

Alaska Air National Guard unveils new tail flash on Stratotanker aircraft at Eielson AFB

Courtesy Story

168th Wing Public Affairs

KC-135 Stratotanker from the Alaska Air National Guard's 168th Wing was unveiled showcasing a new tail flash on the wing's aircraft, Oct. 15.

The 168th Wing continues to have strong ties to local communities in interior Alaska as the "hometown Air Force." In collaboration with Tanana Chiefs Conference, the 168th Wing established a commitment to honor interior communities on the wing's aircraft. The first KC-135 revealed last week honors the village of Minto, one of nine Alaska interior communities that will be represented on 168th Wing Stratotankers.

According to the Tanana Chiefs Conference website, Minto residents are mainly Tanana Athabascans. Minto is in the western-most portion of traditional Tanana Athabaskan territory, located on the west bank of the Tolovana River, 130 miles northwest of Fairbanks.

The next aircraft to

be unveiled will honor Gwichyaa Zhee, Grayling, Huslia, Tetlin, Telida, and Tanana. Additionally, Fairbanks and North Pole will be displayed on the final two aircraft.

A polar bear stands strong on the wing's tail flash representing the arctic region and spirit of Alaska. The geometric design of the polar bear highlights the wing's culture of innovation.

"The support and partnership of our community are what allows us to succeed," said Col. Richard Adams, 168th Wing commander. "The interior Alaska communities will be proudly displayed on the tail of our KC-135 as we refuel our nation's military aircraft above the skies of Alaska and around the world. It is an honor to dedicate our first aircraft to the tribe of Minto."

There are 42 tribes and 37 federally recognized tribes in the Tanana Chiefs Region and six sub-regions.

"We contacted each of the 42 villages as they are members of the TCC



A KC-135 Stratotanker from the Alaska Air National Guard's 168th Wing was unveiled showcasing a new tail flash on the wing's aircraft, Oct. 15, 2020. A polar bear stands strong on the wing's tail flash representing the arctic region and spirit of Alaska. The geometric design of the polar bear highlights the wing's culture of innovation. The 168th Wing continues to have strong ties to local communities in interior Alaska as the "hometown Air Force." In collaboration with Tanana Chiefs Conference, the 168th Wing honors interior communities on the wing's aircraft. The first KC-135 revealed honors Minto and is one of nine total aircraft representing Alaska interior communities. The next aircraft to be unveiled will honor Gwichyaa Zhee, Grayling, Huslia, Tetlin, Telida, and Tanana. Additionally, Fairbanks and North Pole will be displayed on the final two aircraft. (Photo by Air Force Senior Master Sgt. Julie Avey)

region," said Tanna Carter, Tanana Chiefs Council member. "All of the village

said they were honored. The Tanana Chiefs Council had to draw names to

make it fair and choose who to represent on the aircraft."

Exposing the Northern Lights

Brian Schlumbohm

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

The aurora borealis, or northern lights, are a common sight in Alaska, at least for a few of those who may venture out in the hours of darkness and cold with the luck of timing on their side.

Along with the joy of seeing one, and bitten by the shutterbug, frequently comes the desire to capture an image to share that experience through photography.

Here are a few photography tips that may help get you within the proverbial, celestial ball park.

A motionless camera, a long exposure and a great aurora are all you need.

First, having a tripod is a must; but even if you don't have one don't let that stop you. Grab a bag of dried beans or rice - that's right, a bag of dry beans or rice placed inside in an extra stocking cap or large tube sock will work great as a camera stabilizer. Setting the bag on any stable surface, such as a car hood, lawn chair or mailbox, anything that won't move or sway during an exposure, will work. Gently seat the camera on the bag, pressing down until it is completely supported by the bag while you are still able



to view through the eye piece. It works well in a crunch. Consider keeping a bag of beans or rice in your vehicle just in case. You never know when a great shot will present itself, and tripods take up room.

It is best if the camera can be manually set. The ability to set shutter speeds, aperture settings, focusing and the ISO settings provides the best results for capturing low-light scenes. Some of the newer automatic cameras have programmed low-light settings, which could allow for a successful aurora photo. It wouldn't hurt to give it a try and experiment with a camera's automatic shooting programs.

When shooting the aurora, find an area to shoot from that is out of the direct light from

street lights, passing cars or building lights.

Once the camera is securely fixed atop a tripod or safely nestled on a bag of beans, try a starting exposure at 15 seconds, 5.6 f-stop (aperture) and an ISO of 320. From that setting, depending on the intensity of the aurora's glow and movement, adjustments can be made to the speed and aperture to brighten or darken the image captured.

Check the LCD screen. If the image is too dark and the aurora doesn't show very well, try a longer exposure (shutter setting) or lower aperture number.

If the image is too light or lacks vivid colors, shorten the exposure time or raise the aperture number. Lastly, if the images are still too dark, the ISO number can be

raised up in increments. Note that the higher the ISO number, the grainier the images may become.

Every aurora is different in size, intensity, movement and color. Starting out with a basic setting allows quick changes in a timely manner. The northern lights can change slowly and the camera's settings may work for many exposures. Or the intensity of the lights may grow or diminish and exposure settings may have to be changed often.

Reviewing captured images in the LCD viewer will help in determining exposure changes.

A good practice is to have a notebook to jot down observances of the scene to compare how the images turn out with different

See LIGHTS on page 2



Pictured is an installed blackout shade in a barracks on Fort Wainwright. The blackout blinds prevent most of the light from entering a room, helping the occupant get quality sleep even in an Alaskan summer. The U.S. Army Corps of Engineers - Alaska District worked with Fort Wainwright and Fort Greely to install over 2,700 black blinds in 30 barracks to help improve Soldiers' sleep. (Courtesy Photo, U.S. Army Corps of Engineers - Alaska District)

Corps project helps improve Soldiers' sleep

Rachel Napolitan

U.S. Army Corps of Engineers - Alaska District

Almost every night, people close their curtains to go to sleep; but for Soldiers stationed in the Fairbanks area, regular curtains will not suffice. Getting quality sleep in the middle of summer, when daylight is nearly 24 hours a day, is a challenge that can adversely affect mental health. U.S. Army Garrison Alaska is taking a multifaceted approach to address this problem and a small but effective piece of this work is by the U.S. Army Corps of Engineers - Alaska

District. They worked with Fort Wainwright and Fort Greely to install 2,740 blackout shades in 30 barracks this year to improve sleep quality and in turn, enhance the mental health and well-being of Alaska's warfighters.

"Before the blackout curtains, [the Soldiers] would try to find creative ways to block out the light to attempt to get a good night's sleep," said Spc. Austin Mooney, president of the Better Opportunities for Single Soldiers program for U.S. Army Garrison Alaska. They used tinfoil, bedsheets and other makeshift

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WEEKEND WEATHER

Friday



Mostly sunny. High: 27F.

Saturday



Mostly cloudy. High: 28F.

Sunday



Partly sunny. High: 31F.

IN BRIEF

Privatized residential housing on U.S. Army Garrison Alaska, Fort Greely, owned by the Lendlease Corporation and operated by North Haven Communities, employs a four person team that ensures the heat stays on, residential sidewalks are cleared and general maintenance and repairs are completed in a timely manner for the garrison's 84 housing units. Read more on page 4.

Nutrition Corner: Nutrition 101

Contrary to popular belief, eating healthy does not have to break your budget? Believe it or not it is possible for your family to stay within your grocery budget and eat healthy at the same time. Just like anything, healthy eating has to be a priority for your family. If other priorities get in the way it may seem as though healthy eating is out of reach financially. Look at where you are spending your money both in the grocery store and outside the grocery store. How much of your monthly budget do alcoholic beverages, snacks, restaurants (including fast food) and end cap purchases take up? Have you ever separated it out to see? I bet

you would be surprised how much money you do indeed have available to purchase healthy foods. Try making a menu for the week on an index card. Then, flip it over and make your list based off your menu and whatever else you need for lunches and healthy snacks that week. Stick to it! Much of the money we waste at the grocery store is spent on food we never use only for it to go bad. Leave the extras like chips, soda, cookies and snack cakes off. These are the extras that make paying your grocery bill unbearable. Not to mention these items can contribute towards excessive calorie consumption and weight gain. Instead, get the

most bang for your buck by buying nutrient dense items. Aim for lower calorie foods that pack in fiber, protein, vitamins and minerals such as fruits, vegetables, low fat dairy and lean proteins. Buying frozen and canned fruits and vegetables are more cost effective and are just as nutritious! You have heard it before...don't go shopping hungry. This can lead to impulse purchasing and maybe even lead to indulging on a few unhealthy snacks while you shop. Try going earlier in the day when you will have time to come home and cook your meal for the evening. What sense does it make to buy nutritious food only to order pizza when you get home because you don't

feel like cooking. Be sure to load up on low-cost, nutritious and versatile foods such as eggs, beans, peanut butter and canned tuna. It is also wise to stretch costly meals (crock pot meals for example) by adding a bag of frozen vegetables, beans, peppers and/or onions. You can actually add another day or two worth of meals just by adding a couple dollars' worth of frozen vegetables or beans!

Featured Food:
Beans. These small morsels are inexpensive and versatile. They can be added to several recipes even if the original does not call for beans. They offer many nutritional benefits such as

protein, fiber and iron.

Recipe Spotlight: Simple Black Bean and Corn Salsa

INGREDIENTS:
16 ounce bag of frozen corn
16 ounce jar of salsa or pico de gallo
1 can of black beans
Fresh cilantro, chopped for garnish
Tortilla chips

PREPARATION:
Step 1: Combine corn, salsa/pico de gallo and beans. Top with fresh chopped cilantro.
Step 2: Serve with tortilla chips or on top of your favorite taco salad recipe.

History Snapshot: Memorializing the People of Our Past – Building 3708, Lt. Gen. Robert Lawrence Eichelberger

Fort Wainwright recognizes the service of Lt. Gen. Robert Lawrence Eichelberger who commanded the Eighth U.S. Army in the Southwest Pacific during World War II. He was a highly popular commander who led many successful operations in the Pacific Theater of Operations. He was the superintendent of the U.S. Military Academy at time of the Pearl Harbor attack. He was appointed CGI of the 77th Infantry Division in January 1942, and commander of the U.S. First Corps, whose staff he took to Gen. Douglas MacArthur's Southwest Pacific Area command in Australia in August of that year with orders to turn back Japanese Papuan offensive. He was sent to Buna front in Papua, New Guinea, to revitalize the stalled offensive and took the First Corps through New Guinea to the Huon peninsula and then to American landings at Hollandia in April 1944. Operating as Operation Reckless Task Force, the First Corps, corps began



a lightning campaign from Hollandia, which secured a major base site for the support of subsequent Allied operations. He assumed command of the newly formed Eighth Army in September 1944,

and was responsible for all American forces in Dutch New Guinea, for mounting of operations in the southern Philippines and for the cleaning-up operations on Leyte and later Luzon. After fighting in the

Philippines ceased, he and his command supervised the surrender of over 50,000 Japanese troops from northern Luzon alone. He was aboard the USS Missouri in Tokyo Harbor and attended the

Japanese surrender there. After the Japanese surrender, he commanded the first occupation forces in Japan and retired in 1948 as overall commander of Allied ground forces in the Japanese home islands.

MEDDAC Minute

Important Phone Numbers

Emergency: 911
MEDDAC-AK Website: www.bassett-wainwright.tricare.com
24 Hour Nurse Advice Line: 1-800-874-2273 Opt. 1
Appointment Line: 361-4000
Behavioral Health: 361-6059
Benefits Advisor: 361-5656
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
Tricare On-Line: www.tricare-online.com
Health Net: www.tricare-west.com, 1-844-8676-9378

New Website
Finally, a one-stop-shop for all your Medical Department Activity – Alaska information needs. No more searching for phone numbers or hours of operation! Check out our new website at bassett-wainwright.tricare.mil.

COVID-19 Hotline
The scope of the COVID-19 Hotline has changed over the last several months. The hotline, (907) 361-3057, is now staffed to assist those who have tested positive or have had direct contact (within six feet for 15 minutes) with a known COVID-19 positive person. Please do not contact the hotline with questions regarding symptoms, travel or testing.

Delays In Access To Care
October 31, MEDDAC-AK will go live with MHS GENESIS, the military's new electronic health record. This system will track your treatments, record your prescriptions, and allow your health care team to document every facet of your care. We are working closely with DHA to ease the transition. However, no software rollout is perfect. During October and November, patients will see a decrease in appointment availability and getting prescriptions filled.

Medication Education
Our pharmacies have launched a new way to learn about your prescriptions. Most medications will not come with a QR code on the bottle. When the code is scanned, a fact sheet and video can be viewed giving information regarding the medication.

Patient Praise
“Mrs. Brown in case management is very helpful and goes out of her way to make sure I am being taken care of. All of the nurse case managers go above and beyond to help soldiers with their needs, and they have all helped me any time I've had questions. I think they make things at Kamish run smoothly. I appreciate the hard work they do, their insight and knowledge, and the care they put into their job.”

LIGHTS

Continued from page 1

camera settings. This will help you better understand what to expect the next time. Also take into consideration that digital cameras save various types of information with image files. Not only time and date, but also information about apertures, shutter speeds, ISOs and other camera settings. Keep in mind that the aurora happens hundreds of miles above the earth, so where to direct your focus is important. Some of the best aurora shots are made with interesting foregrounds in them: cabins, trees, lakes and even people. It's a hard decision to make on just where to focus in your

scene. Being out with the right equipment, at the right time, and photographing the aurora is to be considered lucky. But as to not always count on luck, the University of Alaska Fairbanks Geophysical Institute's aurora activity forecast webpage is an excellent source to gauge when the possibilities are good for an aurora photo opportunity. The web page can be found at <https://www.gi.alaska.edu/monitors/aurora-forecast>. Alaska scenery is a photographer's paradise, even when the lights are out.

ALASKA POST

The Interior Military News Connection

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The Chaplain's Corner

In life you will have trouble

Chaplain (Capt.) Michael Hale
1st Battalion, 5th Infantry Regiment Chaplain

I find myself getting tired lately. I have been beaten up by COVID regulations, getting COVID, isolation, quarantine, restriction of movement, coming off a deployment, having some of my liberties put on pause, readjusting to family life, and just needing to hit the ground running at a pace of life I have not had for over ten months. I clearly am having some unmet expectations! It hasn't

just been me but I have noticed it with my Family, friends, coworkers, fellow Soldiers, and much of the outside world. I don't know why I would find any of this surprising because I have been reminded that "in this world I will have trouble" (John 16:33). You might be thinking, "Wow Chap, is that it? That's pretty bleak." No, that isn't where I will leave you but it is often times where we leave ourselves. We are so distracted by the circumstantial that we lose focus on the other

portion of John 16:33 which is the promise. We are encouraged by God that the reason He is instructing us about the troubles we will face is so we will stay planted in Him. This in turn will allow us to experience peace, courage, and the remembrance of who God says He is and what He has accomplished in us. Becoming planted in Him by developing trust, in the form of faith, can be difficult at times. It is not an obvious physical reminder like some of the troubles we face. Trust is built over

time in relationships, and this is the same when we are planted in God. Relationships influence our thoughts and characteristics whether they are healthy or compromised. As we plant ourselves in a healthy relationship with God, we are being influenced by His words found in the Bible, the promises that have historically been fulfilled, and the encouragement given by those who also have planted themselves in God. Troubles in this world have been



around for as long as there has been mankind. There have been men and women who have gone through, and are going through, much more than me, and the ones I have seen come out stronger on the other side are those who have

put their trust in God. Let us all be reminded of the words of Jesus in John 16:33: "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Worship Services on Fort Wainwright

- Good Shepherd Catholic Community**
Mass: Sundays, 9 a.m., SLC
Holy Hour Adoration: Thursdays, 6 p.m., SLC
Catholic Women of the Chapel: Wednesdays, 9 a.m., SLC
- St. George Anglican Parish**
Holy Communion: Sundays, 11 a.m., SLC
Mid-Week Holy Communion: Wednesdays, noon, BACH
- Cornerstone Protestant Community**
Worship Service: Sundays, 11 a.m., NLC
Protestant Women of the Chapel, Wednesdays, 10 a.m., NLC
Cornerstone Youth, Sundays, 1 p.m., NLC
- Congregación Protestante Piedra Angular**
Servicio de adoración: Domingos, 1 p.m., SLC
- Fort Wainwright Religious Support Office, 353-6112**
Southern Lights Chapel (SLC), 8th St & Neely Rd.
Northern Lights Chapel (NLC), Luzon & Rhineland Avenues

SLEEP

Continued from page 1

window coverings, but those measures did not always work well. The installs are one of many changes happening as a result of feedback identified by the 30 members from various backgrounds and organizations on the U.S. Army's Quality of Life Task Force after they looked at a vast amount of data and listened to soldiers' feedback. A study from 2012 concluded that constant light exposure experienced in high latitudes adversely affects the circadian system. However, the use of blinds, eye masks and a sleep schedule can all counter this effect. "The Army quickly tasked our team with installing these blackout blinds in barracks all over the installations," said Mark DeRocchi, chief of the engineering, construction and operations divisions at the Alaska District and Corps' representative on the task force. "These shades filter out almost all sunlight entering into the room which improves the quality of sleep during the summer months." DeRocchi also added that the Corps typically deals with multimillion-dollar programs that construct large and new infrastructure, so installing blackout shades was a relatively small project. But, it has been a priority for the Army and district alike. "They put time, money and effort into making sure that changes were made, and it was an honor to be a part of the task force and changes from the beginning," DeRocchi said. The Corps focused on getting the curtains installed by early summer to coincide with the return of the unit from deployment and months when daylight is at its peak. "The project was fast moving with installs starting in March," said Marion Dawag, project manager at the Alaska District. "The garrisons wanted to do something now and see

results quickly to provide tangible changes as fast as they could for the Soldiers." However, there was an additional factor the district did not anticipate as the project began. "Getting the project off the ground was difficult because it was right when COVID-19 hit, but the Corps brought in local contractors to perform the work," said Dennis Kennedy, special projects manager for the Directorate of Public Works at Fort Wainwright. Typically, the work would be performed by contractors brought in from the Lower 48, but the district needed to quickly adjust the plan to keep on schedule. "COVID-19 came hard and fast, but we were able to negotiate changes in how they worked [on this project]," Kennedy. Some of the new COVID-19 safety measures implemented include ensuring that cleaning crews came before and after curtain installation to keep the crew and the Soldiers safe. Workers also wore personal protective equipment, designed to minimize the spread of the virus, to include face-masks and gloves when they went into each room. "We were involved with a lot of Soldiers – we interacted with nearly every single Soldier on post – so we had to be super cautious," Kennedy said. To ensure compliance, safety checks were conducted to ensure contractors complied with the new measures. In addition to workers, there were supply challenges to overcome as well. "Our goal was to get blinds installed by May 1," Dawag said. "Because of COVID-19, we had delays from manufacturers in getting side rails for some of the blinds. So, we made sure all curtains were installed by early summer to filter out most of the light and then went back to install the remaining pieces as they became available." This allowed for Soldiers in the barracks to have minimal amounts of light in their sleeping quarters for



A worker installs a blackout shade in a barracks on Fort Wainwright in March 2020. To install the blinds during COVID-19, crews wore masks and gloves with cleaning crews coming before and after their work to ensure that the Soldiers would not be exposed to the virus. The U.S. Army Corps of Engineers – Alaska District worked with Fort Wainwright and Fort Greely to ensure safety measures were well enforced to continue this project through COVID-19 and provide the blinds by May 2020. (Photo by Grant Sattler, U.S. Army Garrison Alaska, Fort Wainwright Public Affairs Office)

the summer and allow them to get adequate amounts of sleep. The next phase of the project includes installing more than 300 additional black out blinds for remaining barracks on the installation. "While the changes are not yet done, it is neat to see the work of the task force, which I was blessed to be a part of, and the actions of 30 people come to fruition," DeRocchi said. "There are many more changes coming into Fort Wainwright to help Soldiers, their families and the unit and we are excited to be a part of it." To continue the quality of life projects in the coming year, the Alaska District will begin renovations of dayrooms in the barracks to include modernized communal spaces, kitchens and high-speed Wi-Fi to further improve the Soldier accommodations.

The Family Advocacy Program & USO

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NATIONAL CYBERSECURITY AWARENESS MONTH 2020

Fort Greely maintenance team keeps the heat on

Chris Maestas
U.S. Army Garrison Alaska, Fort Greely
Public Affairs

Privatized residential housing on U.S. Army Garrison Alaska, Fort Greely, owned by the Lendlease Corporation and operated by North Haven Communities, employs a four person team that ensures the heat stays on, residential sidewalks are cleared and general maintenance and repairs are completed in a timely manner for the garrison’s 84 housing units.

North Haven Maintenance Site Supervisor, Dave Dawe, serves as the lead maintenance employee and takes pride in his job and the service he provides.

“Taking care of residents has been my top priority since I arrived here three years ago,” said Dawe. “Gaining trust is invaluable. If I tell them I will be there, even if its 7 p.m., I will get there.”

The maintenance team averages three to four work orders per day, and there is always someone on call should an emergency arise.

“Recently I had to come in on a Saturday to fix a glycol pump that started leaking,” said Dawe.

Glycol is essential in Fort Greely’s arctic conditions, as it provides reliable heat transfer across a wide range of temperatures and protects exposed lines during extreme temperature fluctuations.

“It’s a one step at a time process to get



Tenali Hicks, a North Haven maintenance team member, conducts repairs and applies paint to a recently vacated unit Oct. 14. A native of Waianae, Hawaii, Hicks has been in Delta Junction for nearly three years. “I love it here,” said Hicks. “I wouldn’t want to be anywhere else.” Privatized residential housing on Fort Greely is owned by the Lendlease Corporation and operated by North Haven Communities. (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

everything done; there is always something to do,” said Dawe.

With many of the housing residents from the Commonwealth of Puerto Rico, English is a second language for many of the residents.

“98 percent of the residents can communicate enough for me to figure out the problem. I am happy with the relationships we have built; trust was a priority,” said Dawe.

Fort Greely’s residential housing earned top honors for overall resident satisfaction during a recent Army Resident Satisfaction Survey. This is the second time within the past year that Fort

Greely residential housing 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 USAG Alaska, Fort Greely.

Many of the garrison’s units were remodeled during the 2015-2017 construction seasons, and 39 new construction units were completed in phases beginning 2011 and



Ruslan Shapoval, a maintenance employee for Fort Greely’s residential housing, clears sidewalks after the season’s first measurable snowfall Oct. 14. Privatized residential housing on Fort Greely is owned by the Lendlease Corporation and operated by North Haven Communities. (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)



North Haven Maintenance Site Supervisor, Dave Dawe checks the temperature of outgoing glycol during a routine visit to one of three main mechanical rooms Oct. 14. Dawe takes pride in his job and the service he provides. “Taking care of residents has been my top priority since I arrived here three years ago,” said Dawe. “Gaining trust is invaluable. If I tell them I will be there, even if its 7 p.m., I will get there.” (Photo by Chris Maestas, U.S. Army Garrison Alaska, Fort Greely Public Affairs)

ending in 2017.

Fort Greely serves as the home for the nation’s Ground Based Midcourse Defense

anti-ballistic missile system and is located about 100 miles southeast of Fairbanks, Alaska. It is also the

home of the Cold Regions Test Center. It is named in honor of Major General Adolphus Greely.

October 23, 2020

Exchange brings joy to Fort Wainwright shoppers with seventh annual Your Holiday Bill Is On Us Sweepstakes

Carina DeCino
Army and Air Force Exchange Service Public Affairs

The Exchange Credit Program is making the holidays brighter for military shoppers by picking up the tab on their MILITARY STAR® cards with the seventh annual Your Holiday Bill Is On Us Sweepstakes.

From Nov. 1 through Dec. 31, Fort Wainwright shoppers will be automatically entered into the sweepstakes every time they use their MILITARY STAR card. Five grand-prize winners will have their entire MILITARY STAR card balance paid in full up to \$8,200. Ten additional shoppers will win \$1,000 statement credits, and 25 more will receive \$500 statement credits.

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Logos: EXCHANGE, NEX, MCX, CGX, COMMISSARY

statement credit for the difference. “The Exchange Credit Program wants to show our appreciation for our heroes during the holidays and every day,” said general manager Gloria Sylvia. “One purchase with a MILITARY STAR card could go a long way

toward paying for your holiday gifts this year.” Authorized shoppers at Fort Wainwright will be entered into the sweepstakes every time they use their MILITARY STAR card at any military exchange, commissary, ShopMyExchange.com, myNavyExchange.com, ShopC-

GX.com, Armed Forces Recreation Centers or Exchange mall vendor. Honorably discharged veterans who have verified their eligibility to shop the Exchange online are eligible to win, too. Veterans can find out more on the Exchange’s community Hub page at [https://](https://bit.ly/Vets4Life)

bit.ly/Vets4Life. Veterans with service-connected disabilities can participate, too, as they mark their first holiday shopping season with in-store privileges. MILITARY STAR has paid nearly \$250,000 in holiday bills since 2014. The Army and Air Force

Exchange Service administers the MILITARY STAR card. Winners will be announced through a drawing on or about Jan. 30. No purchase is necessary to win. For rules and an alternate method of entry, visit MyECP.com/CustomerAds/Page/Exchange after Nov. 1.

FORT WAINWRIGHT

Halloween

UBER

SUPER SCARY

DRIVE-THRU

31 October 2020
• Beginning 6 p.m.
Last entry 8 p.m.

GLASS PARK

Follow the signs to the Installation wide, COVID-19 safe event featuring kid-friendly displays and an optional loop with all the gore you can stomach.
Call (907) 353-9715 to secure a display location.

JOIN US!

Domestic Violence Safety Planning Mini-Series

Join us on the Ft. Wainwright Army Community Service-ACS and Fort Greely Army Community Service Facebook Pages for this 2-Part Series on Domestic Abuse Safety Planning.

October
26 Importance of safety planning in Domestic Violence
27 How to create an effective safety plan and learn tools to prevent Domestic Violence

Logos: MWR, ACS

Fort Wainwright Family Advocacy Program
3414 Shoveland Ave
Wainwright, AK 99783
(907) 353-7317
wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR

A Call to Action!

Celebrating 75 Years

NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

HONORING THE PAST, SECURING THE FUTURE!

Logo: DOL

U.S. ARMY

ENERGY ACTION MONTH
OCTOBER 2020

Energy Resilience Gives Us the #PowerToWin

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

October 24 - 31

25

Trick or Bowl
October 25
11:30 a.m. - 2 p.m.

Halloween fun for the entire family! While everyone is welcome, the entertainment is focused for children ages pre-K through middle school.

Nugget Lanes Bowling Center, Bldg 3702
Call 353-2654, registration required

26

Command Team SFRG Training
October 26
Noon - 2 p.m.

This training is designed to prepare Soldiers who are appointed as CFRRs to assist with the operational, logistical, and administrative aspects of the SFRG.

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

26

Domestic Violence Safety Planning Series
October 26 - 27
Varies

Join the Family Advocacy Program for a 2-Part Series on Domestic Violence Safety Planning. Videos can be found on the Ft. Wainwright Army Community Service-ACS Facebook page.

Family Advocacy Program, Bldg 3414
Call 353-7317

30

Paint the Town Purple
October 30
All Day

LAST FRIDAY to help spread awareness for Domestic Violence by wearing purple! Take a Selfie and submit it to the Ft. Wainwright Army Community Service Facebook Page to show your support.

Family Advocacy Program, Bldg 3414
Call 353-7317


31

Halloween Uber Super Scary Drive Thru
October 31
6 - 8 p.m.

Join the Fort Wainwright Community and drive thru Glass Park for a family-friendly trick or treating experience!

Event Representative
Call 353-9715

VIRTUAL JOB FAIR



USAG ALASKA FAMILY AND MWR


WEDNESDAY, OCTOBER 28, 12 - 4 P.M.

JOB OPPORTUNITIES IN THE FIELD OF

Recreation Assistants (Ski Hill, Outdoor Recreation, and Fitness Centers)
Operations Assistants (Facilities) | Recreational Equipment Operators
Ski Equipment Workers | Training Instructors (Ski Patrol)
Ski & Snowboard Instructors

In order to be considered, please send your resume to
usarmy.wainwright.chra-west.mbx.naf@mail.mil
Upon receipt of your resume,
the NAF HR Office will contact you with further details

FOR INFORMATION VISIT: WAINWRIGHT.ARMYMWR.COM



NAF Human Resources Office
Murphy Hall, 1045 Gaffney Road (907) 353-6408
www.wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR

MUGGET LANES BOWLING CENTER PRESENTS

Halloween spooktacular

October 30th

THE SPOOK GOES FROM 9 - 11 P.M.
LATE NIGHT FUN | UNLIMITED GAMES + SHOE RENTAL: \$15

Cosmic Bowl
Costume Contest



PURCHASE TICKETS & RESERVE YOUR LANE
Nugget Lanes Bowling Center, Bldg 3702 (907) 353-2654
wainwright.armymwr.com
@WainwrightMWR #WainwrightMWR

Head to Nugget Lanes Bowling Center for a Spooktacular time!
For more information, go to wainwright.armymwr.com.
@WainwrightMWR #WainwrightMWR



SELF-HELP



To help keep things running smoothly!

North Haven self-help delivery service

Did you know... We offer a self-help delivery service of limited do it yourself items.

For both Fort Wainwright and Fort Greely, residents must make an appointment for the pick-up of all self-help items. For both locations, you will need to show ID and provide us with your North Haven address.

Borrowed Tools must be picked up at the warehouse, such as snow shovels, ice chippers, small electric snow blowers, etc., and they must be returned within 24 hours so that they can be loaned out to another resident.

At Fort Wainwright call 907-356-7150 to make an appointment. At your appointed time ring the doorbell near the big garage door, and do not enter the warehouse. If you don't have an appointment you will not be able to pick up any items until you make an appointment. Hours of operation Monday thru Friday 8 a.m. to 5 p.m. Self-Help is located at 3022 Montgomery (across from the Military Police Station).

At Fort Greely call 907-356-7136 to make an appointment. At your appointed time, go to the community office to pick up your requested items. Hours of operation 8 a.m. to 5 p.m.



NO DRONE ZONE

Federal Aviation Administration

No Drone Zone

The recreational use of any unmanned aircraft system within the Fort Greely and surrounding federal military reservation is strictly prohibited. This prohibition applies to all grounds and facilities associated with Fort Greely, including the Missile Defense Complex and adjacent U.S. Army Alaska training areas. Unauthorized UAS use will subject the offender to potential civil and criminal penalties under provisions of 50 U.S.C. 797.

Weekly Tips – Computer Viruses

Every year, computer viruses, worms, and other vulnerabilities cost homes and businesses billions of dollars in lost time and equipment. It’s estimated that 16 million of U.S. households with a “serious” computer virus in the last two years. Which equates to an estimated total cost to households of \$4.5 billion in lost money, time, or computer hardware. Here are some ways to prevent computer viruses.

- Buy legitimate software and register it. Only those consumers that have licensed and registered software can receive the upgrades. Every now and then, software developers update their programs to fix bugs and vulnerabilities;

sometimes as often as once a month. Set your system to automatically download and install updates from trusted software providers.

- Don’t click on links or open attachments from email addresses you don’t know. One of the biggest sources of malware is fraudulent emails, calls span; seeing information from you via spam is called phishing. Delete unsolicited emails from unfamiliar people or companies not matter how friendly they appear.
- Use a reputable anti-virus program and always keep it updated. Antivirus is your computer’s primary defense, you should install one if your operating system doesn’t come with one. For home users that don’t transact online and with

no confidential data, a free antivirus is fine. But, if you have important files, use credit cards online and other confidential or financial transactions it may be best to invest in good antivirus. Spending \$50 per year for a good antivirus is a better investment than losing thousands of dollars due to a virus.

- Do not visit crack sites. A crack site offers pirated software, serials and cracks. By just visiting these sites you are putting yourself in danger of getting a virus. In case you accidentally visit a crack site, don’t download anything and don’t ever disable your antivirus, even if they prompt you to do so. Avoid these sites to prevent a computer virus, and it will also keep you away

from any possible legal obligation.

- Instantly leave websites you’ve been routed to without your consent. And when on the site, don’t click anything, since doing so could trigger a malware download onto your PC.
- Have a pop-up blocker running on your web browser. That keeps potentially dangerous ads from appearing on your screen.
- Regularly back up your important files onto an external drive or a remote storage service. The easiest way to recover from any malware attack is to restore a recent backup of your data.
- Don’t let anyone insert a flash drive into your machine. Flash drives and other portable devices are

the most common virus carriers. A simple Flash drive insertion into your computer may inject scripts/malware that may steal your data or open your computer ports. In that way, any well-trained hacker may access your device and do whatever they want at your expense.

Do not use public free Wi-Fi. If you use your phone, tablet, or laptop for online purchases beware of using free Wi-Fi. Think about it if you can access it as an average person with no programming skills, how about those well-trained hackers? They can manipulate that advantage and install scripts, viruses and malware onto your device. Be cautious on using free public Wi-Fi.


Domestic Violence Awareness and Prevention Month Proclamation

During October of each year, Fort Wainwright recognizes Domestic Violence Awareness Month. The goal, to raise awareness of intimate partner abuse and emphasize the importance of early detection and advocacy for survivors in order to reduce the risk for serious harm or violence. Partnering with Fort Wainwright units and local organizations, this year’s campaign is designed to help service members, military spouses and intimate partners build safer relationships and prevent intimate partner abuse by increasing knowledge of unhealthy behavior patterns and how to get support.

Take a stand to avoid domestic violence and

keep our community safe.

Partners in this year’s proclamation signing: 1st Stryker Brigade Combat Team, 25th Infantry Division, 1st Battalion, 52nd Aviation Regiment, 1st Attack Reconnaissance Battalion, 25th Aviation Regiment, 25th Combat Aviation Brigade, U.S. Army Alaska, U.S. Army Garrison Alaska, Fort Wainwright, Army Community Service, Religious Services Office, Interior Alaska Center for Non-violent Living, Substance Use Disorder Clinical Care, Family Advocacy Program.



DEPARTMENT OF THE ARMY
INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, U.S. ARMY GARRISON ALASKA
1046 MARKS ROAD #8000
FORT WAINWRIGHT, ALASKA 99703-6900

Domestic Violence Awareness and Prevention Month

2020 Proclamation

During October of each year, we recognize Domestic Violence Awareness Month. Our goal is to raise awareness of intimate partner abuse and emphasize the importance of early detection and advocacy for survivors in order to reduce the risk for serious harm or violence.


The 2020 campaign is designed to help service members, military spouses and intimate partners build safer relationships and prevent intimate partner abuse by increasing knowledge of unhealthy behavior patterns and how to get support. This year's campaign will raise awareness about technology-facilitated abuse. Technology-facilitated abuse is the use of technologies such as texting and posting on social media to bully, harass, stalk or intimidate a partner. It also includes monitoring and stalking behaviors whereby one partner "keeps tabs" on the other's location, activities, and communications with friends and family outside the relationship through the use of apps and malware.

The military community respects, defends and supports victims of domestic abuse.


Simple actions can help protect victims. If you are seeking assistance in setting healthy boundaries for the use of technology in your relationship, you can reach out to the Family Advocacy Program. Take action, take back the healthy use of technology, and get help in your own relationships through the Family Advocacy Program, Military OneSource and the National Domestic Hotline. Through outreach, we can raise awareness of domestic abuse with family, friends, co-workers and community members.

Join me in making this October's Domestic Violence Awareness Month the beginning of a year-round campaign to end domestic abuse. Let the United States Army Garrison Alaska Family Advocacy Program be your partner in preventing and reducing the risk of domestic abuse.

Take a stand to avoid domestic violence and keep our community safe!



ROBERT M. PREUSSER, JR.
CSM, USA
Garrison Command Sergeant Major



CHRISTOPHER J. RUGA
COL, AG
Commanding



Notice of Availability for a Draft Environmental Impact Statement Addressing Heat and Electrical Upgrades at Fort Wainwright, Alaska


Comment Period is October 9, 2020, through December 8, 2020


The Department of the Army announces the availability of the Draft Environmental Impact Statement (EIS) as part of the environmental planning process to address heat and electrical upgrades at Fort Wainwright, Alaska. The Draft EIS evaluates reasonable alternatives, potential environmental impacts, and key issues of concern.


An electronic copy of the Draft EIS is available online at <https://home.army.mil/alaska/index.php/fort-wainwright/NEPA/HEU-EIS>. Copies of the Draft EIS will be available for review at the Noel Wien Library, Fairbanks, AK; Post Library, Fort Wainwright, AK; and Tri-Valley Community Library, Healy, AK if these facilities are open; and upon request.


Comments received during the 60-day comment period on the Draft EIS will be fully considered prior to the identification of the Army's preferred alternative. This preference will be identified when the Final EIS is published.

There are several ways to provide comments during the comment period.

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Email: usarmy.wainwright.id-pacific.mbx.heu-eis@mail.mil
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Online Open House: <https://home.army.mil/alaska/index.php/fort-wainwright/NEPA/HEU-EIS>
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Telephone Public Meeting: Monday, November 9, from 5:00 p.m. to 7:00 p.m. Dial toll-free 855-756-7520 and use access code 65742
- 

Mail: Ms. Laura Sample, National Environmental Policy Act (NEPA) Program Manager
Attn: IMFW-PWE (Sample)
1046 Marks Road #4500
Fort Wainwright, AK 99703-4500

If you have questions or require additional information, please contact Grant Sattler, Public Affairs Office IMPC–FWA–PAO (Sattler), 1060 Gaffney Road #5900, Fort Wainwright, AK 99703–5900; telephone: (907) 353–6701; [email: alan.g.sattler.civ@mail.mil](mailto:alan.g.sattler.civ@mail.mil).

The U.S. Army complies with Title II of the Americans with Disabilities Act of 1990. Individuals with disabilities who may need auxiliary aids, services, and/or special accommodations should contact Grant Sattler or TDD number 711. Requests should be made at least 5 days before the accommodation is needed to make any necessary arrangements.