

‘They asked, we listened’ Greely scores big with upgrades and new equipment

Sophia Glushko

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

Pioneering to be at the forefront of early childhood development and education, Fort Greely’s Child Development Center Quality of Life Campaign has breathed new life into Child and Youth Services facilities by adding the latest equipment and gadgets which began arriving Nov. 6.

The initiative was set in motion after a technical assistant visit was conducted by a project assessment validation team.

“Some deciding factors for our QoL initiatives come from the voice of the customer; they asked and we listened,” said Directorate of Family and Morale, Welfare and Recreation director Jessica Smith. Through multiple listening sessions, customer evaluation comments and discussions throughout the commu-

nity, Greely has managed to justify and secure the approval of a 9,000 square foot indoor playground, set to begin construction on the north side of Aurora Community Activity Center in 2023.

“I’m thankful we have a community that is supportive, understanding and is willing to participate in sharing their needs, wants and desires,” said Smith. Adding that many more quality of life initiatives, both immediate and long-term, will be taking place over the next couple of years.

“Our community faces unique challenges with location, remoteness and the weather,” said acting CYS coordinator Nicholya Williams. “We are continually thinking outside the box, but within the realm of CYS restrictions to make sure that we are providing the best care as well as the best experiences for our

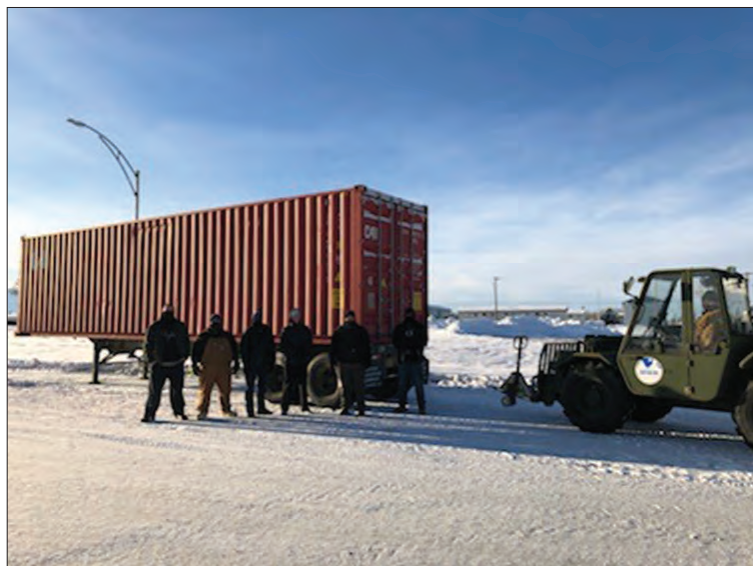
families and children.”

Improvements provide quality care, education and programs for soldiers, civilians, families and contractors alike.

“As a child development center, we do a lot of firsts with our children,” said Williams. “A lot of times it’s the first time they walk in our program, it’s the first time their holding a fork, or utilizing a spoon.”

CYS programing is an integral part of the community, ensuring warfighters and maintainers can focus on the mission while having a peace of mind knowing that their children are receiving quality care.

“We want to make sure that our equipment is state-of-art and up-to-date with current trends to make sure we continue propelling our families and our children forward to be successful,” said Williams. Fort Greely serves as



New equipment for the Fort Greely Child Development Center arrives Nov. 6 as one part of a larger garrison quality of life campaign. “We want to make sure that our equipment is state of the art and up to date with current trends to make sure we continue propelling our families and our children forward to be successful,” said acting Child and Youth Services coordinator Nicholya Williams. (Courtesy photo)

the home of the nation’s Ground 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 Maj. Gen. Adolphus Greely.



Members of the 103rd Civil Support Team participate in a web meeting discussing strategy and training at their facility near Ted Stevens International Airport in Anchorage, Alaska, Nov. 25. Commissioner of the Alaska Department of Military and Veterans Affairs and adjutant general of the Alaska National Guard, Maj. Gen. Torrence Saxe, addressed the mission essential personnel in the unit via videoconference to touch base and connect with the Airmen and Soldiers. (Photo by Petty Officer 2nd Class Victoria Granado, Alaska National Guard Public Affairs)

Alaska’s adjutant general talks with mission essential personnel via video conference

Petty Officer 2nd Class Victoria Granado
Alaska National Guard
Public Affairs

Capable of responding to a variety of high-risk incidents, such as chemical and radiological contamination, the Civil Support Team maintains constant mission readiness. Even under the uncommon circumstances of life during a pandemic, the team is mission essential and remains on call.

Commissioner of the Alaska Department of Military and Veterans Affairs and adjutant general of the Alaska National Guard, Maj. Gen. Torrence Saxe addressed the

103rd Civil Support Team over a web meeting to touch base and connect with the Airmen and Soldiers.

“It’s been challenging,” said Saxe. “My style has always been to get around, to work out with people, to talk with people face to face. With this new normal, making connections and having discussions has been difficult,” he continued. “I appreciate what you are doing, especially within the dynamics of the pandemic.”

From professional development, mental and physical health, to effective leadership, the discussion covered a range of topics. Saxe shared his strategic plan and an-

swered questions from members of the unit.

Acknowledging challenges from COVID-19, Lt. Col. Anthony Mortrud, commander of the 103rd CST, highlighted the importance of maintaining mission readiness.

“It is important to meet the mission at all times,” said Mortrud. “We are available, as needed, to report and get the job done. Despite the obstacles that have been presented, we are continuing to train and mentor our Soldiers and Airmen.”

In the event of an emergency, the 103rd Civil Support Team stands ready to provide trained personnel in support of the state of Alaska.

Defense Department’s annual housing satisfaction survey begins soon

Defense.gov

W. Jordan Gillis, assistant secretary of defense for sustainment and the Defense Department’s chief housing officer, is inviting DOD housing residents to participate in the department’s annual housing satisfaction survey, which is scheduled to launch in December.

Each year, DOD, working through the military departments, surveys current residents of government-owned, government-leased, or privatized family housing and current residents of privatized unaccompanied housing. The goal is to obtain feedback regarding their living experience.

Survey participation is voluntary, and Gillis encourages residents to share their views about their current housing, resident services and community amenities. According to Gillis, “Resident feedback is important to help the department improve the quality of housing and customer care available to residents.”

A link to the survey will be sent via email to each household by one of the two third-party consulting firms administering the feedback collection, tabulation and analysis

on the department’s behalf. Only one person per address will receive the invitation email. All respondent information will be kept confidential. It will not be linked to the overall feedback results shared with DOD or the results that DOD shares with privatized housing companies or other stakeholders.

The survey results will help inform plans for near-term and future improvements to housing, resident services and community amenities. Gillis emphasized the importance of getting the perspectives of service members and families so the department can provide them with a better quality of life through improved housing and community services.

Each military service will announce the specific date in December when its survey will launch; each survey will remain open for responses for at least 45 days. Residents of DOD government-owned, government-leased or privatized housing should contact their installation’s military housing office if they have questions or need technical support, or if their household does not receive an email containing a survey link by Dec. 18.

WEEKEND WEATHER

Friday



Partly sunny. High: -4F.

Saturday



Mostly sunny then a slight chance of snow. High: -4F.

Sunday



Slight chance of snow. High: 6F.

IN BRIEF

The Army plans to adjust how it promotes its NCOs that could impact Soldiers who are serving in combat, starting a family, or attending the non-resident Sergeants Major Course, said the Army’s top enlisted Soldier. Read more on page 7.

Nutrition Corner: Nutrition 101

In making your daily food selections, you should be particularly mindful of your beverage choices. While your beverage selection may seem inconsequential, they can impact your total daily caloric intake, which can contribute to unwanted weight gain and dental calories. It is so easy to unknowingly consume 500 to 1,000 calories per day in beverages alone. For example, one 20 ounce bottle of cola contains 240 calories. If you drank one per day for a

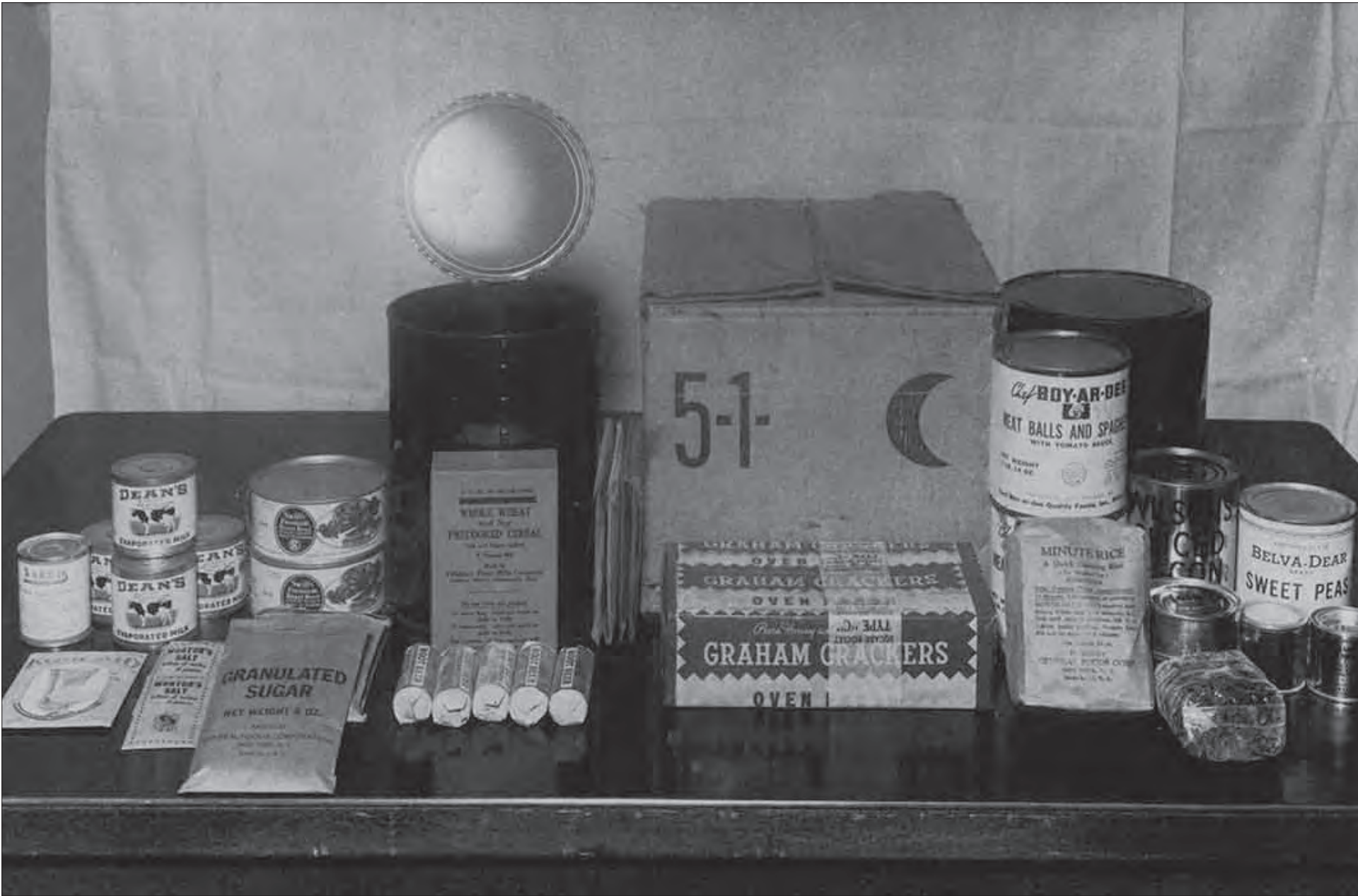
year, that can contribute up to a 25 pound weight gain. Not to mention the 65 grams of additional sugar, about 1/3 cup, per day, which ends up to be about 118 cups of sugar per year. Imagine the impact that has on your dental health as well. This also goes for energy drinks, sports drinks, juice and other sugared drinks such as lemonade. Don't be fooled by juice. Just because it contains some vitamins does not mean it should be consumed in large quantities.

Rely on your whole fruits, vegetables, lean proteins, low fat dairy and whole grains for your vitamins and minerals. One eight ounce cup of orange juice contains 110 calories, so if you do enjoy a cold glass of juice in the morning, ensure it is 100 percent juice and limit yourself to four to eight ounces per day. If you are hooked on drinking sugar sweetened beverages because plain water is boring to you, think outside of the box for some other options. A

good natural replacement is fruit infused water. It is quick, easy and low in calories. A low to moderate intake of diet beverages (diet cola) and commercial zero calorie water flavoring powders are safe and effective for reducing calorie intake, when replacing sugared beverages, for most individuals. **Featured Food:** Fruit Infused Water! All you need to do is make a pitcher or bottle of water and throw in your favorite

mix of fruits and vegetables. **Featured Recipes:** Cherry Limeade – Fill a pitcher with water and combine with one thinly sliced lime and six pitted cherries cut in half. Add a small piece of mint for an extra burst of flavor. Best when fruit is infused for a minimum of four hours. Cucumber Lemon – Fill a pitcher with water and add 10 to 14 thinly sliced cucumbers and four slices of lemon.

History Snapshot: Emergency rations testing, 1942



In December 1942 a test team deployed by Ladd Field's Cold Weather Test Detachment bivouacked at an existing crash site near Ladd Field to field test the performance of airplane emergency kits. Among other recommendations, the team suggested that downed pilots in winter should heat both their mess kits and their utensils, or else "the food would become cold and the fork would freeze to the teeth." Some of the items shown in this picture include: Sardik Fruit Cocktail, Dean's Evaporated Milk, Kool-Aid, Morton's Salt, granulated sugar packets, tins of Swift's Premium Roast Beef, Whole Wheat and Soy Precooked Cereal, Graham Crackers, Chef Boyardee Meat Balls and Spaghetti Sauce, Minute Rice, a tin of Wilson's Sliced Bacon, Belva-Dear sweet peas and rolls of root beer candy. (Cultural Resource Program file photo)

MEDDAC Minute

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

<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.

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.

IMPORTANCE OF EXERCISE

Exercise is essential to a healthy & happy life!
Regular exercise can help reduce the risk of:

cardiovascular disease
hypertension
type 2 diabetes
metabolic syndrome

obesity
cancer
osteoporosis
depression

Call the Army Wellness Center for guidance on how to start a regular exercise program!

Fort Wainwright
AWC
ARMY WELLNESS CENTER

907.361.2234

ALASKA POST

The Interior Military News Connection

EDITORIAL STAFF
Garrison Commander
Col. Christopher Ruga
Fort Wainwright PAO
Grant Sattler
Command Information/
New Media
Brady Gross
Community Relations/
Media Relations
Eve Baker
Staff Writer/Editor
Daniel Nelson
Staff Writer
Brian Schlumbohm

The ALASKA POST is authorized by Army Regulation 360-1 and is published by the Fairbanks Daily News-Miner, a private firm in no way connected with the U.S. Army, and is under exclusive written contract. Contents of the ALASKA POST are not necessarily the official views of, or endorsed by, the Department of the Army. The editorial content of this publication is the responsibility of the U.S. Army Garrison Ft. Wainwright Public Affairs Office. The ALASKA POST welcomes responsible comments from its readers and will publish letters, articles or photos submitted at least one week prior to the next publication. The ALASKA POST reserves the right to edit or reject submissions. All submitted material will become official Army property unless otherwise indicated. To advertise call (907) 459-7548 Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. The Editorial office is located on Ft. Wainwright in Building 1047 #1; Mailing address is Public Affairs Office, 1060 Gaffney Road, 5900, Ft. Wainwright, AK 99703. Call 353-6779 or 353-6760, or send emails to usarmy.wainwright.imcom-pacific.list.pao@mail.mil

The Chaplain’s Corner

Chaplain (Capt.) Jeremie Vore
Battalion Chaplain,
70th Brigade Engineer
Battalion

I remember the first time I was sharply rebuked as a staff officer. The setting was the battalion conference room, days before an event I had carefully planned and prepared. My task was to brief my commander on the plan for the event, ensuring conditions were both in place and in line with the guidance he had provided.

The briefing started well; I gained confidence as the meeting went on. The commander seemed satisfied with the plan I had developed. Eventually my gaining confidence reached a tipping point, and I began to feel like every answer I came up with would surely be the right answer. For those at home, this is called the folly of the fool.

The decisive moment came when the commander asked a question, and I replied, “Sir, we have taken

these actions and hope that will solve the issue.”

The commander’s positive demeanor clouded, as he pursed his lips, drew quiet, and turned toward me. “Chaplain,” he said firmly, “please take note: hope is not a method we rely on around here.”

The words stung slightly less than the awareness that I had blundered my way into the moment with my personal hubris, my unfounded belief in myself. The commander was, as commanders tend to be, quite right.

In the years following, I have learned the lesson many ways. Leaders plan for contingencies, forecast friction points, and mitigate risk. We address issues with clear plans, and when we don’t have a solid answer we go back to the drawing board until we are confident the plan will work. We do not hang our responsibilities on wishful thinking, cheerful thoughts, and

something as ethereal as ‘hope.’

For some time after that moment, I could only focus on the sharp feelings of rebuke and embarrassment. Time, however, teaches us even better than experience. I now reflect on that moment and the concept of hope in a more nuanced way. As we find ourselves entering a season of hope, a season of holidays, a season of spiritual yearning, I find myself dwelling on that nuance anew.

The commander was right. “Hope is not a method,” he said. Hope is not a tactic, a technique, or a procedure. It is not the method by which I realistically try to accomplish certain goals that I envision for myself or my organization.

When I envision a goal and do nothing more than hope that the vision comes into fruition, I have done a disservice to my goal. When I envision a future and start to plan for it, only to give up

at the difficulty of the planning and just hope it will all work out, I have cheated in spiritual laziness on those I have the responsibility to serve.

However, hope is not useless. It took me years to come to that wisdom, but perhaps I am just hard headed.

Hope may not be a method, but it is a philosophy. Hope speaks to the fact that there are factors in this world that we can control, and factors that are beyond our influence. Hope recognizes that there are factors we can have a controlling effect on, and other factors beyond our scope even if they may impact the vision that we cast for ourselves, our community, and our organizations.

Hope may not be a method, but it is a spiritual recognition of the limited and finite nature of us and what we can affect directly, indirectly, or tangentially.

Ultimately, hope recognizes that there is something out there



bigger than ourselves and bigger than our organizations, even bigger than our all-consuming missions and powerful responsibilities. This awareness makes hope not a method, but a spiritual practice.

When I express the spiritual and philosophical discipline of hope, I acknowledge that I have done all that I can to responsibly achieve the outcome I want, and yet it still may not come to pass. That is quite distinct from lazily wishing a problem away by attaching hope to it. When I hope in good faith, I recognize that even while I have

committed all that I had at my disposal to the outcome I want, it might end up being something that wasn’t even in my plan or of my hand that achieves the outcome I hoped for.

Hope is not a method. At the same time, there is more to the spiritual practice of hope than lazy methods. In this season of holiday longing, may you find the hope that helps you to claim your place in both the bigness and the smallness of world that we live in, the communities that we serve in, and the people we are charged with leading.

Exchange Holiday Price Guarantee offers savings to Fort Wainwright shoppers

Carina DeCino
Army and Air Force Exchange
Service Public Affairs

The Army and Air Force Exchange Service is ensuring Soldiers and their families at Fort Wainwright can save some green this holiday season by offering a price-matching guarantee.

From Dec. 1 to Dec. 24, Fort Wainwright shoppers who make a purchase at ShopMyExchange.com or in-store and find the identical item at a lower price at another retailer can receive an Exchange gift card for the difference through the Exchange’s holiday price guarantee.

“The Fort Wainwright Exchange wants to make sure this holiday season is a joyous time for our Soldiers and their families,” said general manager Gloria Sylvia. “Fort Wainwright. “This price guarantee, combined with our everyday low prices, price matching and tax-free shopping, should help lighten the load on their wallets.”

Shoppers must present a receipt or online order confirmation along with a local competitor’s current ad at the Fort Wainwright Exchange customer service desk. Some exclusions apply.

The Exchange’s regular price guarantee allows for price-matching within 14 days. The holiday extended price guarantee lets Exchange shop-



holiday extended price
guarantee

find an identical item elsewhere for less and we will
give you an Exchange gift card for the difference*

Eligible on purchases made between **December 1-24, 2020**

* Must present original receipt and current local competitor's ad.
Offer excludes online pricing. Other restrictions apply.

pers get the best deals through most of December.

Military shoppers, including honorably discharged veterans who made their purchase at ShopMyExchange.com, can

receive their gift card by filling out a customer feedback form at ShopMyExchange.com/customer-service or by calling the Exchange Customer Contact Center at 1-800-527-2345.

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
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

3 Tips for Healthy Holidays!

1. Eat

As many colorful fruits and veggies as you can! Go ahead: stuff yourself silly with delicious winter squash, citrus fruits, etc.!

2. Drink

As much water as you can, plus winter teas (ginger and lemon – YUM!), cranberry smoothies, and other fresh concoctions.

3. Be Merry!

At the end of the holidays, what you’ll treasure most, and will build mental and physical health, is the love of friends and family! Enjoy!



Fort Wainwright
AWC
ARMY WELLNESS CENTER

Military shoppers at Fort Wainwright can secure their purchases with Exchange Protection Plans, AppleCare+

Carina DeCino

Army and Air Force Exchange Service Public Affairs

Army and Air Force Exchange Service shoppers at Fort Wainwright can secure the value of their purchases with added protection through Exchange Protection Plans.

Exchange Protection Plans guard against damage and destruction from handling, heat, dust and humidity, power surges, and wear and tear.

New this year, products that connect to the internet are eligible for the Protection+ Tech Help plan, which offers a variety of services to address connectivity, security, setup and optimization at no extra cost.

Items that connect to wi-fi networks are eligible, including laptops, computers, tablets, printers, televisions, streaming devices, gaming devices, routers and smart-home networked devices such as thermostats, doorbells and security systems. Additional protection for potential screen damage, theft, etc., can be secured through AppleCare+ for Mac computers, iPhones, iPads, Apple TV, Apple Watches and other Apple purchases.

Exchange Protection Plans

also are available for jewelry and watches, appliances, lawn and garden items, sunglasses and more for as little as 2 percent of the price of the protected item.

“Exchange Protection Plans and AppleCare+ are two affordable ways to protect valuable purchases from unexpected damage,” said general manager Gloria Sylvia. “Fort Wainwright military shoppers can plan with confidence, knowing that their purchases are safeguarded.”

Exchange Protection Plans are available from one-year to lifetime warranties. Fort Wainwright shoppers can add an Exchange Protection Plan or AppleCare+ to eligible purchases by speaking with an associate at checkout or by adding to online purchases when prompted at ShopMyExchange.com.

Veterans with service-connected disabilities can sign up for protection plans as they mark their first holiday shopping season with expanded in-store Exchange shopping benefits. Protection plans also are available to veterans who have verified their eligibility to use their lifelong online Exchange benefit at ShopMyExchange.com.



Army tests versatile unmanned aircraft at Yuma Proving Ground

Mark Schauer

The United States military has used unmanned aerial systems for decades, and increasingly counts on them to perform dangerous missions that save Soldiers' lives.

Among these flying wonders is the Aerosonde, a catapult-launched and net recovered aircraft used primarily for surveillance and reconnaissance.

Capable of 15 hours of flight time, the Aerosonde is highly portable and boasts outstanding optics at high altitudes. The system has undergone extensive testing at U.S. Army Yuma Proving Ground for most of its existence.

“We test here whenever we have changes to the system,” said Kyle Petesch, Aerosonde site lead. “The YPG personnel are very attentive to what we ask for and easy to work with.”

“Aerosonde has been testing here for more than 12 years,” added Matthew O'Donald, test officer. “It's a well-proven machine, and there have been numerous upgrades over the years.”

The sheer volume of commercial air traffic in the United States means that conducting developmental testing of even the smallest UAS in a safe, sustained manner within the national airspace is highly problematical. However, such constraints do not exist at YPG—the proving ground controls nearly 2,000 square miles of restricted airspace in addition to boasting clear, stable air and an extremely dry climate where inclement weather is a rarity.

“We have perfect flying weather, well over 300 clear days per year,” said O'Donald.

“We have such a wide flight area of restricted airspace that's perfect for customers to get what they need.”

“We like the nice, clear weather without a lot of clouds or rain delays, and definitely like the range space we can get here,” added Petesch. “The flat desert is good for emplacing ground stations and measuring farther distances without trees or line-of-sight issues.”

Aerosonde is typically deployed in a system with multiple aircraft and ground control stations, all of which can be accommodated in a realistic manner at YPG. The vast range and air space here means the testers can easily evaluate things like fuel consumption and the ability to smoothly hand-off control of the craft between controllers located in multiple ground control stations.

“We test not only to integrate products our customers want, but also to improve our own system's reliability,” said James Ruthven, senior engineering support manager. “In the end, that helps our country's mission overseas by having a quiet, reliable aircraft that provides good optics and other sensors.”

The Aerosonde is a relatively quiet aircraft, as is necessary for its surveillance mission.

“Our end user—a platoon out in the field—doesn't want their targets to know they're being watched,” said Ruthven. “Our engine and aircraft have to be quiet, so coming here affords us the opportunity to put people out in the desert and do acoustic measurements. We can tailor how we operate in the real world based on the findings we have here.”

Sergeant Salmon's School of ENVIRONMENTAL BASICS

Christmas Trees

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

Christmas Tree Cutting

You can gather your own **Christmas** tree on USAG Alaska land this year. Permits are free and available now through December 25, 2020.

A **Christmas** tree is defined as a festive, wonderful, live standing tree less than 10 feet tall (3.05 meters) and still rooted to the ground.

Finding your own **Christmas** tree can be a fun and safe activity to do with your family this winter. **The Christmas tree cutting permit** is limited to one tree per household. [No need to be a greedy Grinch!]

View detailed maps, more information and get your permit online at the USAG Alaska iSportsman website: <https://usartrak.isportsman.net/>

Reminder: All trees over 10 feet tall require a wood cutting permit, which can also be acquired on the website.

Please have fun, be safe and happy holidays!

Weekly Tips: Giving Back

With the holiday season upon us, we are reminded to help others. Helping others should be part of our normal routine. Helping others doesn't have to cost money, think about all the things you could recycle or share instead of throwing out. Invest in others especially this time of year. Here are some charity opportunities:

- **Finding and verifying charities.** Looking for the right charity and verifying their status can be as simple as checking a website: visit www2.guidestar.org to locate your favorite cause. GuideStar is the world's largest source of information on nonprofit organizations.

- **Surfing the web.** Use a search engine that donates a percentage of its sponsored search revenue to the charities and schools designated to its users. Try www.igive.com. It works like every other search engine. The money iGive donates to your cause comes from its advertisers and purchases – the users do not spend a dime. Another site is Eco-sia.org, which is a search engine that will plant trees with your searches – for free! Try theecokey.com, powered by Google that donates money to cleaning up the planet. Additionally it has an eco-filter option, which searches for green products and topics.

- **Donate your time.** When you donate your time, you provide your experience and help out those in need. Consider mating your skills or interest to your volunteer time.

- **Donating vehicles.** If you have an old vehicle that you can't sell but want a tax deduction; consider donating it to one of the following organizations:

- **Habitat for Humanity** (www.habitat.org/support/donate-your-car) - They use the funds to build homes and provide low-interest loans to people who need help.

- **Volunteers of America** (www.voa.org) - They have empowered and supported those people who need to rebuild their lives and help them reach their full potential.

- **Kars 4 Kids** (www.Kars4kids.org) - A program that raises money for at-risk kids and provides them funds for education.

- **Donate old eyeglasses.** Looking for an opportunity

to reuse those eyeglasses that don't meet your needs any longer; check out www.new-eyes.org.

- **Giving used books.** Drop off your used books at the local homeless shelter, library or USO. Some people read to escape or expand their horizons; give someone that opportunity.

- **Donating used suitcases.** Looking for an organization to take your used suitcases, visit www.suitcasesforkids.org. This organization provides suitcases to foster kids, since foster children usually move their belongings in garbage bags; offer them the opportunity to safely transport their personal belongings with dignity.

- **Donating used clothing.** Consider cleaning out your closets of clothes you no

longer wear or fit. Americans discard over two quadrillion pounds (two with fifteen zeros at the end) of used clothes and textiles into landfills each year. Consider dropping off your donations at the local thrift shop or homeless shelter.

- **Donating toiletry items.** Most homeless or women's shelters accept donations of sample or regular sized, unopened toiletry items; these include shampoo, conditioner, soap, shaving cream, toothpaste, toothbrushes, razors and deodorant. Think about all those sample size ones in your bathroom cabinet. AAA also has a program called Soap for Hope, which collect these items to help neighbors in need by supplying them with valuable personal hygiene items.

E PLURIBUS UNUM!

Out of Many, One



**HONORING THE PAST,
SECURING THE FUTURE!**



COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

December 5 - 12

5

B.O.S.S. Ice Climbing
Registration Deadline: December 5
Event: December 12, 8 a.m. - 5 p.m.

Join us for a fun day of frozen waterfall climbing! We will be headed down to the Denali Area to spend the day ice climbing. All skill levels are welcome.

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

5

Play with the Pros
December 5 - 6
10 a.m. - 4 p.m.

Buy a thing and take a swing! Play alongside the golf pros from the comfort of our private, indoor Golf Simulators. Your shot could win you a pack of Titleist Pro V1 golf balls!

Chena Bend Clubhouse, Bldg 2092
Call 353-6223

7

SFRG Leader Training
December 7
5 - 8 p.m.

SFRG Leader Training provides information on the Soldier & Family Readiness Group & how the SFRG Leader can assist the Commander. MS Teams is required.

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

7

Winter Camp: Basketball
December 7 - 10
6 - 7 p.m.

From December 7-10, Youth Sports and Fitness will hold a basketball camp from 5:30-6:30 p.m. for ages 5 through 18 years old. Mask required.

Youth Sports & Fitness, Bldg 3414
Call 353-7713, registration required

11

Arctic Family Time: XC Skiing
December 11
3 - 5 p.m.

Explore Alaska by cross country skiing after completing this fundamental class. Outdoor Recreation will cover all the fundamentals of classic skiing that can get you, your friends, or family out and about this winter!

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

Giant Holiday Stocking Giveaway!

Brunch with Santa

December 13
11 a.m. – 3 p.m.
at the
Nugget Lanes Bowling Center

Eat brunch with Santa!

☀ Child: \$8 ☀ Adult: \$10

Bowl with Santa!

☀ \$10 per person includes
Unlimited Cosmic Bowling, shoe rental & craft

*Must wear a face covering and social distance when applicable.

MWR

FirstCommand

RESERVATIONS HIGHLY RECOMMENDED

Nugget Lanes Bowling Center (907) 353-2654

wainwright.armymwr.com

@WainwrightMWR #WainwrightBowl

December to Remember

Join us for all your December Festivities!
For more information, go to wainwright.armymwr.com.
@WainwrightMWR #WainwrightMWR

Protecting your data and identity during the holidays

Rhonda Hutsell
Army Community Service
personal financial readiness

During the holiday season, consumers tend to make a greater number of purchases than they do during the rest of the year. They also tend to be more distracted and face an increased risk of identity theft during the holidays.

There are numerous ways an identity thief can take advantage of you. Whether you're shopping with credit cards, shopping online, using online banking or withdrawing money from an ATM, there are steps you can take to prevent identity theft.

Busy and distracted shoppers are targets for identity thieves

When shopping, be aware of your surroundings. Pick-pockets are always a concern while you're out in public spaces.

When you have completed a transaction, make sure you put your wallet safely away to protect your credit cards and ID. If you are paying with a credit or debit card, it is a good idea to keep the number concealed just in case someone behind you in

line takes a picture of the card with a cell phone. It may look like the person is texting, but it is also possible that an identity thief is taking a photograph of your credit or debit card number, expiration date and your full name.

Identity thieves prey on online bargain-seekers

While most retailers provide safe and convenient systems for making purchases online, it is important to look out for potential scams.

During the holidays, scammers often take advantage of consumers' desire to get bargains.

If you receive emails or text messages that offer you name-brand merchandise at a discount, it may be a scam.

These messages might look official, but they could be designed to get your financial information.

Avoid clicking on links if you do not recognize the sender. Even if the message seems legitimate, it is generally safest to visit a retailer's website directly.

Some of these fake websites are designed to look identical to a retailer's website, so do not rely on

the appearance alone.

Before entering your payment information on a retailer's website, look for the "lock" symbol at the top of the webpage. This symbol indicates that the webpage is encrypted and that your information is protected from criminals. Sites that use "https" in the URL are safe and secure.

Criminals can access information sent through public Wi-Fi

If you have some downtime while you're out shopping for the holidays, you may want to check your bank account or credit card statement to see how much you've spent.

While monitoring your financial data is an important method of detecting potential identity theft, submitting your private data over an unencrypted network may put your information at risk.

Criminals can access the information that is passed through these open networks.

Skimmers steal shoppers' data

Criminals are aware that consumers spend significant

ly more money during the holiday season.

One way identity thieves steal someone's credentials is by attaching skimming devices to card readers or ATMs. These "skimmers" copy card information, which criminals can use to replicate the card and make unauthorized purchases.

Never use a card reader that appears as if someone has tampered with it. For extra protection, use your hand to cover the keypad when you enter your PIN so that it will not be visible to an onlooker or a camera.

How to know if your identity's been stolen

Most credit card companies have fraud detection departments that monitor your credit cards for any unusual activity. If they detect suspicious purchases on your credit card, they may freeze the account or contact you to verify the purchases.

If you receive a call, text or email from the bank, do not reply with your personal information. Instead, call the number located on the back of your payment card to ensure that you are in contact with the financial institution and not a scammer.

Check your credit card and bank statements regularly to make sure there are no unauthorized charges listed. If you notice any charges that you did not make, contact the financial institution immediately to report the fraud.

Even if the charges are small, it is important to report it because some thieves "test" cards with insignificant purchases before they go on expensive spending sprees.

What to do if you're a victim of identity theft

You should report it immediately. Here are the steps you can take if you suspect you've been a victim:

- File a police report. Get copies of the police report — you may be asked for them when notifying your insurer, medical providers, the credit bureaus and others that you have been victimized.
- File an identity theft complaint with the Federal Trade Commission online or call the FTC's toll-free hotline at 877.438.4338. Consider placing a freeze or fraud alert on your credit reports.

Temporary promotions for NCOs slated to begin next year

Thomas Brading
Army News Service

The Army plans to adjust how it promotes its NCOs that could impact Soldiers who are serving in combat, starting a family, or attending the non-resident Sergeants Major Course, said the Army’s top enlisted Soldier.

Starting Jan. 1, NCOs unable to complete the required professional military education, or PME, courses may qualify to be temporarily promoted from sergeant major, said Sgt. Maj. of the Army Michael A. Grinston during a media briefing Monday.

The temporary promotions aim to help an array of Soldiers who are either deployed, are pregnant or during postpartum, or attending the non-resident Sergeants Major Course, Grinston said.

The promotions include both the pay and benefits expected from ranking up and will be in place until the rank is either permanent or expires, whichever comes first, he said.

The new policy will impact NCOs across the board, with changes starting in the January promotion cycle for all Army components.

Depending on the component, the fine print is different. For example, Army Reserve and National Guard Soldiers must already be selected for or serving in the next higher-graded position vacancy to qualify.

All Soldiers, regardless of component, must also meet or exceed the cutoff score and sequence number for their



Sgt. Matthew Keener, assigned to the 869th Movement Control Team, stands in front of his unit before being pinned as a staff sergeant while deployed to Kuwait, May 13, 2019. (Photo by Pfc. Ryan Magill)

respective ranks, according to a memo signed by Lt. Gen. Gary M. Brito, the Army’s G-1. In addition, they must be next in line on an approved order of merit list during fiscal year 2021.

Active-duty and full-time reservists will have no later than one year to complete their education upon redeployment. Traditional reservists will have 36 months from their redeployment date to complete their education.

The timeframe to complete PME is also extended for pregnancy and postpartum circumstances. Active-duty Soldiers and full-time reservists will have 24 months, and traditional reservists will have 36

months from the end date of their pregnancy-based profile.

“With this new temporary promotion [policy], we have the ability to have Soldiers starting a family being given the opportunity to be promoted with their peers and still get their professional military education after they complete their postpartum profile,” said Sgt. Maj. Mark Clark, the G-1 sergeant major.

Before the new policy, deployed Soldiers often had to request time-consuming exceptions to be considered for promotion without the required PME.

“This new policy doesn’t make [temporary promotions] an exception -- it

makes it a standard,” Grinston said. “Those Soldiers, who are otherwise fully qualified, will be temporarily promoted with their peers. Everything will be streamlined.”

To understand the scope, around 300 deployment-related exceptions were approved in 2019, Clark said. But under the new policy, deployed Soldiers are no longer forced to deal with paper shuffling that may keep them from being promoted.

Those few hundred requests are based on a smaller operational tempo overseas. If the ops tempo grew back up to 100,000 or so deployed troops, Grinston said, “the requests for deployment-based promotions would be a lot

higher.”

For pregnancy and postpartum circumstances, no such requests existed before.

In addition to deployments and pregnancy-related profiles, the policy also benefits senior NCOs enrolled in the non-resident Sergeants Major Academy, Grinston said. “So now non-resident master sergeants won’t have to wait to be promoted with their peers.”

Under the new policy, temporary promotions for senior NCOs will be based on non-resident course enrollment through graduation, following graduation of the resident course,

to ensure they are eligible for promotion alongside their peers.

This will allow non-resident master sergeants to complete their course, while remaining eligible for promotion.

If a Soldier promoted with a temporary promotion is unable to attain their PME, like the Basic Leader Course, by the specified date indicated on their promotion order by either not attending or failing altogether, then they will be reduced to their former grade, he said.

If a Soldier is reduced to their previous grade, it doesn’t mean they will owe all the pay netted during their temporary promotion, Clark said. Their former rank will be restored with their original date of rank and effective date.

The updated policy is consistent with previously established changes for deployed Soldiers in the sergeant first class and master sergeant ranks, who, like with the latest changes, can be promoted if fully qualified on a fiscal 2021 order of merit list but lack the required PME.

Although the change comes amid an increasing number of new recruits, the SMA said, the change is less about keeping pace with a growing Army and more in-line with its top priority of placing people first.

At the end of the day, Grinston said, the temporary promotions are another way to “have the policies in place to allow our people to progress” through the ranks.

SANTA CLAUS IS COMING TO TOWN

COME OUT AND SEE SANTA ON THE
FIRE TRUCK

December 12, 2020,
**Tanana Trails, Bear Paw,
Southern Cross, and
Gertsch Heights**

December 19, 2020
**Denali Village, Siku Basin,
North Town, Chena Bend**

FOR DETAILS,
ROUTE MAPS,
& UPDATES

FOLLOW US
@Ft. Wainwright Firefighters

Routes start at
5pm

Event is subject to change based
on weather considerations

POC: FIRE CAPT. JUSTIN BODDY | (907) 322-2232