

Fort Wainwright Alaska Installation Team recognized for support in COVID-19 response



Col. Heath Roscoe (center), defense coordinating officer, presents a Certificate of Achievement to Col. Christopher Ruga (left), U.S. Army Garrison Alaska commander, and Jody Mandella (right), USAG Alaska, Fort Wainwright emergency manager, for the outstanding support to the Region X Defense Coordinating Element's Alaska State Emergency Preparedness liaison officer during the COVID-19 response operations Dec. 1. The support from April 20 to June 15 was instrumental in enabling the AK SEPLO to integrate and coordinate with both the installation emergency planner and the joint force land component commander - Alaska staff, resulting in situational awareness and shared understanding of Alaska's emerging requirements and subsequent efforts to plan and provide Defense Support to the State. (Photo by Daniel Nelson, USAG Alaska, Fort Wainwright Public Affairs)

Fort Wainwright Soldier turns top tier real estate agent: A CSP success story

Angie Poole
Fort Wainwright Career Skills Program

For Soldiers transitioning out of the military, finding success in the civilian workforce can be a daunting endeavor. Most people don't know that while still on active duty the Army allows Soldiers up to four months of job skills training in their chosen fields by way of the Soldier for Life - Transition Assistance Program and Career Skills Programs.

With over 550,000 unemployed veterans nationwide, it is more important than ever to highlight the trailblazers, to encourage and inspire others to take advantage of this remarkable resource. Trailblazers like former Capt. Nic Williams, previous commander of the Arctic Wolves' Headquarters and Headquarters Troop, 5th Squadron, 1st Cavalry and Bravo, 3rd Battalion, 21st Infantry Regiment, who finished Fort Wainwright's Soldier for Life Transition Assistance Program in late 2019.

Thanks to battalion commander Lt. Col. James Howell's great leadership and final approval, Williams was able to become Summit Realty Group's first ever CSP - where seasoned agents Joe Head and Zeb Mabie went on a limb and gave him an opportunity that would set



him up for life. Nic is now a top 10 agent out of 300-plus agents in the Alaskan Interior. Within a year of graduating the Career Skills Program, he has built a business and reputation that makes him and his services stand out.

When asked for comment, his advice to fellow Soldiers transitioning out of the military was as simple as it is effective, "Get into a mindset of using the tools SFL-TAP gave you to really sell yourself. Your Army career is only one of many bullets on your resume. Make yourself shine and stand out from a crowd in one way or another."

Williams has managed to



do just that. We thank him for his service to this country and congratulate him on a job well done.

See CSP on page 2

DOD releases 2021 Basic Allowance for Housing rates

Department of Defense

The Department of Defense has released the 2021 Basic Allowance for Housing rates. Basic Allowance for Housing rates will increase an average of 2.9 percent when the new rates take effect on Jan. 1, 2021. An estimated \$23 billion will be paid to approximately one million Service members.

The 2021 Basic Allowance for Housing, as part of a robust military compensation package, continues the member out-of-pocket expense element at five percent of the national average housing cost by pay grade. The out-of-pocket expense amounts incorporated in the 2021 Basic Allowance for Housing rates vary by grade and dependency status and range from \$70 to \$158 monthly. Even with the out-of-pocket expense amounts, the overall military pay and benefits package remains competitive and healthy.

Housing cost data are collected annually for approximately 300

military housing areas in the United States, including Alaska and Hawaii. An important part of the Basic Allowance for Housing process is the cooperation from the Services and local military housing offices in the data collection effort. Input from local commands is used to determine in which neighborhoods data is collected and to direct the data collection effort in those neighborhoods towards adequate apartment complexes and individual housing units.

Median current market rent and average utilities (including electricity, heat, and water/sewer) comprise the total housing cost for each military housing area and are included in the Basic Allowance for Housing computation. Total housing costs are developed for six housing profiles (based on dwelling type and number of bedrooms) in each military housing area.

See RATES on page 3

WEEKEND WEATHER

Friday



Mostly sunny. High: -14F.

Saturday



Chance of snow High: -11F.

Sunday



Chance of snow. High: -17F.

IN BRIEF

The Army continues to refine and evaluate an artificial intelligence software prototype for Army intelligence that is designed to quickly identify threats through a range of battlefield data and satellite imagery.

Read more on page 4.

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 caries. It is 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.

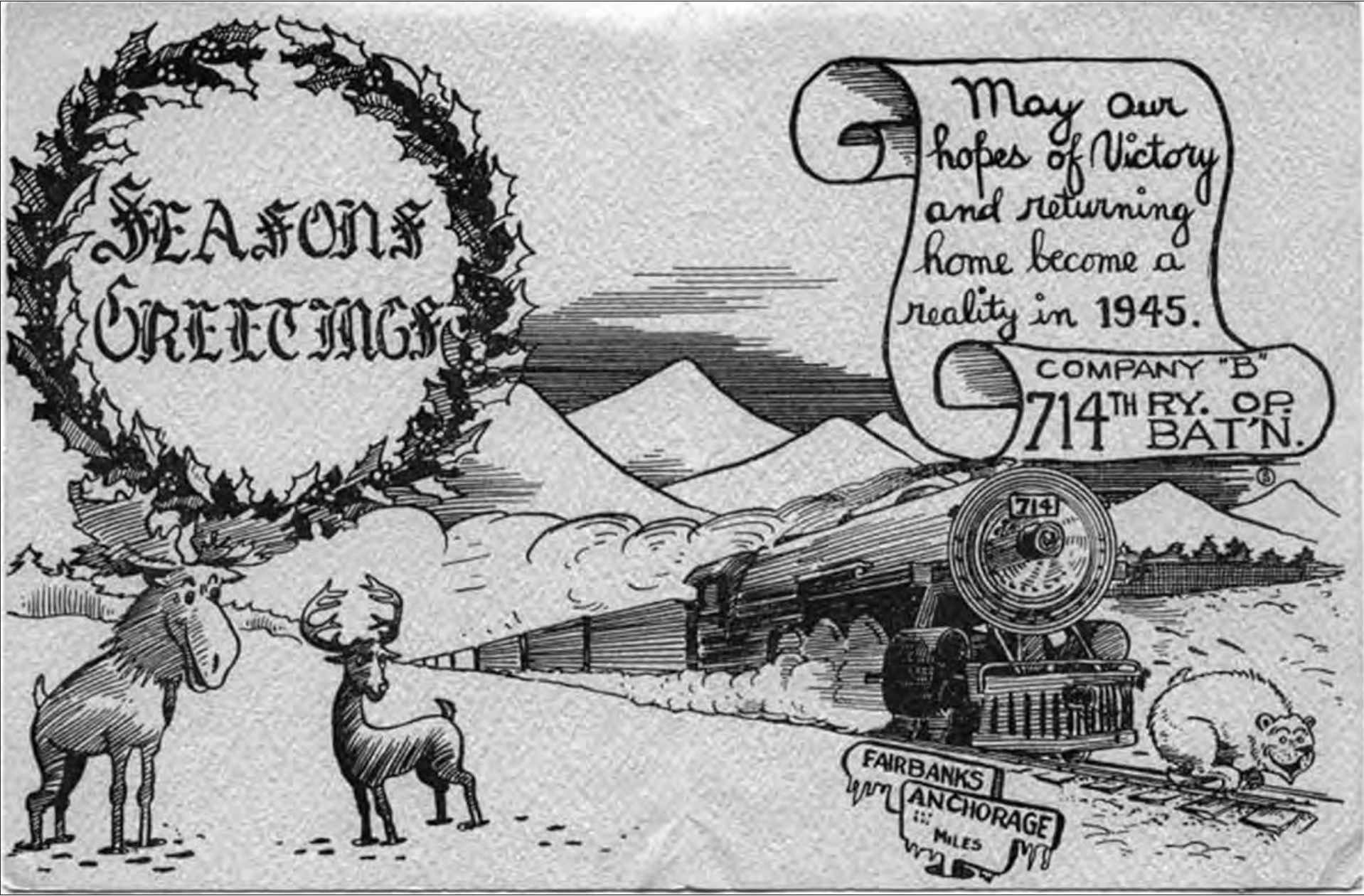
Featured Food:
Fruit Infused Water! All you need to do is make a pitcher or bottle of water

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: Merry Christmas from the 714th Railway Operating Battalion, 1944



Although the 714th was headquartered at Fort Richardson, its mission was to maintain and improve the rail line that enabled the reliable movement of materiel and personnel to Alaska's interior. Over 1,000 personnel arrived in spring of 1943 from Camp Claiborne, Louisiana, and stayed for over 25 months in order to assist the Alaska Railroad with backlogged maintenance and to mobilize the need repair materials from their backlog areas in Seward and Whittier. (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

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.

CSP

Continued from page 1

As with most milestones in life, despite all the personal hard work and sacrifice, we know we didn't get there entirely on our own. Powerhouses like HireMilitary, Microsoft, Amazon and local partners like Summit Realty Group right here in Fairbanks, Alaska, are making

all the difference in the lives of America's best and bravest. If your business would like to be a part of this incredible program, supporting the troops while adding extraordinary talent to your team, please contact your local CSP Office.

Army Strong.

ALASKA POST

The Interior Military News Connection

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The Chaplain’s Corner

Am I in charge of my happiness?

Chaplain (Capt.) Joshua J Barney
2nd Battalion, 8th Field Artillery Regiment Chaplain

In the past few weeks, I have had a number of Soldiers I’ve talked to in passing, express a certain sentiment as a response to this question: “who is the only person who can make you happy?” The answer is always the same- some variation of “only me,” which I think is the wrong answer. However, this thought that we are in charge of our own happiness is very pervasive throughout society today.

We often see self-help books and seminars that preach the idea that you are in control of your own life and it’s you that decides whether or

not to be happy. This is not a new concept. We see it in Buddhist philosophy, as well as in Stoicism, both contending that we are not in control of our lives and should accept it. The only thing we are in control of is our emotions and reactions to the events of our lives. For example, Buddhism says you should release yourself from attachment to things in your life, to help minimize their impact. Stoicism contends you should foresee these events and plan your emotional response ahead of time so you are not surprised, so you can act in the correct way instead of being carried away by emotions.

On the one hand these ideas in both Buddhism and Stoicism are absolutely right. We are re-

sponsible for how we respond to any given situation and there is wisdom in controlling our responses to events in our lives. These suggestions will help us to not simply react to events in our lives but start to be intentional in any given situation. But does that give us happiness? Are we truly responsible for our own happiness? Can we be depended upon for it? Am I truly the only person I can depend on for my own happiness? Can I actually produce happiness from within myself?

Why is it that everyone says they are the only one who can make themselves happy? Simply put, it is because everyone has been let down by someone else at some time in their lives. If we look to others

to make us happy, we will eventually be disappointed. I’m sure everyone reading this can think of an example. People fail. This is a universal truth. So of course the next conclusion is if I cannot trust others, then I can only trust myself. But this belief is also flawed because we are people too. We also fail.

How often do we fail ourselves let alone other people? If we look solely inward for our happiness we will fail. Why do we fail? From the Christian perspective, it is because we are sinners. We don’t like to talk about it but we are flawed creatures. Christian Scripture teaches that sin has twisted human beings from what they were supposed to be into beings full of evil



desires that cannot be escaped. Accordingly, people fail because they are not perfect. People are not complete; sin has robbed them of their wholeness. Paul in Romans 7 talks about how he wants to do good but he finds that he ends up doing the very evil thing that he didn’t want to do. He sees a war going on in himself, between what he wants to do and what he actually does. He goes so far as to cry out saying “What a wretched man I am!

Who will rescue me from this body that is subject to death?” For me, as a Christian, the answer to Paul’s question is the only Man not subject to sin. The only prefect Man. God in the flesh, Jesus Christ. Christians believe true happiness has to come from outside of us, and the only person that is outside of us that Christian Scripture teaches can provide that happiness is Jesus. Because He is the only One who will not let us down.

Inaugural community service award presented to former CASA



Charles “Chick” Wallace (left), former civilian aid to the secretary of the Army, receives the inaugural Brigadier General Marvin “Muktuk” Marston Community Service Award from Maj. Gen. Peter Andrysiak (right), U.S. Army Alaska commander, Dec. 14 for his distinguished, steadfast and unparalleled support of Soldiers, Families and the Army community by serving as a conduit to garner support from all facets of the civilian community. The annual award is was created to honor prominent community leaders for their support of America’s Arctic Warriors in Alaska. (Photo by Sgt. Nicholas Vidro, 1st Stryker Brigade Combat Team, 25th Infantry Division Public Affairs)

Recognition of 45 years of service



Col. Christopher Ruga (right), U.S. Army Garrison Alaska commander, and Command Sgt. Maj. Rob Preusser (left), USAG Alaska command sergeant major, recognize Michael Ferguson (center), USAG Alaska Fort Wainwright Airfield dispatcher, Dec. 15 for his 45 years of government service during the garrison’s Workforce Recognition Ceremony. (Photo by Brian Schlumbohm, USAG Alaska, Fort Wainwright Public Affairs)

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

RATES

Continued from page 1

Basic Allowance for Housing rates are then calculated for each pay grade, both with and without dependents.

An integral part of the Basic Allowance for Housing program is the provision of individual rate protection to all members. No matter what happens to measured housing costs – including the out-of-pocket expense adjustment, an individual member who maintains uninterrupted Basic Allowance for Housing eligibility in a

given location will not see his/her Basic Allowance for Housing rate decrease. This ensures that members who have made long-term commitments in the form of a lease or contract are not penalized if the area’s housing costs decrease.

The Department is committed to the preservation of a compensation and benefit structure that provides members with a suitable and secure standard of living to sustain a trained, experienced, and ready

force now and in the future.

For more information on the Basic Allowance for Housing, including the 2021 Basic Allowance for Housing rates and 2021 Basic Allowance for Housing rate component breakdown, visit <https://www.defensetravel.dod.mil/site/bah.cfm>. Service members can calculate their BAH payment by using the Basic Allowance for Housing calculator at: <http://www.defensetravel.dod.mil/site/bahCalc.cfm>.

Weekly Tips: Winter Gear

According to the Outdoor Industry Association, Americans now spend almost as much money on winter sports as they do accessing the internet. The one downside to the rising popularity of winter and snow sports is that the prices of gear are rising too. It's always important to save as much as you can when stocking up on your equipment, so whether you have never skied before or you're an expert, look for avenues to save money.

- Don't buy new equipment. If you live near a popular snow sports area, try looking for local deals on Craigslist, or other website that lists things for sale in the local area. Check out eBay or Am-

azon for deals, however, make sure you research the gear and cost including shipping prior to purchasing. Consider looking at thrift stores, consignment stores, yard sales or end of season sales to find great deals.

- Check out ski swaps and ski shows. Fall ski swaps and shows are a great way to compare deals and find discounts on new and used equipment. Most are held at retail shops, and if not, there is one online call Swappow. This site has boots, outerwear, snowboards, goggles and more for all snow sports.
- Find lift ticket discounts. Buying a season pass early can help you save money. Also check daily deal sites like Grou-

pon, or LivingSocial and even local radio stations for discount offers. You're also likely to find bargains on third-party websites such as Liftopia. Another option is to go to the mountain at a less expensive time, like weekdays and evening. Ask for a military, student, AAA or other discount. Quite often, these are available for the asking.

- Saving on other costs. There is no need to dress in the most fashionable sporting gear on the market when you are exercising – especially when you are skiing, snowboarding, sledding or snow machining. Buy middle-of-the-road, quality apparel, and skip the unneeded extras.
- Reduce travel expenses.

There are plenty of ways to save on travel expenses. For the best airline deals, make your reservations early in the week. Consider flying on a Tuesday or Wednesday, which will reduce your ticket costs. If you are driving to your destination, see if you can carpool by posting an ad on Craigslist or listing your trip on a website like eRideShare.

- Consider renting gear. You can save money on ski and snowboard rentals by planning ahead and reserving your equipment online. You can save even more money by renting your equipment at a rental shop that is located off the mountain. If there is a local college nearby, their outdoor recreation depart-

ment may rent gear at low cost. Additionally, check out the Family and MWR outdoor recreation center at the local military base for savings.

- Take lessons. You will progress faster and have more fun with professional instructions. Lessons are a smart investment, and there are often "first-timer" deals. Quite often, there are deals for both children and adult beginners, which include rentals and lift tickets.

Take snacks. You'll have more energy and fun if you refuel throughout the day. Load up with portable power like cheese sticks, granola bars, dried fruit or nuts. If your ski resort has a "picnic" area, take your lunch.

AI software prototype expedites Army sensor, shooter capabilities

Devon Suits
Army News Service

The Army continues to refine and evaluate an artificial intelligence software prototype for Army intelligence that is designed to quickly identify threats through a range of battlefield data and satellite imagery. "Prometheus" is a machine learning capability designed to recognize potential threats and provide targeting coordinates through the rapid analysis of intelligence information, said William Nelson, director of the Assured Position, Navigation and Timing Cross-Functional Team.

The prototype software will integrate with the Army's Tactical Intelligence Targeting Access Node, or TITAN, Nelson said during this year's

Association of the U.S. Army Annual Meeting and Exposition on Oct. 15.

"Our vision for the space domain is to ensure the Army can leverage the entirety of space-based [intelligence, surveillance and reconnaissance]," said Lt. Gen. Laura Potter, the Army deputy chief of staff, G-2.

Providing commanders with a tactical or strategic ISR advantage will allow them to see, understand, decide, and act faster, thereby reducing the decision-making process from minutes to seconds, Potter added.

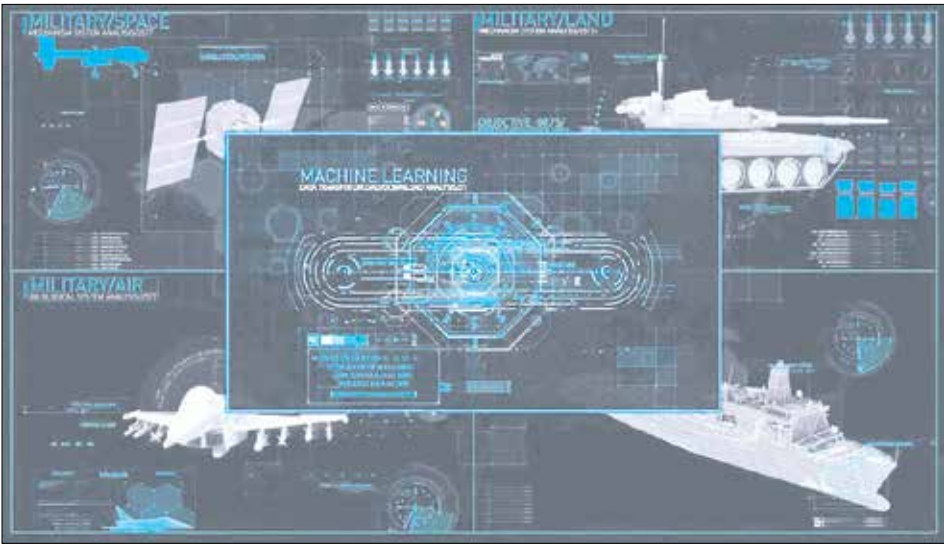
"TITAN leverages data, products and services" from the land, air, sea, space, and cyber domains, Potter said. It provides the Army with a "scalable expeditionary and tactical ground station ... that integrates De-

partment of Defense, intelligence community, and commercial data, products and services."

The APNT CFT, which falls under Army Futures Command, along with the Intelligence, Surveillance, and Reconnaissance Task Force recently evaluated Prometheus and a TITAN surrogate during Project Convergence 20, team members said. The demonstration considered the Army's ability to sense and identify targets at extended ranges through the employment of space-based capabilities and AI data analytics.

Nelson said both systems were capable of passing target information to an Extended Range Artillery Cannon during the evaluation. In the future, program officials plan to extend Prometheus' reach, furthering its ability to collect data from various ground and air systems.

The Army is also working to implement anti-spoofing measures into its AI



The Army continues to refine and evaluate an artificial intelligence software prototype designed to quickly identify threats through a range of battlefield data and satellite imagery. "Prometheus" is a machine learning capability designed to recognize potential threats and provide targeting coordinates through the rapid analysis of intelligence information. (Screenshot image)

software to ensure targets are properly identified, said Alexander Miller, science and technology senior advisor with the Army's G-2 office.

"If I am somehow seeing a tank on the water ... I know that is probably wrong," Miller said. "I have to make the system smart enough to fact check [the data]."

To prevent spoofing, officials must ensure the security and fidelity of root

data, all while scrutinizing AI outputs to develop trust, Miller said. He added that program officials will need to take the necessary steps to analyze how AI incorporates incoming data and utilizes it during the process.

Continued efforts by the Army's ISR and AI task forces and APNT officials will enable the force's ability to detect, characterize, and take action at the speed of

demand, Potter said. Doing so will meet the Army's multi-domain operational requirements during times of competition, crisis, or conflict.

"Our strong and enduring partnerships across the Department of Defense and the intelligence community ensure that Army intelligence leverages the power of the enterprise to support the Army's modernization strategy," Potter added.

Special Operations strives to use the power of artificial intelligence

David Vergun
Defense.gov

U.S. Special Operations Command hopes to increasingly use artificial intelligence and machine learning in all aspects of warfare, its commander said.

Army Gen. Richard D. Clarke spoke virtually today with Hudson Institute scholars.

Clarke noted that Project Maven jump-started the employment of AI. Project Maven was initially executed to automate the processing and exploitation of full-motion video collected by intelligence, instead of relying on humans to sort through all of it.

With AI's ability to shift quickly through terabytes of data to find relevant pieces of intelligence, it allows the human to make faster and better informed decisions, he said.

AI can also be incredibly effective at monitoring the information environment, he said.

During a recent visit with a special operations commander in Afghanistan, Clarke noted that the commander said influencing the population in a positive way can mean the difference between winning and losing.

Socom has been using AI for logistics, and the maintenance piece in particular, for more than two years now, he said.



Airman 1st Class Andrew County, a tactical air control party apprentice assigned to the 3rd Air Support Operations Squadron, marshals an approaching Alaska Army National Guard UH-60L Black Hawk helicopter during small unit training, Joint Base Elmendorf-Richardson, Alaska, Nov. 18, 2020. (Photo by Alejandro Peña)

It saves money in terms of, for example, predicting engine life or failure on a tank or aircraft. And it allows better use of those assets.

AI-powered health care can predict injuries or point to treatments to get operators in the fight more quickly, he mentioned.

In the realm of mission command, AI will power the Joint All-Domain Command and Control system, which will allow commanders to better communicate and make decisions, he said.

While Socom is forging ahead quickly with AI, Clarke

mentioned that his organization is also working closely with the military services and organizations like the Joint Artificial Intelligence Center, as well as with industry, allies and partners.

Clarke emphasized that it's important that commanders set the tone and set the conditions to allow innovation and encourage people to come up with great ideas.

Humans are more important than the hardware, he said. "It's the talented people that we have to help foster. You've got to invest the human capital into this space."

December 18, 2020

Chairman honors WWII Army nurse, others

David Vergun
Defense.gov

Medics, corpsmen, pararescuemen, doctors, nurses and other military medical personnel were honored at a ceremony Tuesday.

Chairman of the Joint Chiefs of Staff Army Gen. Mark A. Milley spoke at the Armed Services YMCA's 14th annual Angels of the Battlefield Awards ceremony in Washington, D.C.

Former Army 2nd Lt. Regina Benson, a member of the Army Nurse Corps during World War II, was one of those honored at the ceremony. She's the oldest military nurse at age 100.

Benson worked countless hours in Army hospitals in the Pacific Theater from 1944 to 1946, including the Battle of Okinawa and the occupation of Japan following the end of the war, Milley said.

"She knows that her most significant act of mercy was simply, in her words, 'to hold the hand of the young soldier, sailor, airman or Marine who's about to pass so they would not die alone.'"

The chairman mentioned that "war is a terrible thing. But it's people like Regina Benson [and others] who bring a bit of humanity to



Army 2nd Lt. Regina Benson, a member of the Army Nurse Corps during World War II, poses for a photo, 1944. (Courtesy photo)

an otherwise brutal, bloody battlefield."

Milley then presented the Angel of Honor Award to Benson.

"I was delighted and jumping for joy when the war was over and I could go back home and get married and go to work as a nurse," Benson said after accepting the award.

"I'm proud that I was part of World War II serving our country and ensuring the freedom we have

today," she said. "It saddens me to think of how many lives were lost. But I made sure my patients never died alone. I was always there with them so that I could tell their mothers that they did not die alone.

"I accept this award not for myself but on behalf of all the medical personnel who served in World War II," she said. "None of us deserved medals. We just did what millions of Americans did. We worked

together, fought together and served together for our nation and for our freedom. It was a unique time of American unity and spirit that sadly may never be equaled again."

Milley also recounted the history of heroic actions by many other medical personnel on the battlefields of this nation's wars.

Retired Army Staff Sgt. Ronald J. Shurer II was laid to rest a few hours before Tuesday's ceremo-

ny. Milley mentioned that Shurer, a Special Forces medic, earned the Medal of Honor for his heroic actions to save the lives of at least seven soldiers, despite being wounded and under intense enemy fire, during the Battle of Shok Valley, April 6, 2008, in Afghanistan's Nuristan province.

"He's an incredible recent example of an angel of the battlefield," Milley added.

The chairman said both of his parents served during World War II; his mother in a Navy hospital in Seattle, Washington, treating the wounded coming back from the Pacific Theater. His father was a Navy corpsman with the 4th Marine Division on Kwajalein, Saipan, Tinian and Iwo Jima, "saving many lives during some of the bloodiest battles in American history."

Milley also mentioned that his wife Hollyanne has been a nurse for 35 years. "She spent countless hours comforting the wounded and has grieved with the families of our fallen. She proudly represents the faithful service and sacrifice of all of our family members who are heroes in their own right and a core strength of our military's resolve and skill."

Army expands command assessment program to senior enlisted leaders

Army Talent Management Task Force

The Army Talent Management Task Force will conduct a prototype of the Sergeants Major Assessment Program from November 14 – 18, 2020 at Fort Knox, Ky.

In conjunction with the Battalion Commander Assessment Program for Fiscal Year 2022, 32 sergeants major will participate in the prototype program.

The participants are under consideration in the Command Sergeant Major/Sergeant Major Evaluation Board for selection to battalion command sergeant major positions. The prototype program is voluntary and the results are non-binding.

BCAP FY21, which debuted earlier this year, assessed 750 officers who were competing for battalion command and key billets. The program incorporated a series of assessments, peer and subordinate feedback, an interview with an operational psychologist, and a double-blind panel interview. The results of BCAP helped the Army determine which officers demonstrated readiness for battalion command.

The sergeant major participants will take a series of assessments in line with the officer experience during the Command Assessment Program. This includes the



Command Sgt. Maj. Jesus Robles (right), command sergeant major of 2nd Battalion, 77th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, 4th Infantry Division, greets Col. Scott Knight, commander of 2SBC, 4th Inf. Div., following a change of responsibility ceremony Oct. 16, 2020 at Fort Carson, Colo. (Photo by Sgt. Gabrielle Pena)

collection of self, peer, and subordinate feedback, an APFT, cognitive and non-cognitive assessments, and an interview with an operational psychologist. The prototype will culminate in a double-blind interview between sergeants major participants and a panel consisting of nominative command sergeants major and senior commissioned officers.

BCAP FY22, is set to select officers for battalion command and key lieutenant colonel billets in fiscal year 2022. This is the second BCAP and comes two months after the Army's first Colonels Command Assessment Program

which selected officers who will command brigades and fill key general staff positions.

By the end of BCAP FY22, more than 1,800 majors, lieutenant colonels, and colonels will have gone through one of the three command assessment programs. This year, BCAP will include officers from the Army Acquisition Corps. The Air Force and the Navy will also send officers to the program to help determine the suitability of a command assessment program for their respective services.

The Army Talent Management Task Force held the first Battalion Command-

er Assessment Program at Fort Knox in January 2020. The principals identified through the BCAP represent officers who possess higher potential for continued service and are more physically fit, better communicators and less toxic. A board of senior officers, brigadier generals and colonels, determined whether each officer was ready for command or not yet ready. During the first BCAP, 90 officers were determined not yet ready for command and 660 officers were slated as principals and alternates.

An officer's selection as a principal or alternate for battalion command is based on

the Centralized Selection List board ranking and their performance at the BCAP. When compared to the legacy Centralized Select List process, the BCAP resulted in a 34 percent change in officers chosen for command and key billets. Out of the 436 officers chosen for command and key billets, 26 legacy principals declined to participate in BCAP, 25 legacy principals were found not ready for command, and 99 legacy alternates moved up to become principals.

In September 2020, the Army conducted the first Colonels Command Assessment Program to determine readiness for

command and strategic potential among officers eligible for O-6 level command and general staff positions. Results from the CCAP are forthcoming.

Since the Army began adopting transformational changes to the management of the Officers Corps, there has been a demand to apply lessons learned to new talent management programs for the NCO Corps. Other talent management initiatives in the preliminary stages of development for NCOs include the Army Talent Alignment Process and the First Sergeant Talent Alignment Assessment.

COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

December 19 - 26

- 19

B.O.S.S. Ice Fishing at Birch Lake

Registration Deadline: December 19
Event: December 26, 8 a.m. - 5 p.m.

Come out with B.O.S.S. on an ice fishing trip! We will provide transportation, rod & reel, bait, ice fishing hut with wood stove, and the know-how to get you started. *Alaska State Fishing License is required.

B.O.S.S., Bldg 1045
Call 353-7648, registration required
- 21

Winter Camp: Winter Adventure

December 21 - 22
10 a.m. - 1 p.m.

Join Youth Sports and Fitness is hosting a Winter Adventure camp for ages 7 through 18 years old. Winter Adventure Camp includes a variety of activities like sledding, cross country skiing, and more!

Youth Sports & Fitness, Bldg 3414
Call 353-7713, registration required
- 21

Warrior Zone Breakfast

December 21 - 25
8 - 11 a.m.

Monday - Friday Warrior Zone now serves breakfast! Find breakfast burritos, omelets, and more scrumptious ways to start your day on the breakfast menu.

Warrior Zone, Bldg 3205
Call 353-1087
- 24

Sleigh the Holidays in Style

December 24 - 27
All Day

Showcase your Holiday style to win! Show off your matching pjs, Holiday best, Ugly Sweater, or other festive outfits on @WainwrightMWR Facebook & Instagram to win.

@WainwrightMWR on Facebook and Instagram
- 26

Snowmachine Safety Course

Registration deadline: December 26
Event date: January 2, 9 a.m. - Noon & 1 - 4 p.m.

Learn to operate a snowmachine to safely adventure Alaska's terrain! Snowmachine trips & snowmachine checkout require Snowmachine Safety Certification. Certification is valid for 3 years.

Outdoor Recreation Center, Bldg 4050
Call 361-6349 or 361-6350, registration required



NEW PARENT SUPPORT GROUP PRESENTS:

Virtual Grow & Giggle

 @Ft. Wainwright Army Community Service - ACS

Motivate Monday
WORKOUT VIDEO BROUGHT TO YOU BY YOUTH SPORTS & FITNESS

Tools Tuesday
PICK UP THE TOOLS FOR A CRAFT KIT FROM BLDG 3414 RHINELAND AVE

Watch It Wednesday
WATCH THE INSTRUCTIONS & CREATE YOUR CRAFT

Tale Time Thursday
LISTEN TO A STORY WITH US

Findings Friday
WATCH THE EDUCATIONAL VIDEO OF THE DAY





BLDG 3414 Rhineland Ave.
wainwright.armymwr.com
@WainwrightMWR #WainwrightACS

No ‘easy-button’ in Army modernization, says G-8

Thomas Brading
Army News Service

The Army’s G-8 said he has high hopes for modernization efforts heading into the next year, despite potential budget cuts that could impact them as well as future end strength and force readiness.

“We’re on the path to deliver the capabilities our Soldiers require to fight and win,” said Lt. Gen. James Pasquarette during an Association of the U.S. Army Noon Report webinar Wednesday.

In previous years, Army modernization has come with its share of hold-ups and headaches. But this time, Pasquarette believes the force’s current efforts are much more promising than past attempts.

The general, who has now served two years in his role as G-8, said he was confident that if topline cuts were required, leaders would continue funding top modernization capabilities.

“[The Army secretary and Army chief of staff] have both stated that we must modernize the Army,” Pasquarette said. This is a “once-in-every-40-years

opportunity, and it's against a valid requirement.

“Russia and China aren't going anywhere,” he added, underscoring the importance of modernization. He said Army officials believe near-peer competitors “will continue going the wrong direction” regarding diplomatic relations.

In addition to having support from senior leaders, another helpful source for modernization programs has been the U.S. Army Futures Command. Established in 2018 with a sharp focus on meeting modernization goals, he said this centralized effort has brought a streamlined approach to modernization. And having a four-star general “intimately involved in the modernization effort” has assured its success.

“Since the end of the Cold War, when the Army has been faced with a significant downturn in the top line, the easy button has been modernization,” he said. In other words, when previous budgets have taken a hit, modernization was the first to be cut.

“[Army leaders] have turned down the modernization dial in order to preserve end strength,” he said. “And



Lt. Gen. James Pasquarette, Army deputy chief of staff for resources and plans, addresses virtual audience Nov. 18, 2020, during a webinar hosted by the Association of the United States Army. (Photo by Thomas Brading)

whatever was left over after that, we put into readiness to ensure we had the ability to fight.”

To him, hitting “the easy button” is just the easy way out for that moment in time, he said. Now things are different: there is no easy way out.

“The equipment we have today is what we need to deter, and if necessary, fight and win against high-end adversaries” like China and Russia, he said. And if it comes time to cut spending “I believe we’ll continue to fully resource top priority” efforts like Army Futures Command’s cross functional teams.

Despite challenges, “we’re on a path to deliver the next-generation capabilities our Soldiers require, and if necessary, to fight and win against near-peer adversaries in the future,” he said.

The Army’s No. 1 modernization priority, the long-range precision fires portfolio, is on track to deliver the force’s long-range hypersonic weapon, he said. Earlier this year, in a joint effort with the Navy, the Army successfully test fired a hypersonic missile and plan to have a battery of prototype hypersonic weapons fielded by fiscal year 2023.

Learn to handle holiday stress effectively

Tiz Arnold Ed.D.
Army Resilience Directorate

The holidays can be stressful, maybe this year more than ever. From deciding whether to stay home or attend holiday gatherings, to interacting with family members who potentially push your buttons, to missing lost loved ones, the holidays can stir up a lot of emotions.

Unhelpful Reactions to Emotions

The first instinct we may have when we feel certain emotions, especially unpleasant ones, is to react in unhelpful ways. For example, when we feel sadness, that emotion may cause us to withdraw from others. When we feel angry, we may get aggressive and say or do things that cause us additional prob-

lems, like calling someone a name and putting them on the defensive, triggering an angry reaction.

Another unhelpful reaction to unpleasant emotions is numbing or using some strategy to numb ourselves to the emotion so we don't have to fully feel it. However, just because we don't let ourselves feel an emotion does NOT mean the emotion goes away. Only feeling it can do that. Unfortunately, we can't pick and choose the emotions we don't want to feel. If we numb one emotion, we numb ourselves from feeling all emotions, including pleasant emotions like love and joy.

Emotions = Data

Our emotions are data. When we ignore emotions, we can't adapt. Emotions

are meant to be felt and they provide useful information. If we pay attention and are willing to feel the emotion, they tell us the state we're in, inside and out, and that we need to take some action to deal with the circumstances that are resulting in us feeling the way we do. Our emotions can also provide us with information about what is important to us. Emotionally intelligent people can discern the value being signaled by the emotion they are experiencing. For example, the anger I feel toward a Family member who fails to let me know they planned to travel for the holidays may signal that an important value has been violated (e.g., the importance of communication in our relationship or the importance of caution).

Emotional Intelligence

How can we deal with emotions as effectively as possible so we don't just survive through the holidays but truly enjoy them?

- First, recognize when an emotion arises and try to name it as accurately and clearly as possible.
- Second, avoid the desire to evaluate the emotion. Don't think of it as good or bad. Instead, think of the emotion as being just a source of information, much like the number on a thermometer.
- Third, instead of trying to avoid feeling the emotion, lean into it with curiosity. Consider these questions:
 - Why are you feeling this way?
 - What are you telling yourself about the circumstances that are resulting in you feeling this emotion

right now?

- Might this emotion be telling you to take some action so that you feel this way less in the future? For example, if you're feeling lonely, you could feel less lonely by calling a friend or Family member you haven't talked to in a while. If you're frustrated with your spouse, the frustration may be telling you that there's a tough conversation that you need to have.
- When emotions feel uncomfortable, it's for a reason: they're telling us we need to do something and give us some indication of what action we should take. By allowing ourselves to experience the emotion rather than avoid feeling it, we can handle it more effectively and efficiently, leading to a merrier holiday season.

R2 Performance Centers look to strengthen overall health of Soldiers

Thomas Brading
Army News Service

Maintaining physical readiness for many Soldiers is as easy as stopping by the gym, but when it comes to mental health things aren't always as simple.

From individual Soldiers to entire units, Ready & Resilient Performance Centers, or R2PCs, are at the ready for Soldiers by providing specialized training to help sustain personal readiness, enhance resilience, optimize human performance, and build unit cohesion.

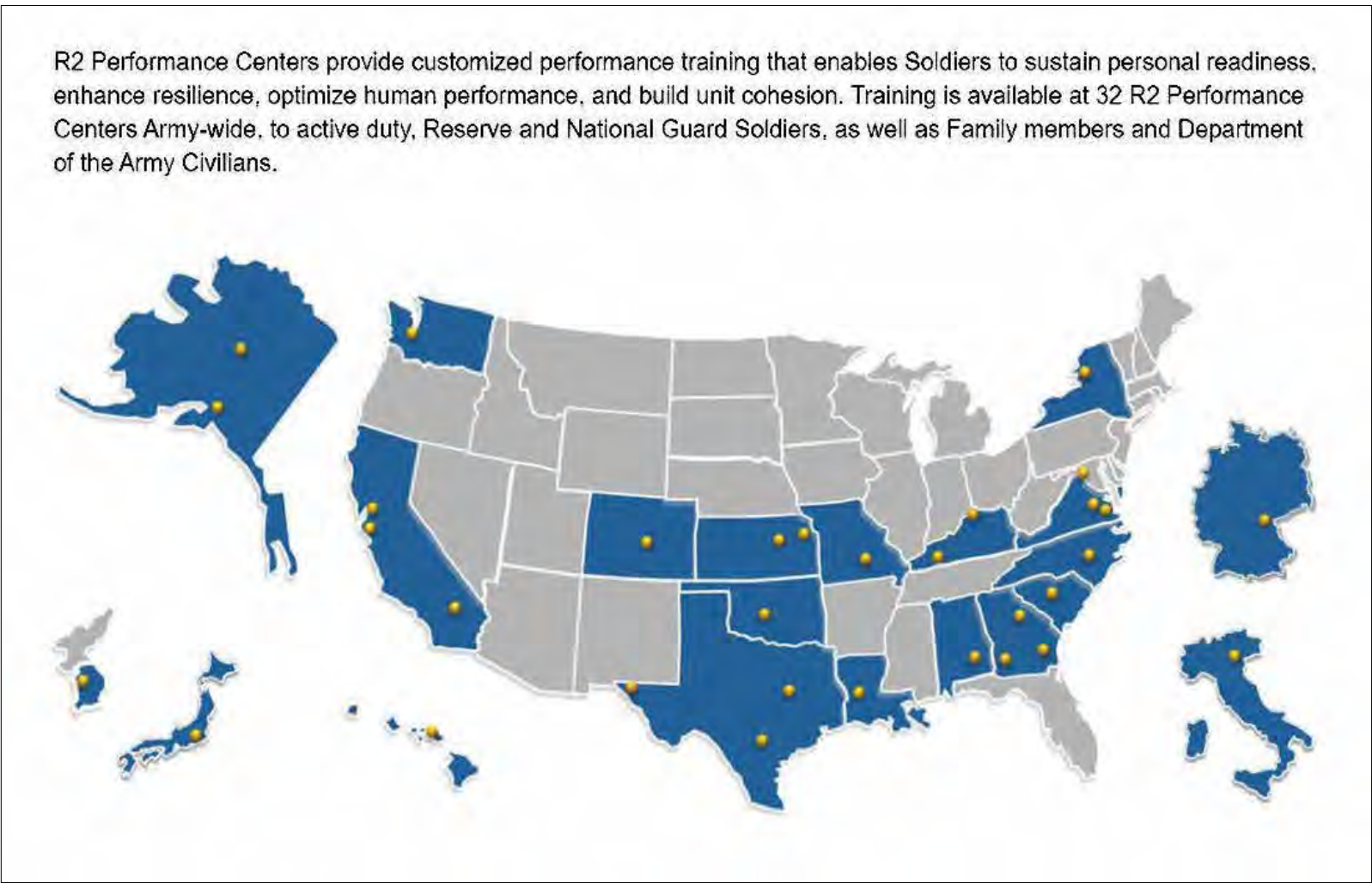
"Soldiers need to build their mental strength like they do their physical strength," said Master Sgt. Kevin Edmondson, Ready and Resilient Integration and Training Division non-commissioned officer in charge.

Their mission is part of the Army's new health approach to overall readiness, said Casey Olson, chief of training for the Army Resilience Directorate.

"Our intent going forward is to align embedded performance experts [and] cognitive enhancement specialists to support the Holistic Health and Fitness initiative," she added.

In the last 10 years, more than 30 performance centers across the Army have equipped upwards of 49,000 master resilience trainers, or MRTs, with tools needed to conduct resilience training at the unit level, and serve as advisers to commanders, Edmondson said.

Through the Master Resilience Train-



(Screenshot image)

er Course, Soldiers undergo an 80-hour, 10-day course to better help Soldiers, Family Readiness Group spouses, and Army civilians.

Over time, units with qualified MRTs have seen notably lower rates of drug and alcohol abuse and mental health issues like anxiety, depression and post-traumatic stress disorder, compared to units without MRTs, Edmondson said.

"We also see that [Soldiers] who go to our bystander intervention training are more likely to intervene – and have intervened – in the following months after taking our intervention training," Olson said.

For Soldiers without a local R2PC, "they

can always call one of the performance centers that are closer to them to get a virtual assistant or potentially plan on support and a planned timeframe," Olson said.

Resilience trainers

These centers staff experts "similar to people in the field of sports and performance psychology," Edmondson said. On par with, for example, performance experts in the NFL, NBA, MLB, and their sole mission is helping Soldiers.

"We know that our Soldiers are essentially athletes," he added. "But unlike athletes, they are not on a seasonal basis. Our athletes are professionals on a 365-day basis."

In addition, the experts have master's

degrees and doctorates in an array of backgrounds, Olson said, like sport and performance psychology, kinesiology, counseling, education, and more. "We pull from some of the top programs across the country to ensure that we have the best of the best when it comes to the performance experts."

However, they are not clinical doctors offering diagnoses, Edmondson said. "They are there to be a force multiplier to support the Soldiers in continuing to grow and strengthen their skills."

These services are available to individual Soldiers who walk-in, or entire groups who need various training.

Types of training

As diverse as the

experts' backgrounds are, so are the readiness opportunities they offer.

Both individual and organizational assistance with the Army Combat Fitness Test, competition and promotion board guidance, and help with mastery badges, lethality training, and more is available, Edmondson said.

To ensure overall readiness and deployability, the centers also offer bystander intervention and stress management training, he said. In addition, the centers offer academic help, not only to Soldiers but also to their families.

Other types of training include Engage training for family members, which is Army-approved sui-

cide prevention and awareness training, among other options for military families.

The Army's Child and Youth Services personnel have also been specially trained by R2 Performance experts to facilitate resilience training to adolescents. The training sessions are meant to empower individual Soldiers, families, and civilians, Edmondson said.

"We are attempting to provide our Soldiers, family members, and civilians with more tools in their kitbag, so they can not only become more self-aware and self-regulatory but also identify different things in their battle buddies and offer help and assistance to each other," Olson said.

EASY

Continued from page 6

When it comes to mid-range capabilities, the Tomahawk, a low-flying subsonic missile, and SM-6, a supersonic, high-altitude missile, are both capable of "striking maritime and land targets at range," he said, adding they are on track to be fielded by fiscal 2023.

The Extended Range Cannon Artillery, or ERCA, which is capable of firing rounds more than 40 miles, is also on the horizon, he said, adding that a

follow-on variant with an auto-loader is in the works, too.

Other modernization programs are also in various stages of implementation. For example, next month the Army plans to release a request for proposal for the Optionally Manned Fighting Vehicle.

Pasquarette assured the virtual audience "we're on a positive path" to modernization as the Army continues to "revolutionize how

we fight where it matters most -- at the squad and platoon levels."

But modernization is not cheap, especially when facing a flat budget.

For the third year in a row, senior leaders have conducted "night court" processes across Army portfolios to realign funds to modernization efforts, he said.

The budgetary review strategy, which was most recently conducted in the

spring under COVID-19 conditions, helped leaders realign billions of dollars, he said.

Pasquarette, who manages the night court process, did not disclose an exact dollar amount or how many programs were cut during the 2022 program review, but he said this year's findings were comparable to last year's deep-dive.

During last year's budget review for 2021, senior leaders realigned roughly

\$10 billion and eliminated 80 legacy programs.

Last year "we received the resources needed to grow the Army, increase the readiness of the Army, and invest in the future readiness of the United States Army," the general said.

Even though the future of the Army's spending is "a bit hazy," he said, Army leaders and lawmakers are making the right choices to keep modernization efforts on track.