

ALASKA POST FREE

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354 OSS AMF maintains flight line integrity during RF-A 21-2

Senior Airman Beaux Hebert
354th Fighter Wing Public Affairs

While RED FLAG-Alaska is mainly focused on aircraft and ground troop combat maneuvers, the 354th Operations Support Squadron Airfield Management Flight ensures the flight line is safe and functional for exercise participants.

Their mission is to manage airfield operations to ensure a safe, efficient and effective airfield environment. By doing this, they prevent countless mishaps and accidents every day.

The flight's responsibilities include checking the airfield for debris, damage, and wildlife, and ensuring all runway lights are functioning. They also manage the airfield driving program, ensuring those who drive on the airfield are qualified and know what they are doing, and logging flight plans to keep an accu-

rate record of flying hours.

"We make sure the airfield is safe and ready for aircraft to use whenever they need it," said Senior Airman Zachary Rodgers, 354th Operations Support Squadron AMF shift lead. "For RF-A, the job is pretty much the same except at a much higher tempo."

RED FLAG-Alaska is a big exercise with numerous variations of aircraft on the airfield, increasing the tempo of operations for the flight. To help ease the burden, a visiting unit will usually send one of their own airfield managers to augment with Eielson's own team.

"Typically any type of exercise that brings a massive increase to the amount of aircraft that come to a base, we bring one of our own to assist with the host unit. With the amount of sorties we fly during RF-A, it could become extremely hard on the host unit without help," said

Tech. Sgt. Evan Stewart, 8th Operations Squadron Airfield Management RF-A noncommissioned officer in charge of flight planning. "This is my first RF-A and I didn't know what to expect at first but after seeing all the moving parts, to me, it's like one big aircraft Tetris puzzle and it's pretty astounding to watch my counterparts work and solve problems that pop up."

For this exercise, some of the challenges the team faces are an increased demand for flight line driver's licenses, an abundance of flight plans to log and some language barriers when working with foreign partners such as the Koku Jieitai (Japan Air Self-Defense Force).

"During RF-A, our rise in tempo is probably the most challenging thing," said Staff Sgt. Justin Cisneros, 354th Operations Support Squadron AMF NCO in charge of training.



U.S. Air Force Senior Airman Zachary Rodgers, 354th Operations Support Squadron Airfield Management Flight shift lead, uses a computer in his vehicle during RED FLAG-Alaska 21-2 on Eielson Air Force Base, Alaska, June 21, 2021. In addition to keeping the airfield safe, airfield management Airmen also manage the airfield driving program, ensuring people who drive on the airfield are qualified and know what they are doing, and log flight plan data to keep an accurate record of flying hours. (U.S. Air Force photo by Senior Airman Beaux Hebert)

"If we need to do an emergency repair to the airfield it takes a lot of coordination from other units who are also busy with the exercise."

Looking forward, the team will continue to assess, manage and keep the

airfield in good condition to enable the 354th Fighter Wing to continue to train joint and international partners and project combat air power across the Pacific theater to maintain security and stability in the region.

'Talons out' as 355th FS flies first official FHP sorties



An F-35A Lightning II assigned to the 355th Fighter Squadron flies over Eielson Air Force Base, Alaska, July 1, 2021. As one of the 354th Fighter Wing's F-35A units, the 355th FS bolsters the 354th wing's transition to a combat-coded mission, doubling U.S. Pacific Air Forces' F-35A combat capability. U.S. Air Force photo by Airman 1st Class Jose Miguel T. Tamondong

Tactical advantage: The RED FLAG-Alaska veteran

Airman 1st Class Jose Miguel T. Tamondong
354th Fighter Wing Public Affairs

"If you asked me six years ago, [if I knew that] I would have been an Aggressor and go from Blue to Red to Blue, I'd have said 'no,'" said U.S. Air Force Maj. Christopher "Tuco" Harrison. "But I'm glad I've had that experience. It's been good."

"Tuco," the 80th Fighter Squadron assistant director of operations and chief of standards and evaluation, has inevitably become a RED FLAG-Alaska veteran after having flown for both Blue and Red air in over 15 RF iterations.

Following his dream to become a pilot in the Air Force, Harrison commissioned out of Tuskegee Uni-

versity Reserve Officers' Training Corps detachment on May 8, 2011, the day before his graduation.

"When I was six [years old] I went to my first airshow and saw the Thunderbirds and I thought I wanted to fly that thing right there," he said. "And I knew I had to join the Air Force to do that."

Harrison still vividly recalls his very first RF-A experience when he was stationed at Homestead Air Reserve Base, Florida in spring of 2015.

"When I was a lieutenant flying as Blue air, I didn't know what was going on," he said. "I just stayed within my flight lead's visual and made sure I didn't get shot... I just wanted to be safe out there."



U.S. Air Force Maj. Christopher "Tuco" Harrison, the 80th Fighter Squadron assistant director of operations and chief of standards and evaluation, poses for a photo on Eielson Air Force Base, Alaska, June 18, 2021. Tuco has flown for both Red and Blue air in over 15 RED FLAG iterations. (U.S. Air Force photo by Airman 1st Class Jose Miguel T. Tamondong)

See RED on page 3

Nutrition Corner – Coconut Oil Myth Buster

Coconut oil is considered a healthy food and can help with weight loss – Myth.

A recent survey from the New York Times demonstrated that 72 percent of the public considers coconut oil healthy. Perhaps this is because virgin coconut oil is high in Lauric acid, a medium-chain fatty acid that can raise good (HDL-Cholesterol) but also bad cholesterol levels (LDL-Cholesterol).

Coconut oil is made up of 82 percent saturated fat, which is about 11g of saturated fat per tablespoon, and raises LDL-cholesterol just as much as the commonly known culprits such

as butter and beef fat. Coconut oil, like all saturated fats, should be limited in a healthy diet. Fortunately, there are many other healthy oil alternatives that will help lower LDL levels and increase HDL levels.

Canola oil contains monounsaturated and polyunsaturated fats and has a light flavor, which makes it good for baking and sautéing. Olive oil is high in monounsaturated fatty acids, which can help reduce the risk of heart disease, and can be used in place of butter. Extra virgin olive oil has a fruitier flavor and stronger aroma than pure or virgin olive

oil. Don't be fooled by the label "light," which means it has a lighter flavor; the calorie content is the same. Grapeseed oil has polyunsaturated fatty acids and can lower total cholesterol and LDL-cholesterol. It can be used for sautéing and in dressings and dips.

Overall, it is important to include fats in your diet that are heart healthy and limit the ones high in saturated and trans fat. Aim for oils such as canola oil, olive oil, flaxseed oil and grapeseed oil. Foods such as nuts/seeds/nut butters, avocados, and fatty fish such as salmon also contain the heart healthy oils

that will help reduce the risk of heart disease. Avoid the saturated fats found in butter, high fat dairy foods, fatty meat cuts, and coconut oil and trans fats found in many margarines and pre-packaged baked goods.

Featured Recipe: Microwave "Fried Rice"

Ingredients:

- ½ cup rice
- 1 cup chicken broth
- 1 tablespoon soy sauce
- 2 teaspoon sesame oil
- ½ cup frozen peas and carrots
- 2 eggs
- Salt to taste
- Fresh scallion, to

garnish

- In a bowl, combine the rice, water, soy sauce, sesame oil and bacon. Stir, then microwave, covered, for about six to eight minutes until the rice is fully cooked.

- Mix the frozen peas and carrots into the rice.

- In a microwaveable bowl or mug, beat the eggs with the salt.

- Microwave the eggs and the rice again for one to two minutes until the eggs are fully cooked.

- Break the eggs into small bits and mix in with the rice.

- Garnish with scallions.

History Snapshot – The Northernmost Chapel



Constructed in 1944 from standard military plans, the Army's northernmost chapel is a fixture of the North Post landscape and a contributing resource to the Ladd Field National Historic Landmark.

The chapel was built from the 800-series standard Army plans and topped with a steeple. Its wooden frame reflects a New England meeting-house architectural style. Similarly designed churches exist across the United States, including at the Kodiak Air Station, Alaska. The 800-series building was a prefabricated, modular design that could be lengthened in increments of 10 feet or built-up with the addition of extra stories. The Ladd Field chapel is one-story with a choir loft above the south end of the building and administrative and storage space on the north end. It originally also housed a clarion, an electric device that played melodies through the use of chimes.

While no longer in use, the chapel testifies to the early build-up of Ladd Field in the 1940s and the modification of standardized architecture to meet service members' needs as the base population expanded.

U.S. Army Garrison Alaska Cultural Resources 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: 361-6829
Immunizations: 361-5456
Information Desk: 361-5172
Patient Advocate: 361-5291
Pharmacy Refills: 361-5803
MEDDAC-AK Website: www.bassett-wainwright.tricare.mil
MHS Patient Portal: <https://myaccess.dmdc.osd.mil/>
Health Net: www.tricare-west.com, 1-844-8676-9378

Doctor on demand

Virtual appointments are even easier

now with the addition of dr+ on demand! Family members and retirees enrolled in TRICARE may use the 24/7 virtual urgent care without a referral. Register at www.doctorondemand.com/hnfs and then download the app for instant access to board-certified doctors throughout the country.

School/sports physicals

Beat the back to school rush by scheduling a school/sports physical for your youth three to 18 years old on July 22 from 4:30 to 6:30 p.m. by calling 907-361-4000.

Health coaching

The Fort Wainwright Army Wellness Center offers health coaching sessions for TRICARE beneficia-

ries and DOD civilians. Work on health and wellness goals during over the phone appointments by calling 907-361-2234.

Appointments from home

In partnership with TRICARE, PM Pediatrics is offering virtual appointments for TRICARE beneficiaries from birth through 26 years old. Visit with a pediatrician using your smart phone, table or computer from anywhere. Common illnesses that can be treated are sprains and strains, respiratory infections, coughs, skin rashes, sinus infections and pink eye. Get started by downloading the PMP Anywhere app or by visiting pmpediatricsanywhere.com.

Over the counter

medications

Bassett Army Community Hospital Pharmacy offers beneficiaries the ability to receive free over the counter medications.

Items such as fever/pain reducers, antibiotic cream, cold and allergy remedies, lice treatment and vitamin D are available. Medicines are subject

to availability and families are restricted to a maximum of four items per week. A full list of medications is available at the pharmacy.

ALASKA POST

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The Chaplain's Corner

Where do you put your values?

Chaplain (Capt.) Eunjun Jeong
1st Battalion, 24th Infantry Regiment
Chaplain

Roy Disney, who was an American businessman and co-founder of The Walt Disney Company, said, "It's not hard to make decisions when you know what your values are." This speaks to the powerful impact that values can have upon our decision-making process. It means when we make a decision, we follow our values. Where we put our values can make a different story in our life.

Here is the story of a young couple from Peter Koestenbaum, who is the founder and Chairman of PiB (Phi-

losophy-in-Business) and the Koestenbaum Institute. A young husband and wife were caught in the pain of a major decision about whether or not to relocate to Cairo in Egypt as a condition for accepting the double promotion his job offered him. This young man excitedly came home to his wife and his young baby and said, "Great news! We're moving to Cairo!" Appalled, his wife said, "You're moving alone. I'm going back to my mother's house with my baby."

That was the first crisis that happened in this family. Both sides had their strong reasons. So it seemed there was no viable compromise. The consequence of either

decision can cause resentment toward each other. If he relinquished his promotion, he would resent his wife for ruining his career. If she just went along with the move to Cairo, she would hate him for squashing her ideals for her baby and herself. What would they do? Where do they put their values? Whose value is more important than other?

After some discussion, they decided to go back to the fundamental questions: Is it my career, or is it our career? Is it your baby, or is it our baby? Are we individuals, or do we operate as a team? What are our values? Considering those questions and answering them together was the essential journey

to figure out the values as a family. Their marriage had to grow up by the equivalent of five years in about two weeks.

They ended up going to Cairo, but their relationship had been transformed: She understood that his career was important to him; he recommitted to his values as a participant in the family. What matters is not so much what they ended up choosing, but how. They took the courageous step to redefine, from the inside out, who they truly were – they reconnected with their values.

The how of our decisions is what builds character. The what, which at first glance appears paramount, is ultimately no emo-



tional significance. Michelle Obama, who is an American attorney, author and served as the First Lady of the United States from 2009 to 2017, once said, "You can't make decisions based on fear and the possibility of what might happen."

You better know your value system and follow your values when you made a decision. When it is hard to make decisions, it is time to check where you put your values. Your values can be important signals on your life journey.

354th SFS Airmen tryout for Eielson SWAT team



U.S. Air Force Airmen from the 354th Security Forces Squadron participate in a special weapons and tactics physical training test June 23, 2021 on Eielson Air Force Base, Alaska. Emergency Services Team instructors from MacDill Air Force Base, Florida, visited the squadron to train SWAT teams to boost the unit's readiness and emergency response capabilities. (U.S. Air Force photo by Senior Airman Beaux Hebert)

RED Continued from page 1

The challenge of responding to Red air's unpredictable tactics makes flying for Blue air thrilling for Harrison.

"If something changes drastically with the game plan, I'd have to adjust my game plan on the fly to deal with that problem," he said. "It's an ever-changing battle so it's kind of cool to deal with that."

It was in July of 2017 when Harrison's assignment to the 18th Aggressor Squadron took him from the 35th Fighter Squadron in the Republic of Korea all the way to Alaska, where he spent the next few years flying for Red air until the summer of 2020.

While flying as a captain for Red air, Harrison found the overall concept of replicating adversarial tactics to test Blue air's game plan very interesting.

"Learning different tactics other threat nations may try to use against us and actually trying to test Blue air's game plan against some of those threats out there; that part was interesting," he said.

When his time was up as an Aggressor, he found his way back to Korea when he was assigned to the 80th Fighter Squadron. He believed he had ful-

filled his purpose as an 'Aggressor' as he then moved on to fill in the role of instructor for the 80th FS 'Juvats'.

"I love instructing... It's kind of a win-win [situation] for the base and for me going back [to South Korea] and instructing," he said. "Just making a difference to a young flight lead and teaching them how to fly."

RED FLAG-Alaska 21-2 marks Harrison's fourth time flying for Blue air. But this time around, he's bringing invaluable expertise and vast experience having flown for both Red and Blue air in several RF iterations.

"Having prior experience [as Red air] helps me as Blue air because I can essentially advise whoever the mission commander for that vul-

is," he said. "The intel might say this... but what's really going to happen is this..."

His familiarity with the Aggressor's tactics has taught him that despite limited capabilities, it is Red air's mission to pose continuous problems for Blue Air. This helps bring perspective and situational awareness on the mission commander's planning and its execution.

It has been ten months since Harrison left the Aggressors and he's glad to see some of his old friends now that he's back for RF-A. One of whom is Capt. David "Solo" Blessman, 18th Aggressor Squadron F-16 Air Battle Manager, who had nothing but nice words to say about Harrison.

"Working with Tuco

again feels great," said Blessman. "We watch each other's backs, being professional Airmen, even if we're not in the same area of responsibility or base."

Not every pilot gets the chance to fly for both Red and Blue air. Harrison feels very grateful to experience both ends of the RF-A spectrum.

"Having flown for both sides makes me feel very capable as a fighter pilot," said Harrison. "Being able to make sure my game plan is solid and to account for any sort of variables helps me impact the big Air Force mission because I can bring a unique perspective to the fight."

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

ARNORTH ends COVID-19 vaccination mission, leaders look back on effort

Thomas Brading
Army News Service

With over 5 million vaccinations administered, the Army has concluded its COVID-19 support mission, which found Soldiers helping others and building trust within some of the nation's hardest-hit communities, Army leaders recently said.

At the request of the Federal Emergency Management Agency, or FEMA, U.S. Army North, the U.S. Northern Command's Joint Force Land Component Command, completed its COVID-19 vaccination response Tuesday after medical personnel departed the New Jersey Institute of Technology Naimoli Family Recreational Facility in Newark.

"We end our COVID-19 support mission, where it began, in the Northeast," said Lt. Gen. Laura J. Richardson, ARNORTH and JFLCC commander, in a news release. "As demand for federal military support for pandemic response declines, so too can our presence as we reset for potential, future all-hazards response and homeland defense missions directed by the Department of Defense."

In February, Secretary of Defense Lloyd J. Austin called on active-duty troops to assist with federal vaccination efforts. Since then, ARNORTH has led over 5,100 military medical and support personnel across the DOD to 25 states and one territory as part of the overall government response to the pandemic, the release said.

The withdraw comes following months of vaccine dis-



Spc. Ty Hite, a combat medic specialist with 4th Brigade Support Battalion, 1st Striker Brigade Combat Team, receives a COVID-19 vaccination by Spc. Joshua Greene, a fellow combat medic specialist in the same battalion, at the mass vaccination site at California State University, Los Angeles, Feb. 16, 2021. (Photo by Spc. Simone Lara)

tribution, and in addition to helping communities, it has given Soldiers an insight into how to prepare for future responses regarding hazards and homeland defense, said Lt. Col. Andrew L. Olson, the 299th Brigade Engineer Battalion commander, who spent roughly 60 days in East Los Angeles during a vaccine distribution mission.

There, roughly 500 service members worked from sun up to sundown, including members of the California National Guard and 220 Soldiers from the engineer battalion, which falls under 1st Stryker Brigade Combat Team, 4th Infantry Division.

Troops administered roughly 6,000 vaccinations a day at California State University on the Los Angeles campus. By April, they administered more than 300,000 vaccinations over a 60-day period.

Olson, who has served 20 years in the Army, and

his family are no strangers to short notice missions, like the one to Los Angeles. When he got word of the response mission, his wife replied, "OK, we'll see you later," in a connotation that suggested to "expect the unexpected," he said.

With less than a week to prepare, "the immediate concerns the sergeant major and I was how [it] can impact the training plans we've got the next few months and things like that," he told reporters Wednesday during an Army Current Operations Engagement Tour.

Once that was out of the way, the first objective was building the right team. To start, they identified which Soldiers wanted to go. Many California natives were already within their ranks, eager to give back to their community, Olson said.

"I think that was great because it came through in the way the Soldiers per-

formed on the ground," he said, regarding the California natives on the mission.

Once they were on the ground, a combination of nurses, pharmacy technicians, and one pharmacist were dropped in to round out the team, which bridged the gap for Soldiers unqualified to administer vaccines but who still served in other capacities, he said.

Every day during the mission, leaders observed Soldiers display compassion by going out of their way to those who were emotionally distressed or mobility impaired, Olson said.

It was going the extra mile that proved to be a testament to their professionalism, and helped "connect and comfort those who were having a hard time for whatever reason," the commander added. "I was just taken back by it."

In addition, many California locals left vaccination sites surprised "Army people could be so nice," said Command Sgt. Maj. Nathaniel Atkinson Jr., the battalion's senior enlisted leader. "To me, that was a validation of building trust in the community."

From the outset of the COVID-19 response, over 10,000 active-duty service members have gone to hospitals across the country, where they have worked alongside civil authorities and medical professionals on the front lines of the pandemic effort.

During this time, ARNORTH was in constant coordination with FEMA, as well as state and local

officials to meet the National Preparedness Goal, he said.

The campus location was co-operated by FEMA and the State of California through the Governor's Office of Emergency Services. However, once the Army and other federal agencies left, the city of Los Angeles claimed control of the location.

"I am incredibly proud of all the active-duty service members deployed under United States Northern Command who have contributed so much in the fight against COVID-19," said Air Force Gen. Glen D. VanHerck, commander of North American Aerospace Defense Command and USNORTHCOM.

"Through every challenge faced during this pandemic, we have worked alongside and supported the civil authorities and amazing medical professionals across our country who have been on the front lines of this effort," the general added in a news release.

Although Olson said he hopes no other pandemics sweep the nation, acquiring the experience and serving others were both critical to Army preparedness, whether in East Los Angeles or the other side of the globe, he said.

"[This has been] a unique chance to serve the American people directly," Olson said. "I think it's a matter of just sharing the message that we stand ready to answer the nation's call, whether that's defense support to civil authorities here in the homeland or whether that's abroad."

FORT WAINWRIGHT FIRE DEPT.
FIRE STATION 3
LOCATION: 1054 MARKS RD.
SAFE KIDS ALASKA
American Red Cross
USO
NORTH HAVEN COMMUNITIES
Lendlease

FORT WAINWRIGHT FIRE DEPT.
FIRE STATION 3
KIDS ACTIVITIES
DEPT. DISPLAYS
FOOD AND BEVERAGES
FIRE TRUCK RIDES
HELICOPTER FIRE DEMO @ 2:00PM
EXTRICATION DEMO @ 12:00PM
SATURDAY JULY 10, 2021
WHEN? 11:00-16:00
JOIN US!
OPEN HOUSE!
1054 MARKS RD.

Golden Knight, TV show host skydive above Army museum to honor former president

Thomas Brading
Army News Service

With over 10,000 jumps to his name, the Golden Knights tandem team leader said Thursday's nationally televised free-fall with a former president's daughter was his favorite to date.

In addition to accomplished jumps, 10,000 is also the number of feet the duo plunged from. Sgt. 1st Class Joseph Abeln and Jenna Bush-Hager, the daughter and granddaughter of two former presidents and "Today" show co-host, jumped to honor the memory of President George H. W. Bush, he said.

"The weather was perfect for a jump today -- clear blue skies, light winds," Abeln said during an interview. "Jenna was a little on the nervous side, but that's to be expected jumping out of an airplane for the first time."

That morning, their aircraft departed from the Davison Army Airfield at Fort Belvoir, Virginia, and quickly reached the optimal altitude for skydiving. Around this time, Abeln said Bush-Hager got nervous, but "we talked to her and lightened the mood a little bit," he said.

This was not the first time Abeln jumped with a member of the Bush family. He was part of former president Bush's 2009 jump to celebrate his 85th birthday, when Bush jumped in tandem with retired Sgt. 1st Class Mike Elliott, a former Golden Knight who watched Abeln and Bush-Hager from the ground.

Elliott, who befriended the former president during their multiple jumps together, told Bush-Hager that her grandfather would have "been very



Sgt. 1st Class Joseph Abeln, the Army Golden Knights tandem team leader, and Jenna Bush-Hager, the daughter and granddaughter of two former presidents and "Today" show co-host, completed a tandem jump from 10,000 feet to honor the memory of President George H. W. Bush June 17, 2021. (Photo by Thomas Brading)

proud watching you fall today," he said during a "Today" show interview.

Bush, a former Navy pilot, received a Distinguished Flying Cross for actions during World War II, and years later celebrated many of his later birthdays by skydiving. He would have turned 97 on June 12.

The tandem jumpers soared nearly 2 miles, then hit their landing mark on the grounds of the National Museum of the United States Army, which celebrated its grand reopening Monday on the Army's 246th birthday.

"The Army's history is America's history, with so many heroes that raised their right

hands and said 'send me,'" Army Chief of Staff Gen. James C. McConville said during an interview with Bush-Hager earlier this week. "We look at the World War II generation as the greatest generation and I would argue that's absolutely true, but every generation has its heroes and those heroes are shown here [at the museum]."

The museum originally opened in November but closed its doors a month later due to the COVID-19 pandemic.

"I can't wait to visit the U.S. Army Museum," former First Lady Laura Bush said during the broadcast, adding her father was also a World War II veteran. Tandem jumps with

public figures and community leaders, like with the Bush family, is a way for the Golden Knights to show another side of the Army to the next generation of Soldiers, high school teachers and counselors, Abeln said.

For instance, nearly two decades ago, before his military career started, Abeln was a college student in St. Louis, Missouri, and was passionate about skydiving. Shortly after a chance run-in with Soldiers from the Golden Knights, he found himself in a recruiter's office.

"I never met anyone in the Army before until I met the Golden Knights," he said. "Sometimes we're the

first impression community partners have with the military. It's a great experience for us to talk to passengers [like Bush-Hager] and explain our Army story."

While there is no military occupational specialty for the Golden Knights, it's something airborne Soldiers can apply for later in their careers.

The team's outreach efforts are a unique way to tell the Army story through multiple backgrounds, and can "bridge a connection

between the local community and the U.S. Army," said Abeln, who originally enlisted as a petroleum supply specialist.

At the end of the day, "jumping is how we get to work," Abeln said. "Our work starts when we land and interact with the crowd. We invite kids out to pack our parachutes, [and] we're talking to their family as they're packing. We're always going to put a smile on our face, and interact with everyone who wants to learn about the Army."

SHELTERING-IN-PLACE AT ARMY INSTALLATIONS

In the event of an emergency, Army regional and installation emergency management organizations have plans and procedures to direct personnel to evacuate or take some form of shelter. For nonessential and nonemergency personnel, the preference is generally evacuation. In specific instances, evacuation or moving to a civilian shelter or designated place is more dangerous than remaining where you are, such as with short- or no-notice emergencies including hazardous materials events. In these instances, you may be directed to shelter-in-place.



Prepare Strong

The Army encourages all personnel to maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

It is your responsibility to understand the mass warning system at your installation and, when notified, be prepared for the following:

- Evacuation
- Moving to civilian shelter
- Moving to designated safe haven
- **Temporarily sheltering-in-place**

Sheltering-in-place means to take temporary protection in a structure or vehicle—typically your workplace or residence—that is not certified, insured or staffed for emergency conditions. Installation procedures designate which responsible party or office will order personnel to shelter-in-place and for how long the order is expected to be in effect. Remember, **preparing your residence is your own responsibility.**

How to Prepare

- Have an emergency supply kit ready.
- Know how to turn off your heating, ventilation and air conditioning (HVAC) systems without damaging the components.
- Know how to close and secure doors, windows, vents and other exterior openings quickly.
- Identify potential interior space for sheltering-in-place.

How You Will Be Notified

Any of the following emergency warning procedures may alert you to shelter-in-place:

- A voice announcing system using exterior (Giant Voice) and interior speakers or sirens
- Automated Community Notification Systems for sending recorded voice messages or text
- Emergency Alert System (EAS) broadcasts on the radio or TV
- Residential route alerting—messages announced from vehicles with loudspeakers

WEIO



COMMUNITY CALENDAR

Fort Wainwright Family & MWR

Weekly Events

July 10 - 17

10 Back to School & Keep Cool 5K
July 10 - August 7
During Normal Business Hours
Registration for FREE backpacks and the Ice Cream 5K is happening now! Head to Last Frontier CAC to register.

Last Frontier Community Activity Center, Bldg 1044
Call 353-7755, registration required

10 UFC
July 10
Doors open at 3 p.m.
Watch all of the big UFC fights at the Warrior Zone! Space is limited so it is strongly encouraged for you to reserve your spot. *Must be 18+ to enter the Warrior Zone.

Warrior Zone, Bldg 3705
Call 353-1087, reservations strongly encouraged

12 Youth Sports Lil' Dribblers Camp
July 12 - 14
5 -5:45 p.m.
Youth ages 3- 4 years old are welcome to join Youth Sports to learn the fundamentals of basketball. Cost per Youth: \$25 Must be registered with CYS.

Youth Sports & Fitness, Bldg 1045 Basement
Call 353-7713, registration required

12 Youth Center Camp: Splash into Summer
July 12 - 14
10 a.m. - Noon
Cool down this summer at the Youth Center! Join the 3-day camp and get wet playing slip 'n slide, water tag, the over & under challenge, plus more! For Youth in grades 6 - 12. Cost per Youth: \$60

Youth Center, Bldg 4109
Call 361-5437, registration required

16 Youth Sports 3v3 Basketball Camp
July 16, 5:30 - 7:30 p.m.
& July 17, 9 a.m. - 1 p.m.
Youth ages 7-18 years old are welcome to join Youth Sports for an exciting 3v3 basketball camp. Cost per Youth: \$30. Must be registered with CYS.

Youth Sports & Fitness, Bldg 1045 Basement
Call 353-7713, registration required

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July 15
10:30 - 12:30 p.m.
North Haven Community Center

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CRAFTERNOONS

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Join other crafters at the Post Library every Saturday between 11:30 a.m. - 1:30 p.m. Find more information at wainwright.armymwr.com.

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ARCTIC LIGHTNING AIRSHOW

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JULY 31 - AUGUST 1

Army launches IVAS integration into aircraft

Dan Lafontaine
DEVCOM C5ISR Center
Public Affairs

Army researchers are expanding the reach of the high-tech Integrated Visual Augmentation System to deliver capabilities to Soldiers onboard aircraft.

IVAS integrates next-generation situational awareness tools and high-resolution simulations to enable Soldier sensing, decision making, target acquisition and target engagement. The device provides Soldiers with a single platform to fight, rehearse and train.

During the research and testing phases, the Army initially focused on bringing the technology to dismounted Soldiers. During the next step, scientists and engineers developed a capability for Soldiers to maintain situational awareness using IVAS during transport in ground combat vehicles such as the Bradley and Stryker.

Now, Army Futures Command and Project Manager IVAS are testing the system to deliver the technology for aircrews and paratroopers in Black Hawk and Chinook helicopters.

"The Army is investing in resources to broaden the emerging capabilities of IVAS to improve effectiveness and safety of airborne Soldiers en route to their mission," said Dr. Navin Mathur, IVAS platform integration project engineer with the Com-



Soldiers don the Integrated Visual Augmentation System Capability Set 3 hardware while mounted in a Stryker in Joint Base Lewis-McCord, Washington, in January 2021. (Photo by Courtney Bacon, PEO Soldier Public Affairs)

mand, Control, Communications, Computers, Cyber, Intelligence, Surveillance and Reconnaissance Center — a component of AFC's Combat Capabilities Development Command.

The first aircraft integration operational test with paratroopers using IVAS occurred in May at Experimentation Demonstration Gateway Event 21 — a precursor to Project Convergence 21 — with the 82nd Air-

borne Division aboard two Black Hawks. The same Soldiers finished testing IVAS weeks earlier during Soldier Touch Point 4 at Fort Bragg and incorporated what they learned in preparation for EDGE 21.

They received real-time video feeds to their IVAS headsets, from a camera mounted to the bottom of helicopters, while flying to the objective site. By pushing a button on the headset, they could tog-

gle among the screens, making the images larger or smaller. Two squad leaders in separate Black Hawks also coordinated a mid-flight change of mission plans using the system.

Research is now focused on providing video feeds from Air-Launched Effects, small unmanned aerial vehicles released in flight from helicopters, to paratroopers and aircrew wearing IVAS. Soldiers

could also use the headsets to control ALE instead of carrying a tablet.

"During the development phases for these current and future ground and air platforms, we're focused foremost on the putting together the user experience," Mathur said. "The team is getting their feedback during exercises like EDGE and making quick upgrades. We're continually refining designs to meet their needs."



The HEL-MD is a laser system mounted on a standard Army heavy expanded mobility tactical truck. Still a demonstrator, it's hoped the testing conducted at White Sands and other ranges will lead to a program of record. (Photo by Jose Salazar)

DOD demonstrates mobile microgrid technology

David Vergun
DOD News

The Office of the Undersecretary of Defense for Research and Engineering and the Department of the Army recently demonstrated a mobile, fast-forming, secure and intelligent vehicle-centric microgrid prototype that will power next-generation warfighting capabilities and joint warfighting concepts.

Integrating power generation directly onto tactical vehicle platforms, VCMs are designed to provide on-the-move power for next-generation warfighting capabilities, such as directed energy and missile defense systems. VCMs also support a rapidly forming and resilient microgrid capability that will power future command, control, communications, computers and intelligence systems.

Frank Bohn and Dean McGrew, the project leads for the Army Futures Command, Army Combat Capabilities Development Command Control, Communications, Computers, Cyber, Intelligence Surveillance, and Reconnaissance Center and the

Ground Vehicle Systems Center, highlighted some features of the VCM. "Generating 100 kilowatts per vehicle and capable of supporting both static and on-the-move operations, VCMs enhance our lethality and survivability in contested environments," McGrew said.

Conforming to the Tactical Microgrid Standard, VCMs can distribute power between vehicles and connect to other TMS-compliant power generation, storage and distribution systems under development by the DOD. "It's not only a microgrid, it's also a smart grid," Bohn said. "A centralized controller can increase or decrease the number of powered vehicles automatically for optimal efficiency/resilience across the microgrid."

VCMs align with the Joint Staff Joint Warfighting Concept logistics to streamline the DOD's ability to deploy and sustain the joint force. This capability provides a pathway to improved logistics and faster setup, transport and redeployment of power generation systems, he said.

"The demonstrated prototype reduces [the] DOD's overall energy footprint, minimizing contributions to climate change by coupling a more efficient power generation approach for expeditionary forces with reduced logistical requirements to deploy and sustain it," Bohn said. To inform capability needs for multi-domain operations, Army Product Manager Command Post Integrated Infrastructure is equipping an operational battalion with components of the VCM prototype for experimentation in operationally relevant conditions this summer.

McGrew noted that there are exciting possibilities for VCMs beyond battlefield applications, such as humanitarian assistance and disaster relief operations. For example, the National Guard is interested in using the technology for responding to natural or man-made disasters. Two VCM-equipped vehicles could deliver 200 kilowatts to power a neighborhood of up to 75 homes, McGrew said.

In the future, McGrew thinks that 10 to 20 percent of tactical vehicles will have VCM capability.

Deliberate path required to deliver future capabilities, say top Army leaders

Devon L. Suits
Army News Service

The Army has become a leader in new technology but must continue to modernize concepts and capabilities to sharpen its global competitive edge, the Army secretary told lawmakers Tuesday.

Prioritized efforts by the Army Futures Command, Rapid Capabilities and Critical Technologies Office, and other Army organizations have put the service at the forefront of developing and fielding new technology to support the joint force, Christine E. Wormuth said before the House Armed Services Committee about the Army's fiscal year 2022 budget proposal.

To ensure the force stays on track, Army leaders plan to work in close coordination with lawmakers to set a deliberate, achievable path to deliver future capabilities.

"The Army's readiness gains and modernization procurement requirements must be prioritized to continue [moving forward]," she said.

To help move these priorities forward, senior leaders conducted internal reforms over the past four years that realigned over \$35 billion within the Army budget to self-fund modernization priorities in support of joint-all domain operations, Wormuth said in her written testimony to lawmakers.

Wormuth explained several of these modernization efforts include counter-unmanned aircraft systems, directed energy, hypersonic weapons, and next-generation assured positioning, navigation and timing devices.

"We need to comprehensively modernize," Wormuth said. "But equally important is our network portfolio area, for example, because again we have to be able to connect our sensors and shooters together. We have to be able to defend those systems and our forces from aerial and missile defense fires."

While the Army has made significant progress over the past year, its ongoing transformation is the only way to guarantee success, she said, adding senior leaders will continue to make tough decisions to ensure the best use of resources to stay ahead of a near-peer or emerging threat.

"The Army has rebuilt a high level of readiness with the support of Congress, but that readiness level is fragile," Army Chief of Staff Gen. James C. McConville said before the Senate Armed Services Committee on June 15. "We must sustain that high level of readiness while continuing our most comprehensive transformation and modernization effort in over 40 years."