) 353-1087
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightZone



Ada Twist, the mascot for the Summer Reading Program wants you to Dig Deeper, Read, Investigate, and Discover with your Library! For more information, go to wainwright.armymwr.com. @WainwrightMWR #WainwrightMWR

Transporting Household Hazardous Wastes

The following steps must be taken when bringing HHW to Building 3489:

- Whenever possible, transport HHW in the original labeled containers. For all other containers, mark with product name/contents.
- Make sure the lids are on securely and that no containers are leaking.
- Cushion glass containers to prevent breakage.
- Antifreeze: Place used antifreeze into a sealed plastic container.
- Used oil & oil filters: Place used oil in a sealed container and place drained filters in a sealed plastic bag.
- Solvents: Place each type of solvent in sealed container marked with its name.
- Fluorescent tubes: Tape together and place in closed bag.
- Broken tubes should be double-bagged and marked as "broken lamps"
- Ballasts without "No PCB" label: Place in sealed plastic bag or container.

NEVER mix used oil with antifreeze, transmission fluid, gasoline, or other contaminants.

Do Not Dump Anything in Stormdrains, Gutters or on the Ground!



Stormwater Pollution is one of the greatest threats to our water quality!

NUMBERS TO KNOW

- Police - Fire - Ambulance - Poison Control: 911
- Fort Wainwright Household Waste Program, Building 3489: (907)356-2023
- Bassett Army Community Hospital Pharmacy: (907)361-5109
- North Haven Communities: (907)356-7000
- Directorate of Public Works, Environmental Division: (907)361-9686

Sergeant Salmon says,
ONLY RAIN DOWN THE DRAIN.

Save this Guide



Household Hazardous Waste Guide • Fort Wainwright, AK

The Household Hazardous Waste Program

What is Household Hazardous Waste (HHW)? Common household products can contain chemicals that are harmful to people, animals, and the environment. Products, such as paints, aerosols, cleaners, oils, batteries, pesticides, fuels and contaminated water can contain hazardous ingredients.

To avoid health and environmental risks associated with HHW, it is important that everyone monitors the use, storage, and disposal of these wastes. Even empty containers of certain substances may be considered hazardous. Be sure to read all product labels and warnings.

It is both illegal and dangerous to dispose of HHW in the trash, down the drain, or on the ground.

The Household Hazardous Waste Program provides educational resources for the proper use, storage, and disposal of HHW and accepts HHW from Fort Wainwright residents free of charge.

HOUSEHOLD HAZARDOUS WASTE DROP-OFF

- Fort Wainwright Household Hazardous Waste Program at Building 3489, on Chippewa Ave.
- Open 0800-1600, Monday - Friday
- Call (907) 356-2023 when you arrive at building and someone will meet you by white locker located at side parking lot.
- Social distancing is being observed. Please wear face mask.

FREE Service for all Fort Wainwright Personnel!

COVID-19 conditions create sniper school opportunities for new infantry troops

Franklin Fisher
Fort Benning Public Affairs

One clear morning a few months ago, among the tall pines and broad sprawl of Fort Benning, 1st Sgt. Kevin L. Sipes phoned someone he knows over at the big unit here that trains Soldiers for the Infantry.

It was late March, a time when the COVID-19 pandemic had brought restrictions on military travel. Many newly-trained Soldiers were on hold, waiting to be shipped to their first units.

Sipes had an idea on how Fort Benning could help the whole Army, by adding to the quality of its sniper units. Snipers are exceptionally good marksmen. They're specially trained in spotting and killing enemy targets, ideally on the first shot. They're also trained to gather eyes-and-ears battlefield intelligence that can help commanders manage the fight.

Fort Benning's U.S. Army Maneuver Center of Excellence trains them through its seven-week U.S. Army Sniper Course, which is part of MCoE's U.S. Army Infantry School here.

He'd had the idea for about two years, long before the pandemic. But "it kind of got put on the backburner," he said.

"Then the COVID situation happens, and there were trainees that were here on Benning that weren't going anywhere for a while," said Sipes. "COVID-19 was sort of the catalyst to make it happen," he said. "It was sort of a no-brainer."

So, he thought, now's the time for another try.

The call was to Sgt. Maj. Vincent M. Lewis, operations sergeant major of the 198th Infantry Brigade. The brigade runs Infantry One-Station Unit Training, or OSUT, which trains Soldiers to serve with the Infantry.

Sure, said Lewis, come on by.

With Sipes was Capt. Zach Lemke. Lemke commands Charlie Company, 1st Battalion, 29th Infantry Regiment, 199th Infantry Brigade. Sipes is the company's first sergeant. It's Charlie Company that runs the Sniper Course.

"We popped in – 'Hey good to see you' – and got right to the point," Sipes said.

He made the pitch to Lewis: How about giving new Infantry OSUT Soldiers the chance to volunteer for sniper training while they're still right here at Fort Benning?

Sipes recalls Lewis' answer: "He said, 'Man, that sounds like an awesome idea. How do you plan to do it?'"

"We talked about it for about 30, 45 minutes, just laying out the groundwork for what we're trying to accomplish," Sipes said.

Their idea, Sipes told Lewis, was to offer Infantry OSUT Soldiers a chance to volunteer for a kind of five-day tryout



A Soldier enrolled in the U.S. Army Sniper Course at Fort Benning gets guidance from an instructor about which way to move next as the Soldier learns how to stalk targets June 19. Both are heavily camouflaged in ghillie suits. Most students sent for training with the Sniper Course are Soldiers already stationed with units around the Army. But Fort Benning's Maneuver Center of Excellence recently began testing a way for Soldiers who've completed Fort Benning's Infantry One-Station Unit Training and are still new to the Army, to volunteer for sniper training while still here. MCoE has set up a five-day OSUT Soldier Sniper Assessment, which is a condensed version of the seven-week Sniper Course. Those who make it through the Assessment get a chance to go on to the Sniper Course itself. (Photo by Patrick Albright)

for the formal, seven-week Sniper Course. It would condense the course to key sniper basics.

"Obviously, if you go to a basic training company full of privates and you asked, 'How many of you wanna go to sniper school?' every single one of 'em's gonna raise their hand, basically, I would assume." – Capt. Zach Lemke, commander, U.S. Army Sniper Course, Fort Benning, Georgia

We'd put them through the training, he told Lewis, and if they show the right degree of mental sharpness and other aptitudes, we'll send them on to the Sniper Course.

Then, if they made the grade in the Sniper Course, those recent OSUT graduates would arrive at their new units sniper-qualified, and stamped virtually from the start of their Army service formally schooled in the best, state-of-the-art, sniper skills and methods.

Infantry units may train their own Soldiers to serve in their sniper squads, but they sometimes decide they want to send a Soldier to Fort Benning for formal sniper training at the Sniper Course's level of quality. Taking some of the Army's newest Soldiers and putting them through the Sniper Course – especially while they're here already – would be "a win-win," Sipes said.

"The units won't have to work as hard to train a Soldier," he said. "They are ready to succeed on day one. The only thing they lack is experience within the job, but that can be done through training. They've met the requirements. They know how to perform the specialized tasks. Now they just need the experience that comes from working in that organization."

Lewis took it to the brigade leadership, Sipes said, including Command Sgt. Maj.

Ronnie E. Blount Jr., who in turn discussed it with Col. Dave Voorhies, the brigade's commander at the time.

"They came back and told us we were good to go," said Sipes. "It took about a week to 10 days to get the final approval on it. We created the schedule, sent it over to them."

The 198th helped with finding volunteers, said Lemke.

The brigade's drill sergeants formed up the trainees, Lemke said, told them there was a chance to try out for the Sniper Course, then asked for a show of hands. Among Soldiers who'd enlisted for the Infantry, the chance to specialize as a sniper had warrior appeal. Hands went up.

"Obviously," said Lemke, "if you go to a basic training company full of privates and you asked, 'How many of you wanna go to sniper school?' every single one of 'em's gonna raise their hand, basically, I would assume."

To be considered, candidates while in OSUT would have to have gotten the highest possible marksmanship score, which is "Expert," and have a score of at least 270 on the Army Physical Fitness Test, or APFT. And they'd have to be in the Army's Infantryman job category, which it codes administratively as 11B, commonly referred to as 11 Bravo.

The brigade's drill sergeants jotted their names and sent forward a list of 20 who met the requirements, said Lemke.

"We got a list of names probably within the next 48 hours," said Sipes, "and then we went and picked them up and started to train 'em. So from flash to bang was probably 18 days or so."

They're calling the five days' training the OSUT Soldier Sniper Assessment, Lemke said.

Charlie Company instructors teach the

sniper-hopefuls how to spot targets, how to estimate the distance from themselves to the target, how to gauge the wind's movements so they can adjust for it in taking their shot, how to use a sniper's high-tech optical gear to trace the path of a shot. They're also taught basics of stalking a target, and are tested on their ability to fire the M110 sniper rifle, using live ammunition.

But throughout the five days the trainers also put a keen eye on whether a candidate has the "cognitive ability" to absorb the instruction, including its many technical fine points, and then apply it all properly," Sipes said.

Sipes consulted a sports psychologist who works at Fort Benning for tips on how best to evaluate each candidate's "ability to receive new information, learn how to apply it, apply it, and then work to improve performance in the future," he said.

Charlie Company ran the first assessment April 20 - 24 and a second May 11-15.

Ten OSUT Soldiers went from the Assessment into the Sniper Course's Class 4, which ran April 27 to June 12 and started with a total of 47 students. Fourteen graduated, four of them OSUT Soldiers who'd gone through the Assessment. Two OSUT Soldiers washed out and the remaining four were allowed another try, in Class 5, which began May 18 and ends July 2, Lemke said.

As the time approached to run another Sniper Assessment, the 198th sent Charlie Company another list of 20 candidates.

Class 5 started with a total of 36 students and is now at 29, 11 of them OSUT graduates who had gone through the Assessment, Lemke said.

Lemke and Sipes think the results of

Class 4 – four out of 10 OSUT Soldiers who were still virtual rookies to the Army making it to Sniper Course graduation – suggests the effort to seek sniper candidates from Infantry OSUT right at Fort Benning, has big potential.

"And that's only gonna improve over time as we master how we assess them and select," said Sipes. "That was our first two attempts, he said of the OSUT-Sniper Assessment-Sniper Course. Effort. "We've taken notes on how to improve it and it'll only get better."

But that wasn't the only encouraging sign, Lemke and Sipes said.

Of those four OSUT graduates who com-

pleted Class 4, two achieved special distinction: one received the Top Shot award for highest marksmanship scores in the class. Another took the Fieldcraft Award for top grades in stalking, target detection, and range estimation, Lemke said.

"We have these Soldiers here, on post, already," said Sipes, "that are brand new, hungry, they're physically fit. They're already in that training mindset."

"We can see the potential of these Soldiers immediately out of OSUT," said Lemke, "we can measure it, train them, and the send them to the force ready. That's an extremely important thing for the Army."