

Exchange, Disney help military families celebrate Thanksgiving with free online screening of ‘Frozen II’

Carina DeCino
Army and Air Force
Exchange Service Public
Affairs

The Army and Air Force Exchange Service and the Walt Disney Studios are giving military families at Fort Wainwright and installations worldwide an early holiday treat this Thanksgiving: a free online screening of “Frozen II.”

Families can stream the box office smash for 48 hours starting at noon (3 p.m. Central Time) Nov. 25 at ShopMyExchange.com/XKids, the Exchange’s XKids Community Hub.

The stream is open to all authorized shoppers with a ShopMyExchange.com account, though the number



of viewers who can tune in at once is limited. Families can make the night complete with Disney-themed DIY décor ideas, snack recipes, games and other activities available at the XKids Hub.

“This has been a tough year for military families, but there is still much to be thankful for as we enter

the holiday season,” said Fort Wainwright Exchange general manager Gloria Sylvia. “An at-home movie night is the perfect way to celebrate the greatest gift a military family can ask for: quality time with the ones we love.”

The special military-exclusive screening is part of the Exchange and Disney’s

Operation Fun campaign, a series of kid-friendly activities on the XKids Hub, including interactive videos, Disney-themed activity sheets, games and more—including DIY pilgrim hats, printable table placemats and other activities to make this Thanksgiving one military kids will remember.

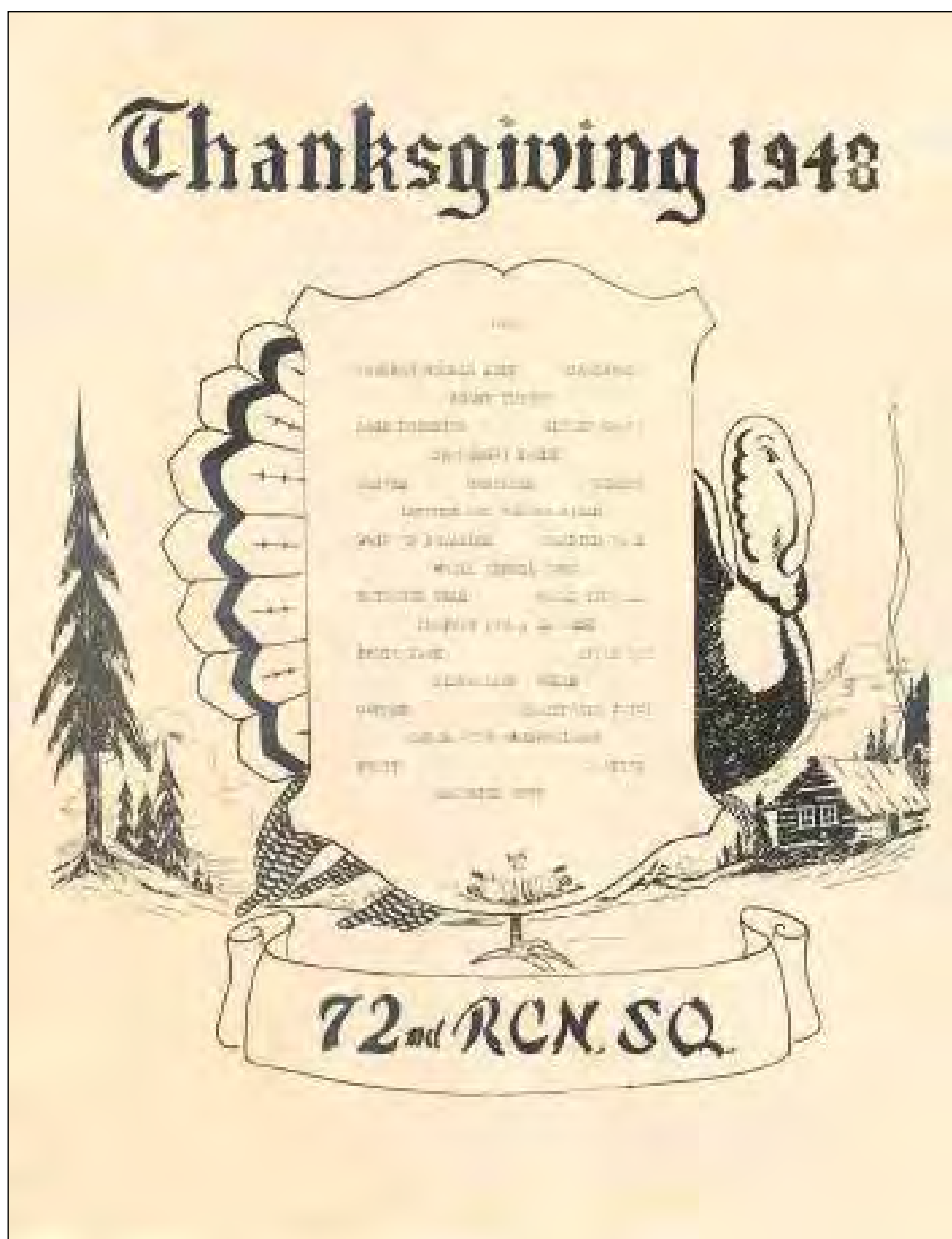
Through Nov. 29, kids

can also hunt through the virtual playroom at the XKids Hub to find a hidden Exchange cup, giving them access to a downloadable coupon for one free hot chocolate for kids 13 and younger at any Exchange Express.

More online activities will continue at the XKids Hub through the end of the year.

Families can visit ShopMyExchange.com/XKids to access everything Operation Fun has to offer, including a calendar of events. They can also follow the Exchange on <http://www.facebook.com/ShopMyExchange> to get all the latest on Operation Fun activities delivered straight to their timeline.

History Snapshot: Thanksgiving 1948



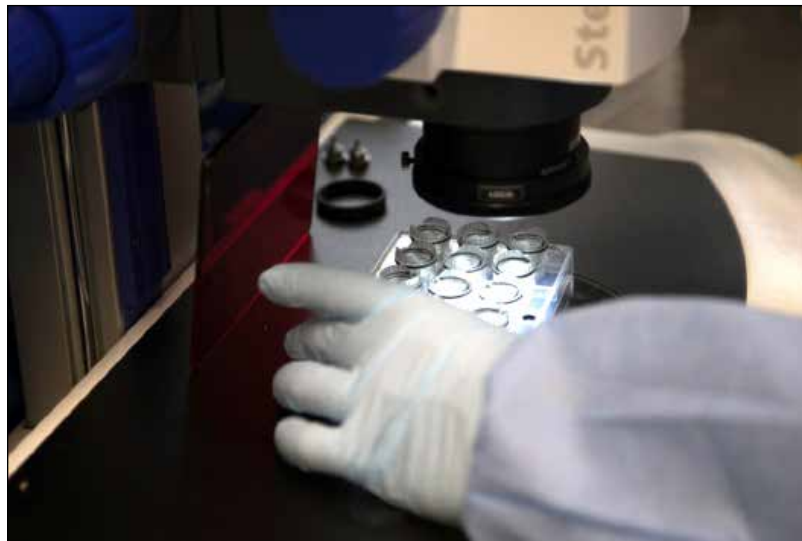
This menu was served on Thanksgiving, Thursday, Nov. 25, 1948, to the 46th/72nd Reconnaissance Squadron at Ladd Air Force Base.

The squadron’s most lasting legacy was the advancement of polar flying. It was the first unit to undertake long-range, long-term duties in the western Arctic, and was instrumental in perfecting the grid navigation sys-

tem and developing arctic aircraft maintenance practices.

On this day, they enjoyed turkey with giblet gravy, dressing and whipped potatoes; peas, corn and chicken noodles soup; and – for dessert – pumpkin pie a la mode, fruit cake, apple pie and cocoa with marshmallows.

Photo courtesy of Candy Waugaman



Researchers with the Emerging Infectious Disease branch at the Walter Reed Army Institute of Research conduct studies to find a solution for the coronavirus. The Emerging Infectious Diseases branch, established in 2018, is tasked with surveying, anticipating and countering the mounting threat of emerging infectious diseases of key importance to U.S. forces at home and abroad. Photo by Army Sgt. Michael Walters

In Warp Speed effort, knowing where vaccines are is key to distribution

C. Todd Lopez
Defense.gov

Right now, six vaccines for COVID-19 are in development as part of Operation Warp Speed, said the program’s chief operating officer. Once one or more of those vaccines proves both effective and safe, their fast and efficient distribution will require knowing where every dose is at all times.

When planning for the distribution of a COVID-19 vaccine, Army Gen. Gustave F. Perna said he kept four tenets in mind. The first of those, he said, is visibility and control.

“We need to know where every vial was, whether it was in the factory, or it was on a truck, or it had been distributed down to an administration site; we must have

100 percent accountability of all vaccines every day,” said Perna, who spoke yesterday to the Heritage Foundation in Washington.

Also key to effective distribution efforts, he said, is tracking the uptake of vaccine — how many people are actually taking it. The primary reason for that, he said, is that of the six vaccines in development, five require two doses. It’ll be important that everybody who takes a first dose gets the correct second dose when they come back for it.

Uptake tracking is also important, he said, because the amount of vaccine being distributed will dramatically increase shortly after the first doses become available.

“Initially, there will be tens

See WARP SPEED on page 3

WEEKEND WEATHER

Friday



Sunny with a high near -3. Clear overnight with a low of -14

Saturday



Sunny with a high near 4 above zero. Low around -7.

Sunday



Mostly cloudy with a 30 percent chance of snow. High near 6; low -8

IN BRIEF

Wainwright’s Kids Got Talent

Nov. 21 - 30, Normal Business Hours

18 & Under can showcase their talent on the Wainwright MWR Facebook Page for a chance to win! Rules can be found at wainwright.armymwr.com.

Youth Sports & Fitness, Bldg 1045. Call 353-7482

Nutrition Corner: Smart substitutions

Eating healthy means you have to give up all the foods you love – Myth.

There are many health alternatives for favorite foods that can be substituted in recipes or snacks without affecting the quality of your dish.

- Sausage or ground beef: using a turkey/chicken sausage or 90 percent lean ground beef. You may need to use extra sodium free seasonings like garlic and onion powder to season lower fat meats since fat helps carry flavor.
- Bread crumbs: For food such as meatloaf that use bread crumbs, try adding fiber by substituting the bread crumbs for rolled oats.

- For snacks, skip on the canned fruits packed in heavy syrup. If you elect for the canned, look for fruit packed in water or opt for frozen. Similar recommendations are true for canned vegetables. Aim for canned vegetables that are low in sodium or go for frozen or fresh.
- Syrup: Instead of using syrup on your pancakes or waffles, which is mostly sugar, try some pureed fruit or peanut butter. Speaking of pancakes, try making your own batter including some fresh fruits (blueberries, bananas, etc.) and nuts like walnuts to add fiber, anti-oxidants, heart healthy oils and protein.
- Flour: Replace some of the all-purpose flour in your

recipe with whole wheat flour for even more fiber.

- Salads: When you are planning your salads, skip the ice berg lettuce. There is nothing wrong with it but the darker the leaves the more nutrition your salad will offer. Fresh spinach is a great option but if you are not a fan don't limit yourself as there are plenty of other options out there. Try mixing in some kale and arugula! For the dressing, opt for a reduced calorie dressing like a vinaigrette or flavored vinegar. Some people even like to add flavor to their salad without adding high calorie dressings by using salsa or a squirt of lemon juice.

When you are making healthy substitutions, make

sure you are adding nutritional value - lowering fat content, lowering sodium, increasing fiber or vitamins/minerals, and/or increasing protein. Also keep in mind that portion control is still key. Just because an ingredient is healthier, it may not be lower in calories. Often times they are but this is not always the case so be sure to be mindful of your portion sizes.

Featured Recipe
Banana Oat Pancakes

- 2/3 cup all-purpose flour
- 2/3 cup whole wheat flour
- 3/4 old fashioned oats
- 1 tablespoon sugar
- 2 teaspoons baking

powder

- 1/2 teaspoons ground cinnamon
- 1 egg
- 1 1/3 cup skim milk
- 1 1/4 cup mashed ripe banana
- 2 tablespoons canola oil
- Banana slices and/or peanut butter

• In a bowl, combine the flour, oats, sugar, baking powder and cinnamon. Combine the egg, milk, banana and oil; stir into dry ingredients until moistened

- Pour batter by 1/4 cupfuls onto greased skillet. Turn when bubbles form on top; cook until second side is golden brown.

Serve with fresh banana slices and/or peanut butter.

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, 6 p.m., NLC
Cornerstone Youth, Sundays, 1 p.m., NLC

Congregación Protestante Piedra Angular

Servicio de adoración: Domingos, 1 p.m., SLC
Moving to Northern Lights Chapel Nov. 22, 2020

Fort Wainwright Religious Support Office,

353-6112
1051 Gaffney, Unit 10
Southern Lights Chapel (SLC), 8th St & Neely Rd.
Northern Lights Chapel (NLC), Luzon & Rhineland Avenues

Weekly Tips: Bank Fees

If you've ever felt like your banking institution charged you a fee for something you didn't anticipate, this list is for you. Here is a list of the most common fees financial institutions charge and tips to avoid them.

- **Paper statement fee** – Some banks now charge you to mail your monthly statement to your home.

TIP: You can avoid the charge by opting out of getting a mailed version and view statements online for free or upgrade to an account that waives this fee.

- **Minimum balance fee** – Some accounts have minimum balance fees, especially "rewards" accounts.

TIP: Banks often waive their fee if you keep a minimum amount in your account or meet other requirements such as linking checking and savings accounts.

- **Overdraft transfer fee** – Overdraft coverage or protection allows purchases to go through, for a fee, even if you don't have enough funds in your checking account. You can set up an automatic transfer from another account to your checking account, but there is usually a transfer fee.

TIP: Set up a low-balance alert for your checking account and do a free transfer before an overdraft occurs.

- **ATM non-network usage fee** – This fee is charged when you stray outside your financial institution's ATM network.

TIP: Stay in the network, or get cash when you pay with your debit card at the grocery store; often there is no fee. Also, you can find an ATM that is surcharge-free by visiting www.allpointnetwork.com. Allpoint provides you with the freedom to get your cash wherever you are without the ATM fees at over 55,000 ATMs worldwide.

- **Insufficient funds fee** – When making a purchase or other transaction that is more than the amount in your checking or savings account, and you haven't opted into an overdraft program, the bank may decline the change or return it unpaid.

TIP: Set up low-balance alerts to notify you when your account is low.

- **Early closure fee** – Banks charge you for closing an account sooner than they would like, especially if they offered an incentive to open it.

TIP: When opening an account, ask how long you need to keep it open to avoid a closing fee; typically it's three to six months. Then ensure you keep the minimum balance for that duration.

- **Excessive activity fee** – Federal rules limit certain withdrawals and transfers from savings or money market accounts to six per month, and most banks charge a fee if you exceed this.

TIP: Make savings account transactions in person at your bank or at an ATM; those are limited by these regulations.

- **Wire transfer fee** – A wire transfer fee can be the best way to send money fast, however, most financial institutions charge for this service.

TIP: For some official transactions, like a loan payoff or an escrow transaction, a wire may be your best option. If not, try other methods for transfers, using online banking or a person-to-person transfer via your financial institution's app.

- **Check image service fee** – If you need a copy of your cashed checks with each month's statement, it going to cost you.

TIP: View checks through online banking for free. You can print them if necessary. Better yet, you can use bill pay and send checks for bills through your bank or credit union and avoid the cost of postage.

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

TRICARE Open Season

Mark your calendars and know your options.
Changes made during open enrollment take effect Jan. 1, 2021.
Call TRICARE to enroll or change enrollment at 1-844-866-9378. For questions, please visit <https://www.TRICARE.mil/openseason20> or call the Medical Department Activity – Alaska enrollment manager at 907-361-5610

New Patient Portal

TRICARE Secure Messaging is GONE! Have you registered yet for the MHS GENESIS Patient Portal so you can continue to manage appointments, check lab results, order prescriptions and talk to your provider?

Remember if you have a DS login you must upgrade to a 'Premium' account in order to use the system.

<https://patientportal.mhsgenesis.health.mil/>

Immunizations

Effective immediately, due to connectivity issues with MHS GENESIS, no patients will be admitted to the COVID-19 testing trailer line after 2:30 pm Monday through Friday. Any patient in line at the COVID-19 testing trailer by 2:30 p.m. will be seen before the trailer closes.

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.)

Please be patient

Do you have a referral to a specialty provider? We are asking your patience as we work through the challenges of MHS GENESIS, the military's new electronic health record. Due to a limited number of appointments in the facility, more referrals are being sent for off-post providers. This means less appointments available to our already limited access to providers off-post.

Many of our specialty care services are currently booking into December. We recognize the stress this places on patients and are doing everything we can to provide care within the access to care standards.

ALASKA POST

The Interior Military News Connection

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The Chaplain’s Corner

Do you have a job, a career or a calling

Chaplain (Capt.) David Wright
Fort Wainwright, Alaska

Is your work (inside or outside the home) a job, a career, or a calling? What’s the difference? This is a mindset and greatly affects how we approach our work and responsibilities. Consider each one individually.

JOB: I remain thankful to live in a nation where one has the option of getting a job. Recognizing that many millions do not have access to adequate work, I feel grateful for jobs that enable a functional society and make a way for people to provide for themselves and their loved ones.

However, a job is mostly about survival. A person gets a job in order to pay the bills, buy food, and avoid living on the street.

Someone with the mindset of a job does not (usually) wake up excited about getting to work.

It’s sort of a “Thank God it’s Friday...oh God it’s Monday” type of mind frame. In Bible college, I worked on the janitor crew and cleaned men’s dorm community bathrooms. “Gross” is an understatement, but I did it anyway. People work a job because they have to. It is transactional and mostly about survival. A Job = Survival / I do it because I have to.

CAREER: While a job is mostly about survival, a career is more about success, security, and perhaps status.

Many times, people work at a job while preparing for a career. Or they may find that their job can be turned into a career. Individ-

uals pursue or work in a career field because they want to.

One invests more into their career, education for example, and in turn they (hopefully) reap more benefits. These might include higher salary, medical coverage, a retirement plan, and a title or rank.

While I trust we all want to be successful, a career may bring with it a temptation to make one’s work a self-centered experience. However, pursuing and giving one’s self to a career seems noble and can make a lasting positive impact.

A Career = Success / Security / Status / I do it because I want to.

CALLING: This is the sweet spot. When a person operates in their calling, they are truly no longer in

service of only themselves, but live for something greater than their own individual success. One’s job or career may in fact be their calling, but not always.

Sometimes people work in a job or career so they have the resources to fulfill their calling. Other times one’s work is their calling. With a calling may come sacrifice. This is because sometimes one must die to their own desires in order to fulfill their calling.

A calling is not about survival or success, it’s about significance. It’s spiritual.

A Calling = Significance / Sacrifice / I do it because I am meant to.

Job...Career...Calling. Which mindset do you have about the work you do? Perhaps you have never



thought of it like this.

I believe every person has a calling no matter how old they are. You can lose your job or career, but you cannot lose your calling. Romans 11:29 declares, “God’s gifts and calling are irrevocable.” That is to say, your calling is as permanent as your DNA and cannot be lost.

Your calling may

need to be discovered or developed, but it is already in you. If you do not know what it is, pray about it.

Also look inside yourself and ask, “What am I passionate about that is not just about me?”

Then serve that cause in any way you can. At the end of your life, you’ll be glad you did.

U.S. Army Cloud Plan

U.S. Army Chief Information Officer

What is it?

The Army Cloud Plan outlines the Army’s vision for how it intends to use the cloud to ensure Army warfighting forces are stronger, better armed, and more skilled than their adversaries in the use of information technology on the Information Age battlefield.

The plan outlines the strategic objectives and roadmap that will bring about the Army Cloud

vision. Under this plan, the Army will implement a multi-cloud, multi-vendor strategy, taking advantage of the latest commercial cloud services with built-in security.

What are the current and past efforts of the Army?

Developed by the Army’s Enterprise Cloud Management Office (ECMO), the Army Cloud Plan is part of the Army’s Data and Cloud modernization effort. This plan:

- Replaces the Army’s 2015 Cloud Strategy.
- Establishes cARMY, an authorized and accredited general purpose cloud environment. Many Army apps and data systems have been moved into cARMY.
- Allows the Army to take full advantage of advances in digital warfare, autonomous robotics, and artificial intelligence to maintain digital overmatch against near-peer adversaries and non-state actors.
- Provides Army the ability to securely deploy com-

puting resources on-demand to networked users around the globe and will shorten IT system acquisition times from years to days.

What continued efforts does the Army have planned?

The Army will continue to update and improve the Army Cloud Plan as it gains experience using the cloud. Other continued efforts in the cloud plan include:

- Delivering common shared services, including cybersecurity services, to enable Army customers to operate in the cARMY cloud environment, operationalize their data, and take full ad-

vantage of cloud computing.

- Developing and executing a talent management plan to ensure the workforce is equipped with the necessary data science, software development and cloud design skills.

Why is this important to the Army?

The Army Cloud Plan sets the stage for the rise of a more data-centric Army in which leaders wield data as a strategic asset to drive technology and decision-making at the speed of war. This plan will help to establish a resilient and secure cloud solution as stated in the 2019 Army Data Plan.

WARP SPEED: Search for COVID-19 vaccine

Continued from page 1

of millions of doses available,” he said, but beginning in January, the number of doses will quickly ramp up to hundreds of millions. “It’ll be essential that we maintain the right flow of vaccine to the American people.”

A third tenant of vaccine distribution, he said, is knowing where the vaccine is going.

“We must make sure that we have traceability of the vaccine, and that we know where the vaccine is going at all times,” he said. “It’ll be a hot commodity, of course, and we need it to get to the places where it will be distributed based on state priorities and requirements in accordance with the safety and effectiveness of the vaccine.”

Finally, he said, OWS wants to make sure that the entirety of the American population is covered, including all of the continental U.S. and every island, as well as to those Americans serving overseas at military bases and diplomatic locations.

Perna also said COVID-19 vaccine distribution, both initially and into the foreseeable future, will differ from other types of vaccine distribution efforts in that a COVID-19 vaccine will be “pushed” out to the American population,

rather than “pulled.” For influenza vaccines, for instance, distribution happens when hospitals and pharmacies order it from manufacturers — that’s a “pull” model.

With the COVID-19 vaccine, the U.S. government has already paid for the vaccine. It will be sent out where it’s needed without individual administration sites needing to ask for it.

“We are going to allocate equitably vaccine doses to all of America simultaneously,” Perna said. “As doses become available, we’re pushing down and out to the United States of America.”

DOING THE IMPOSSIBLE

It wasn’t until May that Operation Warp Speed stood up. It’s a partnership between the Defense Department and the Department of Health and Human Services. One of the program’s goals is to find a vaccine for COVID-19 before the end of the year and to quickly get that vaccine out to Americans by January 2021.

Most vaccines take years to develop, but OWS embarked on an effort to develop and distribute one in just nine months. Dr. Matthew Hepburn, head of vaccine development for Operation Warp Speed, says many peo-

ple ask him how that’s possible.

“The simple question is, how can you achieve the impossible? How can you take a vaccine development process that typically can take five years, eight years, 10 years, and truncate that into the timelines of Operation Warp Speed?”

One of the ways that’s been possible, so far, Hepburn said, is modern vaccine technology.

“I think it’s very helpful to point out the efforts that have gone on for decades in terms of developing vaccines,” he said. “We stand on the shoulders of giants — of the people that worked on polio, measles, the smallpox eradication campaign.”

Before OWS started, he said, there had already been great progress in terms of how to accelerate vaccine development. There had already been investments by HHS and the National Institutes of Health, he said. And DOD is also working on ways to make vaccines more quickly.

“Now. I feel like they’re really paying off,” he said. “That’s how we’re in phase III clinical trials now ... because of those investments and those technologies that were started in the spring that are now really paying off both for their ability to be developed quickly and

prove that they work in animal models, but also that they can be manufactured at a very large scale.”

Another angle making OWS successful in achieving its goal, Hepburn said, is the manufacturing process. For the COVID-19 vaccine, manufacturing of the vaccine candidates is happening while they are still being evaluated for effectiveness. For vaccines candidates that prove ineffective, the already manufactured doses will be disposed of. But for those that are proven to work, millions of doses will be ready to go immediately.

“We’ve run these processes in parallel, and really made investments where large amounts of vaccines are being made much sooner,” Hepburn said. “By those investments, we’re able to have millions of doses available much sooner than we ever would.”

Large, diverse, safe clinical trials are also playing a role in OWS’s effectiveness, Hepburn said. Clinical trials for the vaccine candidates involve some 30,000 individuals each, and safety has been a priority, he said.

Two manufacturers, for instance, had their trials put on a “safety pause.” While those pauses have been lifted, he said, they demonstrate the level

of commitment to both a safe and effective vaccine, Hepburn said.

“We are following the highest ethical standards to ensure that these vaccines are safe, and that those clinical trials are conducted to the highest regulatory and ethical standards, as well,” Hepburn said.

The clinical trials themselves are also large, involving 30,000 volunteers. Typically, he said, such a trial might involve 5,000 or 8,000 persons. The increase means better results.

“We want to gather as much safety information as we possibly can,” he said. “And we also want to know if they work. With the

more people you enroll, the sooner you’re going to be able to evaluate the effectiveness.”

Finally, Hepburn said, teamwork among multiple agencies and industry has helped OWS be effective in vaccine development.

“The way we fight the virus is really getting the best from all of us,” he said, adding that this includes extraordinary cooperation among DOD, HHS and the private sector. “I’ve seen some of the best teamwork that I’ve ever been a part of as part of Operation Warp Speed — and it is the essential fourth ingredient on how we achieve the impossible.”

Pulling his weight; Meet the SFAB Strongman from JBLM

Staff Sgt. Olivia Guerrero
5th SFAB Public Affairs

Serving in an all-volunteer unit such as the Security Force Assistance Brigade requires maturity and initiative, in fact, these are two of the eleven Advisor Attributes the 5th SFAB expects from all of its Advisors.

Resident 5th SFAB bodybuilder Capt. Dan Hughes, an Operations Advisor in 3rd Squadron, recently put these attributes on display placing tenth place during the 2020 Strongman North American National Championship in Montgomery, Alabama Oct. 15-17, 2020.

“The autonomy the



Capt. Daniel Hughes, an Operations Advisor with C Troop, 3rd Squadron, 5th Security Force Assistance prepares for a strength event during the 2020 Strongman National Championships in Montgomery, Alabama, Oct. 16-17, 2020. (Courtesy photo)

SFAB provides for me as an athlete allows me to follow the type

of training required to compete at a high level in Strongman,”

Hughes said. “My training sessions usually take two to four

hours out of my day and a standard Army PT schedule does not support this type of training and recovery.”

This was Hughes first time competing as an “at large” athlete with the U.S. Army Warrior Fit Team, but he is no stranger to competitions. Capt. Hughes has been competing in strongman events for over 2.5 years and has earned several coveted titles such as “Alaska’s Strongest Man” and “Tampa Bay’s Strongest Man.”

“My Commander, Lt. Col. Trevor O’Malley, has been nothing but supportive in my goals and has allowed me the time to train and compete,” Hughes said. “To be compet-

itive in Strongman, you have to prioritize it, and this unit allows me to do that.”

Discipline is another Advisor Attribute that Capt. Hughes embodies as he spends countless hours each week in the gym maintaining his chiseled physique.

“Capt. Hughes’ ability to codify his own program, and then tailor and replicate the methodology to help others achieve high physical fitness goals is simply unmatched,” O’Malley said. “He has already helped implement a C Troop fitness challenge.”

Capt. Hughes is not only a leader for his Advisor team, but a team player in the SFAB organization.

It's okay to take a break

Learn Stress Management Techniques at your local Army Wellness Center 907.361.2234

Fort Wainwright
AWC
ARMY WELLNESS CENTER

On display: Soldier forever enshrined at National Army Museum

Devon Suits
Army News Service

Lt. Col. Ashley Hartwell let out a joyous gasp as she marveled at a unique display in the National Museum of the United States Army for the first time.

A bright smile beamed across her face as she turned to share her excitement with her husband, Maj. Kristopher Hartwell, and daughter, Grace.

A life-sized model in Hartwell’s visage, dressed in an Army combat uniform, stood tall in front of the family.

Symbolic of a female military police officer on high alert in Iraq, Hartwell’s display conveys a feeling of tension as she grasps onto her M-249 light machine gun in a low-ready position.

The model, titled “Corporal on Patrol in Ramadi,” highlights the growing role of women in combat during the wars in Iraq and Afghanistan, museum officials said. In 2013, former Secretary of Defense Leon Panetta removed the ban on women serving in combat arms, creating more opportunities for females throughout the force.

Hartwell, a reservist and former intermediate-level education instructor at the U.S. Army Command and General Staff College at Fort Belvoir, first enlisted in the Massachusetts National Guard to obtain her college degree, and a year later signed up for the Reserve Officers’ Training Corps. She then served on active duty for 10 years before moving to the Hawaii Guard, and later the Army Reserve.

“While we may join the Army for the benefits, or even for national pride, many of us stay in for the people on our left and right,” she said. “There have been many times throughout my career where I am bone tired, dirty, hungry, and miserable, but so were the Soldiers next to me.”

“We had ‘shared misery,’ and we all got through it together, usually with a great story in the end,” she added.

Hartwell’s first supervisor also taught her the value of leadership during her initial four-year commitment. The two discussed the significance behind an Army career, to include topics about



Lt. Col. Ashley Hartwell, a reservist, looks at a life-sized model in her visage on display at the National Museum of the U.S. Army, in Fort Belvoir, Va. She was joined by her husband, Maj. Kristopher Hartwell, and daughter, Grace, during the visit. The model, titled “Corporal on Patrol in Ramadi,” highlights the growing role of women in combat during the wars in Iraq and Afghanistan. (U.S. Army photo)

financial management and retirement.

In turn, the Army has grown to become a large, extended family, Hartwell added.

“I have not always loved the Army ... but I am, without a doubt, a stronger and better person for having joined,” she said.

The display

While the museum’s display is not a direct representation of Hartwell’s career, the sweat on the figure’s brow triggered some key memories, she said.

Hartwell served two tours in Iraq. As a Captain she worked closely with the local population and directly with the Iraqi military as a military transition team member during her initial tour in 2007-2008. She returned in 2010-2011, first as a Company Commander and later a stability team transition team member, again working hand in hand with the same Iraqi military officers she had three years earlier.

During her first deployment, “we were out on missions with the Iraqis every week for a year. I was a M240B machine gunner in the lead vehicle

of our three-vehicle convoy” -- an uncommon role for female Soldiers at that time, she explained.

“The days I spent as a gunner in a combat patrol was physically and mentally demanding,” she added. “But like so many women before and after me, I knew that I was up to the task.”

Aside from combat, there were many challenges female Soldiers had to face during that time, Hartwell said. For example, the Army’s standard issued body armor was originally designed to fit a male body composition.

Hartwell recalled the pain she felt whenever the convoy would come to a quick halt, throwing her back against the rear of the gunner’s turret.

“My body armor would smack me in my spine because it was too big, even at an extra-small size,” she said. “I would come back with bruises all down my spine.”

Since her time in Iraq, there have been many changes to support women’s growing role throughout the force, Hartwell said. For decades, female Soldiers wore the same uniform as their male counterparts.

The Army proposed a list of changes to the combat uniform design to better fit both genders in 2010. This initiative led to Army Combat Uniform-Alternate, or the first combat garment intentionally designed to fit a female Soldier.

Additionally, the Army released an Improved Outer Tactical Vest in 2013, which featured a shorter torso and a customizable design to support the female form.

“I feel that women in the Army also have a greater opportunity to take on a leadership role,” she said. “In my tenure, I have seen women in the Army enter combat, graduate Ranger school, and now serve in combat arms.”

“Women are taken more seriously and treated more professionally now,” she added. “I have seen that change in the last 20 years, and it is a welcome change.”

Figure casting

The National Army Museum’s exhibit team was dedicated to creating Soldier figures as authentic as possible.

“We worked very closely with the artists to capture

a moment in time,” said Paul Morando, the museum’s chief curator. “Using Soldiers as models provides authenticity. They know how to hold their weapon, stand in formation, and convey emotion of what it’s like to be a Soldier.”

Joined by her husband, the couple flew to New York to participate in the figure-casting process.

“They started with my head by covering it with some form of a cap,” she said. “They then put plaster all over my face except my nostrils.” Once complete, “they went to my legs ... and then arms.”

Hartwell held a specific pose during each layer of casting. The entire process took several hours, she said.

When people look at the figure, Hartwell hopes people will see “the determination of females in combat,” she said. “Seeing the figure of myself is truly humbling. Hopefully, other women can see themselves in her as well.”

“I feel fortunate, but I am not quite sure I deserved this,” she added. “I am just another female Soldier, like the thousands serving in the Army right now.”



COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

November 21 - 30

21

Wainwright's Kids Got Talent

November 21 - 30
Normal Business Hours

18 & Under can showcase their talent on the Wainwright MWR Facebook Page for a chance to win! Rules can be found at wainwright.armymwr.com.

Youth Sports & Fitness, Bldg 1046
Call 363-7462

21

Women in the Wilderness:
Snowmachine Safety Course

Registration Deadline: November 21
Event: November 26, 9 a.m. - Noon

Learn all of the necessary safety requirements of riding a snowmachine during this women's only course. This Course is required to check out a snowmachine and/or go on a snowmachine trip.

Outdoor Recreation Center, Bldg 4050
Call 363-8349, registration required

21

Snowmachine Safety Course

Registration Deadline: November 21
Event: November 26, 10 a.m. - 4 p.m.

The Goldstream trails offer many miles of scenic riding for all skill levels located right here in our own "backyard." Snowmachine Safety Certification is required to attend

Outdoor Recreation Center, Bldg 4050
Call 363-8349, registration required

23

SPRG CFRR Training

November 23
Noon - 3:30 p.m.

SPRG CFRR Training is to prepare Soldiers who are appointed as CFRRs to assist with the operational, logistical, and administrative aspects of the SPRG.

Army Community Service, Bldg 3401
Call 363-4227, registration required

27

Winter Camp: Winter Adventure Camp

November 27 - 28
10 a.m. - 5 p.m.

Join Youth Sports & Fitness during November and December for their Winter Camp Series. November 27 - 28, Youth Sports & Fitness will host a variety of outdoor adventures like sledding, cross country skiing, and more!

Youth Sports & Fitness, Bldg 3414
Call 363-7713, registration required

CELEBRATE BOWL WITH A THANKSGIVING TWIST!

TURKEY BOWL

NOVEMBER 21, 7-10 P.M.

BOWL A TURKEY, WIN A TURKEY!

1. Bowler gets a turkey for every 1000
2. 1st place gets a turkey for every 1000
3. 2nd place gets a turkey for every 1000
4. 3rd place gets a turkey for every 1000

\$20 per person, includes shoe rental

100% of the proceeds will go to the American Red Cross

100% of the proceeds will go to the American Red Cross

December to Remember

For more information, go to wainwright.armymwr.com

Army announces 2020 top Soldier, NCO

Thomas Brading
Army News Service

After being pushed to their physical and mental limits, a Special Forces Soldier and a combat medic were named winners of this year's Best Warrior Competition during a virtual event Tuesday hosted by the force's top enlisted leader.

Following a gauntlet of tests leading to the announcement, Sgt. 1st Class Alexander Berger, assigned to 2nd Battalion, 10th Special Forces Group (Airborne) at Fort Carson, Colorado, and Sgt. James Akinola, who represented U.S. Army Medical Command and is stationed at Fort Jackson, South Carolina, secured the top honors.

Sgt. Maj. of the Army Michael A. Grinston revealed the names of the awardees during a live presentation at the Association of the U.S. Army Annual Meeting and Exposition.

Normally, event organizers would have brought the finalists together so they can be evaluated in-person on their technical skills,



Graphics by Melissa Burlovich

physical fitness, and ability to adapt and overcome challenging and battle-focused scenarios. Due to COVID-19 health restrictions, however, the 19th annual BWC was held virtually for the first time.

Even though the online format was new, the rigorous standards were not compromised, said Sgt. Maj. Jose G. Melendez, the Army's Strategic Operations Directorate sergeant major.

"We were going to overcome and execute this competition and highlight our great Soldiers" no matter what.

"In these challenging times, the Army continues to push forward in all facets of its mission to defend the nation, from fitness and leadership training to recruiting and career counseling," said Chief of Staff of the Army Gen. James C. McConville in a release.

"These are critical areas

in which our best and brightest leaders have an opportunity to influence and help mold young men and women joining the Army family. It's an exceptional achievement and we are proud of all of these Soldiers," McConville added.

In all, 22 Soldiers from 11 Army commands were tested on a national stage to see who would stand tallest among their peers as the Army's best.

The competition's goal was more than identifying the most physically fit Soldier, or who was best in front of a board. BWC is intended to identify the overall best Soldier in the Army, and to do that, competitors are tested on everything from wisdom, tenacity, technical and tactical skills, and overall combat readiness.

From Sept. 17 through Oct. 9, Soldiers completed the new Army Combat Fitness Test, a weapons range qualification, a 12-mile ruck march, warrior tasks and drills, an essay, and capped the competition off with an interview board with senior enlisted leaders.

"Congratulations to the best Soldier and NCO in our Army," Grinston said during his presentation. "Even under this year's extraordinary circumstances, you've proven you have what it takes to compete and win. Thank you also to the hundreds of leaders who made this decentralized, virtual competition a reality."

In addition to announcing awards and fielding questions from a live audience, Grinston also discussed current and future initiatives for the enlisted force. For instance, a marketplace-style system for enlisted assignments from staff sergeant through master sergeant that will rack and stack qualified applicants is scheduled to be released next month.

A smartphone app for "This is My Squad" is also scheduled, Grinston said, based on his signature initiative. Although there is no release date yet, the app will eventually help leaders manage their Soldiers on everyday tasks.

November 20, 2020

Medal of Honor recipient stays connected to Army by helping others

Thomas Brading
Army News Service

For Leroy Petry, clutching a live grenade and attempting to return it was second nature, regardless of the outcome. The Army Ranger wasn't thinking about himself, but just protecting the Soldiers by his side, he said.

That split-second decision changed the course of his life forever.

It's been more than a decade since the retired master sergeant lost his right hand saving fellow Rangers in battle, a selfless act that would warrant a Medal of Honor three years later.

But his passion for helping troops has only grown.

These days, Petry sits on a board for the Association of the U.S. Army as an advocate for Soldiers, among other projects. He considers his AUSA role as "a direct link to the Army's top brass," he said, adding, "I get to tell them about some of the major issues that are impacting the lower ranks that they don't sometimes get to see as often."

When he's not spending time with his family, his days are filled with phone calls, board meetings, and other ways to help Soldiers.

"One of the things that I've been focusing on primarily is suicide prevention – veterans and active duty," he said. "It's something that is continuing to grow, especially with this coronavirus. It's isolated a lot of folks and that's really [increased] the numbers. The worst thing you could do is isolate somebody that's already having mental health issues."

In August, Petry traveled to Fort Knox, Kentucky, with other wounded veterans with the nonprofit group, Troops First Foundation, to share their stories and offer words of encouragement. The trip was part of Operation Warrior Call, a project to help curb suicides in the military community. The veterans have done similar trips to other installations.

Being on the road is nothing new for Petry. While in the Army, he deployed twice to Iraq and six times to Afghanistan.

Crossfire in the courtyard

May 26, 2008, was just a routine day for his 75th Ranger Regiment unit. During any given four-month deployment rotation, the Rangers went on countless missions, sometimes two per day. On this fateful occasion,



President Barack Obama awards the Medal of Honor to Sgt. 1st Class Leroy Arthur Petry at the White House in Washington, D.C., July 12, 2011. (Photo by Spc. David M. Sharp)

then-Staff Sgt. Petry led a team of Soldiers from D Company, 2nd Ranger Battalion into a Taliban hotbed during a daylight raid.

Before their boots ever touched the Paktia Province terrain, the odds had already been stacked against them. The mission was clear: capture a high-value target. These operations were not typically executed in broad daylight, he said.

They were best carried out at night when it's easier to conceal troop movement, but military intelligence didn't always accommodate to ideal conditions.

There was a small window of opportunity, and despite everything, they were going to take their shot. That afternoon, multiple CH-47 Chinook helicopters brought the Rangers straight to the Taliban's front door. Upon arrival, Petry hit the ground running, helping fellow Rangers clear the targeted compound. Initially, things went as smooth as a routine training exercise; the first portion of the building was residential and quickly cleared.

The tone shifted when Petry, alongside another member of the assault squad, Pvt. 1st Class Lucas Robinson, pressed on to an outer courtyard.

In the building's enclosure, the duo encountered AK-47 gunfire from three nearby insurgents. Petry was hit with a clean shot through both thighs. His adrenaline, along with his leadership training, started to kick in. First, he checked on Robinson, who was alive but shot on the left side of his torso.

With bullets still spraying, Petry mustered the strength to help his battle buddy take shelter behind an 8-foot-tall chicken coop in the corner. There, he radioed for assistance and tossed a thermobaric grenade over the wall toward the gunfire. His quick thinking pro-

vided enough lull time for Sgt. Daniel Higgins to head their way to help.

One of the Taliban fighters then lobbed a grenade back toward the Rangers, which landed roughly 30 feet away before exploding. The blast marred both Higgins and Robinson with shrapnel and knocked them off their feet.

A second Taliban grenade followed and landed much closer to the wounded Americans. There was only a fraction of time to put distance between them and the imminent blast. Without hesitation, Petry hurled himself toward the live grenade, because "it was probably going to kill all three of us," he said. "If I had time to see it, I had time to kick it, throw it – just get it out of there."

He knew the munition had a fuse of roughly 4 1/2 seconds, depending on its condition or when the pin was pulled, he said. In other words, there was no real way of knowing the exact detonation time, but he charged toward it anyway.

In an attempt to clear the threat, Petry tried to toss the live grenade away from the Rangers. Instead of soaring through the air, it detonated and blew off his right hand.

A moment that changed everything

In the blink of an eye, Petry's throwing arm was left in tatters, but his teammates were still alive. Even today, he has no regrets because he knew "they would have done the same for me."

He would later recall how his wound wasn't like "how it happens in the movies." At the time, Petry didn't even realize the severity of the damage.

"I didn't think [the grenade] was going to go off," Petry said. "I

didn't feel much pain. I didn't know it had taken my hand until I sat back up and saw it was completely amputated at the wrist."

Still running on a rush of energy and impulse, Petry controlled the bleeding with a battlefield tourniquet, and reported over the radio that he and the other two Rangers had been wounded, all the while still under heavy enemy fire. The three Soldiers were cornered in the courtyard.

In the end, the Taliban fighters were gunned down by responding American Soldiers. During the crossfire, Spc. Christopher Gathercole, a 21-year-old California native, was killed in a small-arms exchange after he arrived to help Petry, Higgins, and Robinson.

It's warfighters, like Gathercole, Petry would later say help him carry the weight of the Medal of Honor's legacy.

Road to recovery

The years that followed were difficult. Although the operational tempo slowed down, his desire to get back into the fight only grew, he said.

At first, Petry was in-and-out of surgeries to repair the damaged tissue to his hand. After arriving at the Brooke Army Medical Center in San Antonio, Texas, the seasoned Ranger – still in his 20s – no longer had a functioning hand. In its place were only skin, broken bones, and no fingers.

While on the mend at the hospital, Petry gained strength both physically from the medical staff, and inwardly from the other wounded veterans. It would be those veterans, who suffered an array of injuries from severe burns to other amputees, whom he grew close to and eventually would dedicate his Army career work-

Warrior Care Program at Joint Base Lewis-McChord, Washington – near where he lives today.

Petry credits the warfighters he met during his recovery as an inspiration to the job. In Washington, he assisted wounded and ill Rangers, and their families, on their roads to recovery.

A year after reenlisting, in July 2011, Petry received the nation's most prestigious personal military decoration, the Medal of Honor, by President Barack Obama during a White House ceremony attended by his family and fellow Soldiers.

Petry officially retired from the Army in 2014 after nearly 15 years of service.

"When I think of young Leroy Petry in the military, I think of how I would have felt to meet a [four-star] general or a Medal of Honor recipient," he said. "If either of those two walked in a room and spent 10 seconds talking to [the younger me], I would have been ecstatic."

That outlook led to years of giving back to the Army, because at the end of the day "I miss it," he said, regarding uniformed service. "I try to stay involved so I feel like I'm still a part of it. Helping Soldiers helps me miss it less."

Even if the days of kicking in doors in search of targets are behind him, Petry's fight to help the Soldier "to his left and right" is long from over. For him, the Ranger tab is something he'll wear for life.

